

What is the ACTIVE Solution for Providers?

The ACTIVE Solution for Providers is a **product** and a **service** to assist providers in assessment, planning, and implementation of prescriptive exercise into various healthcare settings.

The product, available on MyFitScript website Store, consists of a toolkit of resources needed to implement exercise as an evidenced-based intervention for overall wellness, prevention and management of chronic disease in the adult and senior population. The toolkit is cost effective and easy to implement with print-on-demand prescriptive exercise programs for patients/clients, educational resources and behavioral change tools, tracking tools as well as provider resources for customization, assessment, and implementation process. Initial consultation included. Contact info@myfitscript.com. **See Product Components below.** *ACTIVE Solution for Providers priced @ \$289 on the website STORE.*

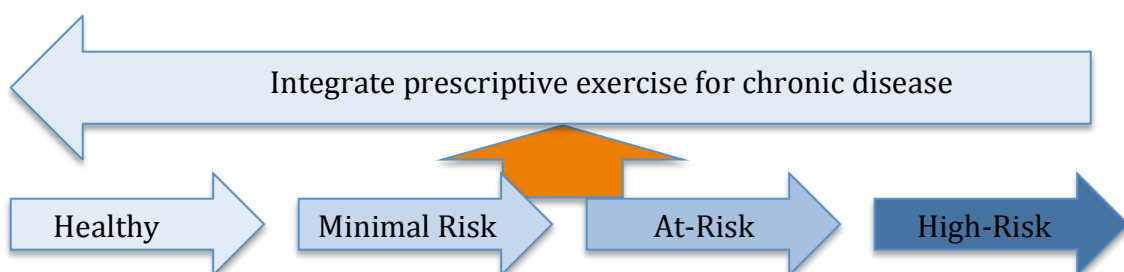
The service is optional and affordable fee-based consultation and/or staff training with Corley Roberts, Founder and CEO of MyFitScript, LLC. Corley holds a Masters degree in Healthcare Administration and is a Certified Professional in Healthcare Quality (CPHQ), Certified Exercise Physiologist (ACSM-EP) Exercise is Medicine (EIM2) credentialed, and clinical Certified Health Coach (CHC). Contact Corley for more information or initial consultation at info@myfitscript.com, or 615-497-5600. **See Service Components below.** *Consultation and training priced @ \$75/hour.*

Fitness and Health Coaching is part of the MyFitScript approach as a Medical Fitness Provider and can be included in the ACTIVE Solution as an optional service.

The Service: *Optional Consultative services for planning and implementation: Together we will explore some of the following to determine the right FIT for your setting.*

- Define measurable goals and outcomes
- Determine process for implementation using quality improvement methodologies
- Identify methods for data collection, tracking, and analysis
- Determine population health needs based on stratification
- Assess staff training/education needs for using MyFitScript
- Train-the-Trainer education for integrating MyFitScript into current workflows
- Assess the need for patient follow up services with Certified Health or Fitness Coaches

Physical activity and exercise if integrated at the right time within the health continuum may prevent individuals at minimal to at-risk status from reaching high-risk status for disease development. Integrating physical activity may also reverse the direction of progression to a healthier status.



The Product: ACTIVE Solution Toolkit Components:

- **MyFitScript Information Packet:** ACTIVE Solution for Providers Overview, Terms and Conditions for Use, MyFitScript Product Description, Sample ExRx program.
- **MFS_ExRx Bundle:** Exercise Prescriptions for over 40 chronic conditions, risk factors for heart disease, and disability. Available in PDF format and can easily integrate into EHR, and print-on-demand.
The ExRx Bundle may be purchased separately on the MyFitScript website Store.
 - Age specific for adult (40-64) and older populations (65+)
 - Guideline specific (ACSM/AHA, Physical Activity Guidelines for Americans)
 - Individualized prescriptive exercise program for cardio and strength exercise, frequency of exercise, intensity, and duration.
 - Stretching exercises, goals and benefits, and safety tips.
 - Colorfully illustrated signature caricatures demonstrating exercises.
 - Easy to follow exercise instructions.
- **Customization:** MFS_ExMenu of individual exercise images to add to any exercise prescription or customize the program using the MyFitScript Exercise Referral Form.
- **FitKit Consumer/Patient Toolkit:** When the recommendation for exercise is provided, the FitKit delivers the 'how to'. A wellness and chronic disease self-management patient education resource.
 - Principles of exercise are explained and include progression, types of exercise, how often to exercise, how to know if you're doing too much or too little, frequency, intensity, flexibility.
 - How to assess intensity of exercise using the Borg Rate of Perceived Exertion Scale (RPE).
 - How to assess individual risk factors worksheet.
 - Weight management information and BMI chart. MyFitScript™ MyFit500 approach.
 - Safety tips and recommendations.
 - Behavioral change tools such as goal setting worksheet, action plan worksheet, physical activity tracking tools, barriers/solutions worksheet.
- **Exercise Readiness Assessment Tool:** Quick way to determine if physician clearance is indicated. Includes Par-Q (Physical Activity Readiness Questionnaire), Risk Factor checklist, Signs and Symptoms, Goals (general goals and recommendations), Barriers/Solutions/Action, and BMI chart.
- **Tools & Resources:** Provider and patient/client resources for behavioral change and programming.
 - Quality Improvement & Outcomes
 - PDSA (Plan/Do/Study/Act) Worksheet
 - Physical Activity Outcomes Worksheet
 - Assessment (can also be used for measurable outcomes)
 - Pre-Exercise Assessment
 - Risk Factor Assessment
 - Self-Efficacy Assessment
 - Level of Importance Assessment
 - Exercise Readiness & Health Questionnaire
 - Behavior Change
 - Fitness4Action Planning Worksheet
 - Goal Setting Worksheet (S.M.A.R.T.)
 - Daily Activity Checklist
 - Stages of Change/Readiness
 - Physical Activity
 - Referral Form with Customization
 - Progress Notes
 - Program Waiver
 - MFS_ExRx F.I.T.E. Prescription
 - Exercise Intensity Using Borg Scale

For more information
contact
info@myfitscript.com
or 615-497-5600.