

Limitations to exercise Yes No
If yes, please elaborate: _____

PATIENT INFORMATION

Patient Name _____
Patient Phone _____ Date of Birth ___/___/___

HEALTH CARE PROVIDER INFORMATION

Clinic Name _____
Provider Name (please print) _____
Provider Signature _____
Provider Phone _____ Date ___/___/___

- Mail me patient updates/progress reports
 I do not require follow-up on this patient

Practice Mailing Address or Stamp for Follow-Up:

Return completed form to:

Mississippi

Amory: 1105 Earl Frye Blvd. | Amory, MS 38821

Ph: (662) 256-6127 | Fax: (662) 256-6128

Baldwyn: 920 N. Fourth St. | Baldwyn, MS 38824

Ph: (662) 365-7873 | Fax: (662) 365-7817

Eupora: 111 E. Walnut Ave. | Eupora, MS 39744

Ph: (662) 258-9385

Iuka: 619 Battleground Drive | Iuka, MS 38852

Ph: (662) 423-1980

Pontotoc: 38 W. Reynolds St. | Pontotoc, MS 38863

Ph: (662) 489-1335 | Fax: (662) 489-4398

Tupelo: 1030 S. Madison St. | Tupelo, MS 38801

Ph: (662) 377-4141 | Fax: (662) 377-2184

West Point: 185 Medical Center Circle | West Point,
MS 39773 | Ph: (662) 495-9355 | Fax: (662) 495-0016

Alabama

Hamilton: 1481 Military Street South | Hamilton, AL
35570 | Ph: (205) 921-3177 Ext 5398 | (205) 921-2997

WELLNESS CENTER BRIDGE TO WELLNESS



nmhs.net/wellness-centers



**NORTH MISSISSIPPI
WELLNESS CENTER**

WHAT IS BRIDGE TO WELLNESS?

Bridge to Wellness is a medical referral membership that offers patients referred by their health care provider a discounted joining fee of \$30.

WHAT DO I GET?

Each Bridge to Wellness member receives:

- Fitness assessment
- Orientation
- An exercise program designed especially for you
- Full use of the Wellness Center

HOW DOES IT WORK?

Upon enrollment, you will be charged a discounted joining fee of \$30. Your monthly fee will be set up on payroll deduction, bank draft or credit card draft. Bridge to Wellness members also receive a discount off the regular monthly rate.

HOW OFTEN CAN I COME?

Bridge to Wellness members have full access to all Wellness Center programs, classes, facilities and equipment. You may come as often as you wish.

HOW DO I GET STARTED?

Ask your health care provider if you are a candidate for Bridge to Wellness. If so, your health care provider simply completes the referral form on the back. You can either mail or fax the signed form to the Wellness Center or drop it off at our front desk. A Wellness Center representative will set up your coaching session as soon as possible.

FOR MORE INFORMATION

Call the Wellness Center nearest you or 1-800-THE DESK (1-800-843-3375) for more information.

WELLNESS CENTER FEATURES

Services vary from facility to facility and may include:

- 24/7 access
- Supervised group exercise classes for all fitness levels
- Vast array of cardio equipment
- Arthritis classes
- Indoor & outdoor walking tracks
- Strength training
- T'ai Chi Chih
- Yoga & Pilates
- Heated pool & aquatic classes
- Sauna, steam & whirlpool

PERSONAL TRAINING & NUTRITION CONSULTATION

The Wellness Center staff will assess height, weight, blood pressure, heart rate, body fat percentage, cardiovascular endurance, muscular strength and flexibility. We will discuss results of these screenings one-on-one and help each individual determine what he or she would like to accomplish. Fitness specialists will then set several reasonable goals for the participant to accomplish over the next three to six months and write a personalized exercise prescription to accomplish these goals.

Each participant will receive an orientation session to recommend a group exercise class and demonstrate how to use the fitness equipment. In addition, participants have the option of scheduling a one-on-one consultation with our registered dietitian to assess eating habits and make recommendations for improvement. Results from all assessments can be sent to your health care provider's office for your records upon request.

ASK FOR A BRIDGE TO WELLNESS REFERRAL TODAY!