



The CENTRE
Rolla's Health & Recreation Complex
1200 Holloway St., Rolla, MO 65401
573.341.2386
rollacentre.org/MyFitRx

Healthcare Provider Exercise Referral

Section A: Patient to complete

Patient Name _____

DOB _____

Phone _____

I give consent to The CENTRE, Rolla's Health & Recreation Complex to send my healthcare provider this information for an exercise recommendation.

Provider Name _____

Patient Signature _____

Date _____

Section B: Provider to complete

The patient noted above has requested to enroll in the MyFitRx program at The CENTRE, Rolla's Health & Recreation Complex, which requires a healthcare provider exercise referral.

Based on the patient's responses to the Pre-Activity Health Screening, the most recent guidelines from the American College of Sports Medicine® (ACSM) recommend requesting an acknowledgement from their healthcare provider prior to engaging in and/or resuming an exercise program.

Please check one of the following statements:

- I DO NOT RECOMMEND** this member's participation in any exercise at this time. This member should undergo further evaluation or testing outside of The CENTRE before initiating an exercise program.
- I RECOMMEND** this member's participation in an exercise program, beginning with light to moderate intensity exercise, with gradual progression, as tolerated, following ACSM guidelines.

MyFitRx Pathway:

- Cancer Fitness
- Cardiac Fitness
- Cognitive Health
- Diabetes Fitness
- Fit for Surgery
- Functional Fitness
- Orthopedic Fitness
- Pulmonary Fitness
- Transitional Care
- Weight Management

Exercise Restrictions or Recommendations: *(If applicable)*

Provider Name _____

Provider Signature _____

Date _____

Please return or fax completed referral to The CENTRE, Rolla's Health & Recreation Complex.

Fax: 573.341.2381

NOTE: THIS INFORMATION IS CONFIDENTIAL and intended ONLY for the purpose of receipt and review by the patient and healthcare provider named on this form and by The CENTRE, Rolla's Health & Recreation Complex. If you wrongly receive this information, please telephone and return the material to the sender immediately; any expenses incurred in such a return will be fully reimbursed. Any efforts made toward wrongful review or disclosure of this information may result in prosecution.