

MEDICAL MEMBERSHIP PROGRAM REFERRALS

Our medical membership programs give your patients a solution when you determine exercise to be an important addition for improved health outcomes.



Focuses on prevention and is designed to improve your patient's health by implementing a customized exercise plan. This program includes:

- » 2 functional tests (pre- and post-program)
- » 4 one-on-one personal training sessions
- » 60 day membership
- » Access to four Wellness centers



Focuses on functional training for clinical issues, such as diabetes and heart disease. This program includes:

- » 3 functional tests (pre-, mid- and post-program)
- » 6 one-on-one training sessions with an exercise physiologist
- » 60 day membership
- » Access to four Wellness centers



Designed for those in cardiac rehabilitation or have cancer, Parkinson's disease, multiple sclerosis or bariatric needs. This program includes:

- » 12-week introductory program
- » 2 functional tests (pre- and post-program)
- » 2 group exercise classes per week
- » Access to four Wellness centers

If you have questions about these programs, please contact **Michael Gallant**, Clinical Programs manager, at mgallant@carilionclinic.org or **540-989-5758**.

HOW CAN I REFER MY PATIENT TO ONE OF THE PROGRAMS?

The programs can be ordered via Epic through an ambulatory order.

- » **Fit Rx referral number is 207**
- » **Recovery Rx referral number is 211**
- » **Take Control Rx referral number is 311**

For clinicians outside Carilion, referrals can be securely faxed to **540-857-5219**.

WHAT IS THE BENEFIT TO MY PATIENT?

Regular physical exercise helps improve quality of life and overall health and can reduce the risk of chronic conditions such as type 2 diabetes and heart disease. It can also help prevent injuries, improve function post-surgery or injury, and delay symptoms of some incurable conditions, like multiple sclerosis and Parkinson's disease.

WILL YOU SHARE OUTCOMES WITH ME?

Outcomes will be shared via Progress Notes in Epic. Outside of Carilion, we will share outcomes with the patient and will encourage them to share with their clinician.

WHAT IS THE COST?

Some insurance companies cover the program's cost. The participant will need to verify this coverage directly with their insurance company.

- » **Fit Rx - \$115**
- » **Recovery Rx - \$230**
- » **Take Control Rx - \$240**

