

# Exercise is Medicine

## Frequently Asked Questions

### What is the purpose of Exercise is Medicine?

The main purpose of the Exercise is Medicine program is to partner with physicians and other clinical healthcare providers who can lead patients to understand and act on using regular exercise as a method of treatment for attaining and maintaining health.

### Why are physicians and other clinical healthcare providers necessary to Exercise is Medicine?

When clinical healthcare providers formally provide referrals and resources, sedentary patients are more likely to act on the prescription.

### Who can be referred to the Exercise is Medicine program?

Patients who identify with one or more of the following:

- Does not currently participate in at least 150 minutes of moderate intensity physical activity a week
- Is at risk for chronic diseases
- Is currently dealing with chronic conditions (i.e. diabetes, high blood pressure, obesity, etc.)
- Needs assistance beginning and incorporating an exercise plan into his/her lifestyle

### Who can refer to Exercise is Medicine?

Any clinical healthcare provider can refer patients to the program.

### How can I refer patients to the Exercise is Medicine program?

Please complete the referral form and give it to your patients to present to their local UT Health East Texas Olympic Center, or you may fax it to 903-596-3479.

### Patient Prescription Form

Present this form to a fitness team member at one of the UT Health East Texas Olympic Center locations listed below or fax to 903-596-3479 to participate in the Exercise is Medicine program.

Tyler: 903-596-3233

Lake Palestine: 903-590-5967

Cedar Creek Lake: 903-713-1552

### Patient Information

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Phone: \_\_\_\_\_

**I recommend the above patient participate in the Exercise is Medicine program at UT Health East Texas Olympic Center.**

### Program includes at no cost:

- Health and fitness assessment
- Fitness program tailored to patient's choice of environment and exercise preferences
- Referral to other appropriate healthcare services, if deemed necessary
- Two-week membership to the UT Health East Texas Olympic Center
- Communication with physician regarding patient's participation and progress
- Discounted monthly membership rate upon completion of the program

Restrictions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Clinical Healthcare Provider Signature**

\_\_\_\_\_

**Date**

# Exercise is Medicine

Studies have shown exercise can treat and prevent many diseases. Because evidence has supported these health benefits, your physician may prescribe an exercise regimen during your visit, just as medication or tests might be prescribed.

***The Exercise is Medicine program prescription is free. There are no charges for participating and your insurance will not be billed.***

This program provides participants with the following benefits at no cost:

1. Health and fitness assessment at the UT Health East Texas Olympic Center Tyler, Lake Palestine or Cedar Creek Lake
2. Fitness program tailored to patient's choice of environment and exercise preferences
3. Referral to other appropriate healthcare services, if deemed necessary
4. Two-week membership to the UT Health East Texas Olympic Center of choice (see list below)
5. Communication with physician regarding patient's participation and progress

Participants who decide to phase into full-time membership at their local Olympic Center upon completing the two-week program will pay a discounted rate.

Talk to your doctor about a prescription to the Exercise is Medicine program at your local UT Health East Texas Olympic Center and make physical activity part of your life and healthcare plan.

For more information, call 903-535-6961 or visit us at <https://uthealtheasttexas.com/services/fitness/>

## UT Health East Texas Olympic Center locations:

- Canton
- Cedar Creek Lake
- Chandler
- Hide-A-Way Lake
- Jacksonville
- Lake Palestine
- Mineola
- Pittsburg
- Rusk
- Tyler

