

Exercise is Medicine

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 or is not already enrolled for membership at the Olympic Center
- 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

Program includes at no cost:

- Health and fitness assessment
- Fitness program tailored to patient's choice of environment and exercise preferences
- Two-week membership to the UT Health Olympic Center
- Communication with physician regarding patient's participation and progress
- Discounted monthly membership rate upon completion of the program



UTHealth
East Texas
Olympic Center

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 participate in the Exercise is Medicine program.

Tyler: 903-596-3479 (fax)

Lake Palestine: 903-590-5979 (fax)

Cedar Creek Lake: 903-713-1559 (fax)

Hide-a-Way Lake: 903-882-7044 (fax)

Jacksonville: 903-541-5044 (fax)

Patient Information

Name: _____

DOB: _____

Phone: _____

PCP Name: _____

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, Cedar Creek Lake, Hide-a-way Lake or Jacksonville
2. Fitness program tailored to patient's choice of environment and exercise preferences
3. Two-week membership to the UT Health East Texas Olympic Center
4. 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 903-596-3233 or visit us at UTHealthEastTexas.com/services/fitness.



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