

FAQ's from Healthcare

1. What is a 'Prescription To Get Active'?

- i. Doctors identify patients who they believe could benefit from being more active based on the Canadian Physical Activity and Sedentary Behaviour Guidelines in an unsupervised physical activity without medical clearance.

2. Who can be a prescriber?

- i. Medical doctors providing care to appropriate patients.
- ii. Nurse Practitioners with a primary care panel.
- iii. Allied health professionals with a dedicated practice relationship with either of the above-named professions. Examples included Registered Nurse, Registered Pharmacist, Mental Health practitioners etc.

3. What is a Dedicated Practice Relationship?

- i. Shared care of the patient as illustrated by a shared medical record.
- ii. Shared care of the patient as illustrated by communication between the prescriber and the physician that supports continuity of care.
- iii. Physician program oversight and accountability for patient care provided by the allied health professionals.

4. Who may become a healthcare member?

- i. Family Health Teams are encouraged to sign on as the Active Member so that all healthcare professionals within their association are automatically approved and need only complete the application form.
- ii. Family Health Organizations
- iii. Family Health Groups
- iv. Independent family physicians

5. What is involved in becoming a healthcare member?

- i. Step one is to complete the online healthcare member application.
- ii. Once the application has been approved, a membership agreement is sent out for review and signature.
- iii. Upon return of the signed membership agreement, the healthcare member is provided with marketing materials to post within their clinics and hand out to patients; they are provided with an EMR version of the prescription (tear away pads are available by request).
- iv. Healthcare members are provided onboarding support and instruction by Prescription To Get Active staff.
- v. Members are required to report to Prescription To Get Active, total prescriptions written on a quarterly basis.

6. Is there a cost, term or quota associated with being a healthcare member?

- i. There is no quota, no fee, no term of commitment – just a willingness to participate and help your patients become healthier through an active lifestyle.

7. What does the patient do with the Prescription?

- i. The patient should be instructed to visit the www.prescriptiontogetactive.com website to register their prescription.

- ii. The patient may search the online database of recreation member facilities in their area, to find the best fit for their exercise/activity needs and take their prescription to the facility of their choice for the free trial offer.
- iii. The patient has access to online resources that offer ideas, suggestions and guides for getting active on their own, in their home or in the community.

8. What happens when the patient takes their prescription in to a participating recreation member facility?

- i. Upon arriving at their chosen recreation facility, the staff will meet with the patient to establish a comfortable, trust-filled relationship. Staff have been trained on how to work with these patients as they have very different needs than those of the person who makes a conscious choice to enter into an exercise program.
- ii. The patient will be assessed, asked what their goal is for the free trial period, establish an agreeable workout schedule, be given a tour of the area of the facility that best meets the needs of the patient.

9. How are recreation member facilities selected?

- i. Membership is open to all forms of exercise and recreation including, but not limited to, community recreation centres, YMCA's, private gym/fitness clubs, yoga, and martial arts to allow for a variety of options for the patients.
- ii. All prospective recreation members are required to complete the detailed online recreation member application. The application includes variety of questions that will ensure they meet the standards of the Prescription To Get Active Program. Facilities are required to disclose their goals and objectives and why they want to participate in the program.
- iii. All applications are approved by the national Board of Directors.

10. How do I know that my patient is receiving quality instruction?

- i. All Prescription To Get Active recreation member facilities are vetted and approved by the national Board of Directors.
- ii. As part of the application, prospective recreation members are required to provide a list of the certifications their staff hold to ensure they are sufficiently qualified.

11. What if my patient has a pre-existing medical condition?

- i. The Prescription to Get Active is intended for patients who are deconditioned, sedentary or at risk of developing a chronic condition and can begin exercising without any additional instruction. If your patient requires medical clearance and supervised activity, this program is not for that patient.

12. What happens at the end of the free trial?

- i. At the end of the free trial, the facility staff will evaluate the patient and encourage the patient to continue their activity.
- ii. The patient may choose to become a member of that facility or simply move on to an independent exercise routine.
- iii. The patient is encouraged to check back with their prescriber to share the results of the first 30 days.