

Exercise Is Medicine Program

Physician Referral Program

Carle Health & Fitness Center (CHFC) Exercise Is Medicine (EIM) Program provides assistance in creating a self-sustaining exercise program that will lead members on the path towards optimal health and wellness. Physicians, physical therapists, nurses, and other health care practitioners can refer their patients to the EIM Program. A patient can only be referred to the program once per rolling year and can be referred to the program again after 12 months of initial referral. Program elements include an initial wellness consultation, individualized exercise program and up to 8 weeks of full access to CHFC including the fitness floor equipment, locker room, track, pool, & group exercise classes. The EIM program is appropriate for individuals of all fitness levels, with and without chronic disease. Because of our individualized approach, everyone stands to benefit from the program.

Phase 1

Duration – 4 weeks

Cost - \$20

*Prerequisite - the participant must be referred by a physician, medical professional, and/ or a physical therapist.

Description of Phase 1:

- The participant will receive 4 weeks full access to CHFC, an initial consultation with a fitness coach, and an individualized exercise program to be used at the gym and/or at home.
- The participant can begin exercising at the gym once enrolled in the EIM Program prior to the EIM Initial Assessment.

EIM Initial Assessment:

- A 30-minute appointment with a fitness professional who will review medical history and exercise experience, help to develop and define exercise goals and record baseline biometric measurements.
- Appointment must be made at least 24 hours in advance.

EIM Exercise Prescription:

- A 60-minute appointment with a fitness professional who will review an exercise program designed specifically for the participant.
- The participant has full access to CHFC for four weeks and the option to adhere to the prescribed exercise program or utilize any of the member programs.



Phase 2

Duration – 4 weeks

Cost - \$40

*Prerequisite - the participant must join within 30 days of completing Phase 1

Description of Phase 2:

- The participant will receive an additional 4 weeks full access to CHFC and a reassessment appointment with a fitness professional.
- The participant will receive a follow-up call at the end of Phase 2 from the EIM coordinator and/or fitness coach to decide next steps with membership.

Reassessment Appointment:

- A 30-minute appointment with a fitness professional to update exercise program, reassess exercise goals, and repeat biometric measurements.
- Updated exercise program to follow at CHFC for the remainder of the 4 weeks.
- Appointment must be made at least 24 hours in advance.

Phase 3

Duration – monthly membership to CHFC

Cost - \$59/month (\$53/month for senior rate*) + one-time enrollment fee**

*Senior rate applies to participants 62 years of age or older.

**participants receive 75% off enrollment fee if registered within 30 days of completing Phase 2.

Description of Membership- Members will receive the following support:

- **Medical Fitness Assessment** (60 minutes) with a fitness professional who will review medical history and exercise experience, help to develop and define exercise goals and record biometric measurements.
- **Exercise Prescription** (60 minutes) with a fitness professional to go through an individualized prescribed exercise program and to receive a MyWellness Key to track exercises in machines during workouts.
- Quarterly **Reassessment** (30 minutes) every 12 weeks with a fitness professional to update exercise program, reassess exercise goals, and repeat biometric measurements.

Contact information:

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