



Riverside Health Fitness Center
 100 Fitness Drive
 Bourbonnais, IL 60914
 (815) 929-1200
riversidehealthfitness.com/MyFitRx

Healthcare Provider Exercise Referral

Section A: Patient to complete

Patient Name _____

DOB _____

Phone _____

I give consent to Riverside Health Fitness Center to send my healthcare provider this information for an exercise recommendation.

Provider Name _____

Patient Signature _____

Date _____

Section B: Provider to complete

The patient noted above has requested to enroll in the MyFitRx program at Riverside Health Fitness Center, which requires a healthcare provider exercise referral.

Based on the patient's responses to the Pre-Activity Health Screening, the most recent guidelines from the American College of Sports Medicine® (ACSM) recommend requesting an acknowledgement from their healthcare provider prior to engaging in and/or resuming an exercise program.

Please check one of the following statements:

- I DO NOT RECOMMEND** this member's participation in any exercise at this time. This member should undergo further evaluation or testing outside of the center before initiating an exercise program.
- I RECOMMEND** this member's participation in an exercise program, beginning with light to moderate intensity exercise, with gradual progression, as tolerated, following ACSM guidelines.

Exercise Restrictions or Recommendations: *(If applicable)*

Provider Name _____

Provider Signature _____

Date _____

Please return or fax completed referral to Riverside Health Fitness Center.

Fax: (815) 929-1300

NOTE: THIS INFORMATION IS CONFIDENTIAL and intended ONLY for the purpose of receipt and review by the patient and healthcare provider named on this form and by Riverside Health Fitness Center. If you wrongly receive this information, please telephone and return the material to the sender immediately; any expenses incurred in such a return will be fully reimbursed. Any efforts made toward wrongful review or disclosure of this information may result in prosecution.

MyFitRx Pathway:

- | | |
|---|---|
| <input type="checkbox"/> Cancer Fitness | <input type="checkbox"/> Functional Fitness |
| <input type="checkbox"/> Cardiac Fitness | <input type="checkbox"/> Orthopedic Fitness |
| <input type="checkbox"/> Cognitive Health | <input type="checkbox"/> Pulmonary Fitness |
| <input type="checkbox"/> Diabetes Fitness | <input type="checkbox"/> Transitional Care |
| <input type="checkbox"/> Fit for Surgery | <input type="checkbox"/> Weight Management |

