



Medically Integrated Exercise

☐ Exercise is Medicine (EIM) - (3 months)

Designed for patients who want an individualized experience, a customized program to follow, and access to all resources of the Fitness Pavilion. Individuals receive 6 hours of clinical personal training and a personalized plan to follow between sessions.

☐ Med Ex^{Rx} - (3 months)

This small group program is designed for patients who are interested in a guided program which meets twice per week for 12 weeks. Over the course of twelve weeks, participants will learn and experience the basics of movement, nutrition, and stress relief techniques with others working towards the same goals. Participants will also receive full access to the fitness center at the TriHealth Fitness Pavilion. Med ExRx has 8 medical pathways for patients:

- | | | | |
|-------------------|------------------|---------------------|----------------------------|
| • Autoimmune | • Cardiac Health | • Diabetes | • Neurological |
| • Musculoskeletal | • Pulmonary | • Weight Management | • Other chronic conditions |

☐ Medical Group Exercise - (Month to Month)

For patients comfortable embarking on an independent program, our Medical Group Exercise program is month to month membership program with both land and water options. Patients can select the classes that best fit their needs and schedule.

Med Ex^{Rx} and Exercise is Medicine (EIM) includes Medical Group Exercise

Note: Programs not covered by insurance, but could be eligible for FSA, HSA and HRA.

Patients should present this completed form to TriHealth Pavilion Member Services or call **513 246 2611**.

Patient Name: _____
(Please Print)

Patient Email: _____ **Patient Phone Number:** _____
(Please Print)

Referring Physician Name: _____ **Date:** _____
(Please Print)

Physician Signature: _____



Exercise
is Medicine®

AMERICAN COLLEGE
of SPORTS MEDICINE®



MedEx^{Rx}

Medical Exercise by Prescription:

Guided medically integrated program facilitated by credentialed medical exercise professionals and certified athletic trainers. Patients work in a group setting to learn the basics of movement, nutrition, and stress relief techniques. MedExRx has 8 medical pathways for patients:

- Autoimmune
- Cardiac Health
- Diabetes
- Musculoskeletal
- Neurological
- Pulmonary
- Weight Management
- Other chronic conditions



The MedEx^{Rx} program is designed for patients who are interested in a guided, integrated approach to exercise. Over the course of twelve weeks, each participant will attend 24 guided exercise sessions, learning stress reduction techniques that support the nutritional direction provided from the TriHealth Weight management team.

The program's goal is to help each participant determine their own path to wellness. This exercise program will include cardiovascular exercise, strength training and flexibility as well as stress management techniques in a group setting.

- **Weeks 1-3:** Participants will begin in a safe, structured, supportive program.
- **Weeks 4-6:** Build community with other participants through shared exercise and education.
- **Weeks 7-9:** Grow confidence in center-wide exploration and enjoy new experiences.
- **Weeks 10-12:** Increase independence to continue your exercise journey.

Participants will also enjoy full access to the fitness center at the TriHealth Fitness and Health Pavilion, including our Medical Group Exercise classes.

