

**How to Join-** Complete the Patient Information below and have your provider complete the Provider Referral Form (back panel of this brochure). Once you have these items completed, call (859) 936-WELL (9355) to schedule an appointment. Bring the Patient Information and Provider Referral Form with you on your first visit.

### Patient Information

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Male/Female \_\_\_\_\_ Date of Birth: \_\_\_\_\_

#### Permission for Release of Information:

I hereby give my permission to release any pertinent medical information from my medical records to McDowell Wellness Center.

**IMPORTANT:** This referral is valid for three months. If the patient fails to attend the initial consultation within three months of the date of referral and still wishes to participate in the program, the patient must see their referring practitioner in order to be re-referred.

**Wellness Counselors are advised NOT TO ACCEPT responsibility for a referred patient until all relevant clinical information is confirmed and signed.**

Member Signature:

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Date: \_\_\_\_\_

### Provider Referral Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Physical Limitations:

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Provider Signature: \_\_\_\_\_

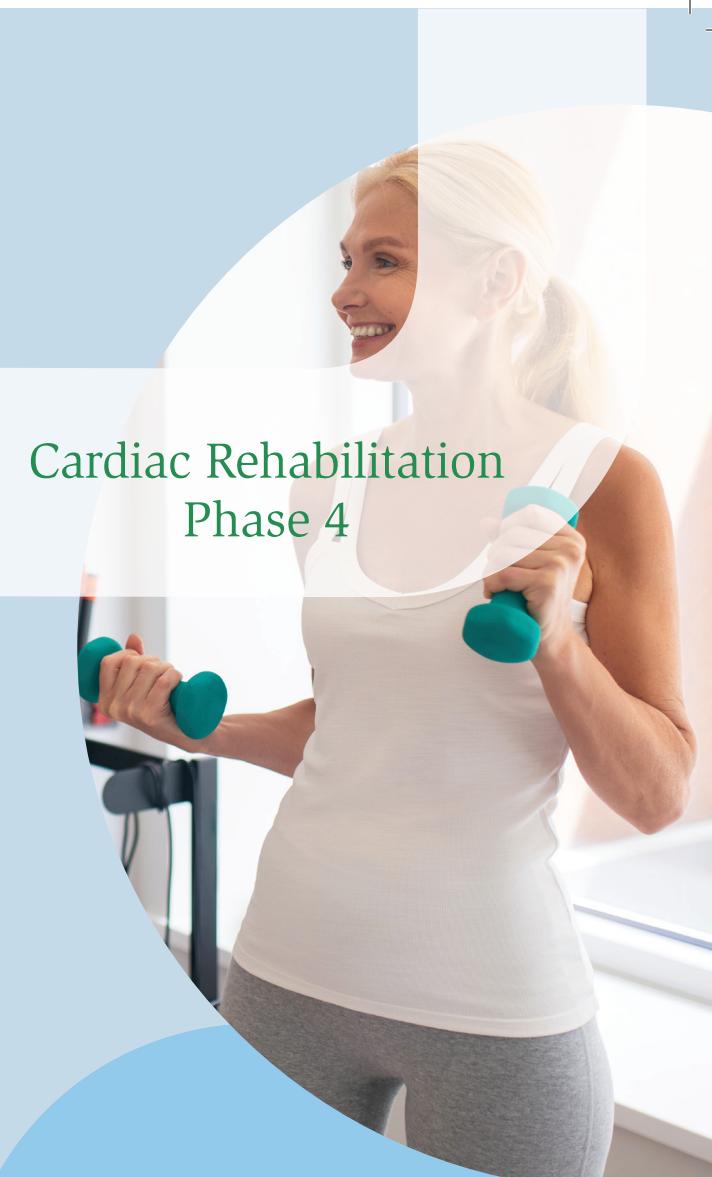
Date/Time: \_\_\_\_\_

Please check all conditions or diagnoses that apply:

- Diabetes
- Obesity
- Hypertension
- Osteoporosis/penia
- COPD
- Other

Referral letters or forms without this information or containing only blanket phrases such as "I know of no reason why Mrs. X should not engage in activity" are **NOT acceptable as part of a quality referral system.**

## Cardiac Rehabilitation Phase 4



McDowell Wellness  
Center

1107 Ben Ali Drive  
Danville, KY 40422  
(859) 936-7230  
[www.mcdowellwellness.com](http://www.mcdowellwellness.com)

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# Cardiac Rehabilitation Phase 4



Phase 4 of Cardiac Rehabilitation is for individuals who have completed a 12-week Cardiac Rehabilitation monitored exercise program. During Phase 4, you will continue to follow the guidance on exercise, nutrition and lifestyle that was established by your rehabilitation team.



## ***Independent, Ongoing Conditioning***

The final phase of cardiac rehabilitation is your own independent and ongoing conditioning. If you have participated fully in the previous three phases, then you should have excellent knowledge about your specific condition, risk factors and strategies to maintain optimal health.

Independent exercise and conditioning are essential to maintaining optimal health and preventing possible future cardiac problems. Thus, Phase 4 is an independent maintenance phase of rehabilitation.

**Where** - Phase 4 conditioning will be held at McDowell Wellness Center, a service of Ephraim McDowell Health, located at 1107 Ben Ali Drive in Danville. McDowell Wellness Center offers a variety of exercise options, including

cardiovascular equipment, strength-training machines and free weights, an aerobics studio and a six-lane indoor pool.

**Program Outline** - After you enroll in the program, you will be assigned a certified wellness counselor who will complete an assessment of your physical health and help you build an exercise program tailored for cardiac patients.

**Cost** - The first month is free. The cost for months two through six is \$22.50 per month. The good news is that your spouse can join for an additional \$20 a month.

If you want to participate in Phase 4 of Cardiac Rehabilitation, please call Brett Underwood at (859) 936-9355.