



## Overview

[www.myfitscript.com](http://www.myfitscript.com)  
ACTIVE Solution for Providers

### What is the ACTIVE Solution?

1. The ACTIVE Solution is a **product** and a **service** to assist practitioners in integrating a physical activity intervention into their setting.
2. Provider/staff training, education, implementation support, tools & resources.
3. Patient/client educational toolkit and exercise prescriptions provide 'how to' and 'what to do' resources for prevention & management of chronic conditions and cardiovascular risk factors.
4. Outsource patient/client follow-up and touch points with certified fitness and health coaches!

**The PRODUCT (see Product Descriptions)** ALL materials are electronically sent to you on purchase. Just print and provide to patients during visits along with guidance and support! *See Terms of Use.*

1. **ExRx Bundle** only? Sure! 41 exercise programs for your patients! Just provide & guide!

2. **PRO Bundle** includes provider & patient resources, Train-the-Trainer series, and MyFitScript support!

- **Patient/Client Resources** for self-management include all prescriptive exercise programs based on condition and age; 'what & how to do' patient toolkit that includes education, behavior change tools, self-assessments for risk factors and weight, weight management model, activity tracking tools & steps program, goal setting, action plan, exercise principles & finding motivational 'why'!
- **Provider Tools & Resources (T&R)** for implementation, management, and program sustainability.
  - Train-the-Trainer presentation series self-learning modules or optional virtual training.

Assessments & Outcomes Health Coaching Techniques Fundamentals & Principles of Exercise	<i>Additional Topics &amp; Population Bundles Available Additional fee for virtual interactive training</i>
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- T&R for assessment, planning and implementation of an exercise intervention:
  - 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
  - How to apply health coaching techniques to assist behavioral change

3. **Population-Specific Bundles** allow for a more specialized focus on population management with exercise intervention. Specific train-the-trainer education, resources, and patient/client resources are included. Can build on PRO Bundle or just focus on population & purchase separately! It's YOUR move!

