



Results

Physician Provider: MyFitScript Fitness Coaching: Case Study: Patient with Diabetes
East Nashville Family Medicine, ENFM, Nashville TN, 2015

A pilot was conducted at East Nashville Family Medicine from mid-September 2014 through mid-March 2015. The physician practice contracted with MyFitScript for fitness counseling to include assessments, program development, and coaching as part of the patient treatment plan. Referrals were made to MyFitScript for patients that expressed a desire for exercise coaching and that the provider felt would benefit from such a service.

'Pat' was referred for a Fitness Consult on 9/19/14 for an exercise plan to help manage her Diabetes. An initial assessment and evaluation was performed on 9/23/14, followed by reassessment monthly and post assessment on 3/17/15 as outlined below.

During the 6 months of receiving MyFitScript coaching and the MyFitScript Diabetes exercise prescription, 'Pat' made dietary changes, increased physical activity levels, and made behavioral changes allowing her to resolve barriers and challenges. 'Pat' has had medication adjustments for BP and DM (no longer taking insulin shots and now on oral medication – she states her goal is to be off medication and control her diabetes with lifestyle management).

Indicator	Pre 9/23/2014	2/17/2015	Post 3/17/15
Weight	243.6	237.4 ▼	226.2 ▼ 17.4 lb loss
BMI	44.3	43 ▼	41 ▼ 3.3 improvement
Waist	49.75	48 ▼	▼ 1.75 improvement
Body Fat %	46.9%	46% ▼	45.7% ▼ 1.2% decrease
HDL	35	33 ▼	34 ▲
BP	153/80, 193/85	139/80 ▼	Controlled and decreased
A1c	7.4		7.3 ▼
Cardiovascular Risk Factors	5	4 ▼	4 ▼ Decreased risk
Exercise days per/wk	0	4 ▲	4 ▲ Increased activity
Physical Activity per week (line dancing)	2	2	2 maintained
Self Confidence Level	2	1 ▲	1 ▲ improved self management
Likelt Scale	1 (don't like exercise)	5 (love exercise) ▲	5 (love exercise!) ▲ improved exercise likability

**Rozmond Lewis, M.D., Primary Care,
East Nashville Family Medicine**

The MyFitScript program is a wonderful addition for any patient's care with chronic health conditions that are a barrier to good common sense exercise. My patients have been much healthier overall because of the program.

CD, MyFitScript Client

I saw a flyer in the doctor's office talking about MyFitScript so I decided to call...I really appreciate the time the MyFitScript Coach has given me and helping to guide me on this new journey. I will continue my healthier lifestyle because I love it!