

## What is the ACTIVE Solution for Providers?

1. 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.
2. The product is based on guidelines and evidence-based industry recommendations and strategies.
3. The implementation is what we help you with.

**The product** consists of provider and patient/client resources:

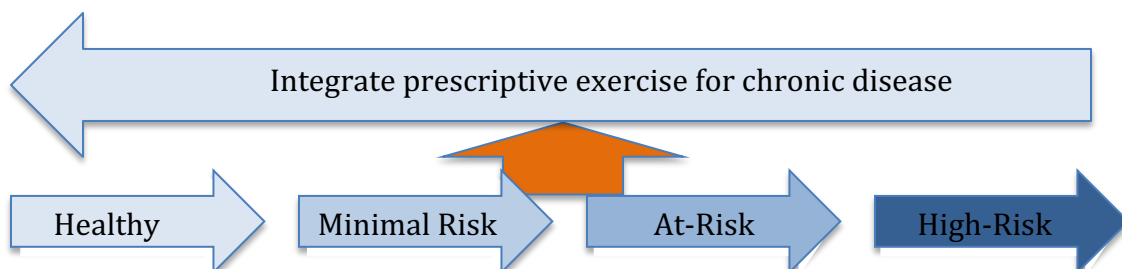
Provider resources for implementation of exercise as an evidenced-based intervention for overall wellness, prevention, and management of chronic disease in the adult and senior population. Resources for customization, assessment, quality improvement and implementation process.

Patient/Client resources are prescriptive exercise programs for patients/clients based on condition and age, educational resources, behavioral change tools, tracking tools, self-assessment and self-management tools.

**The service** includes individual consultation and professional training and education. A Train-the-Trainer professional series has been developed to address exercise and various chronic conditions and or health concerns, as well as implementation.

- 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 series for exercise and chronic disease management
- Health Coaching professional training assistance
- Training on integrating MyFitScript into current workflows

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 Components: (ExRx PRO Bundle) Population specific options are available.*

**MyFitScript Information Packet:** *ACTIVE Solution for Providers Overview, Terms and Conditions for Use, MyFitScript Product Description, Sample ExRx program.*

**MFS\_ExRx PRO Bundle:** *Exercise Prescriptions for 41 chronic conditions, risk factors for heart disease, and disability. Available in PDF format and can easily integrate into EHR, and print-on-demand.*

- 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\_Ex Menu** 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

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