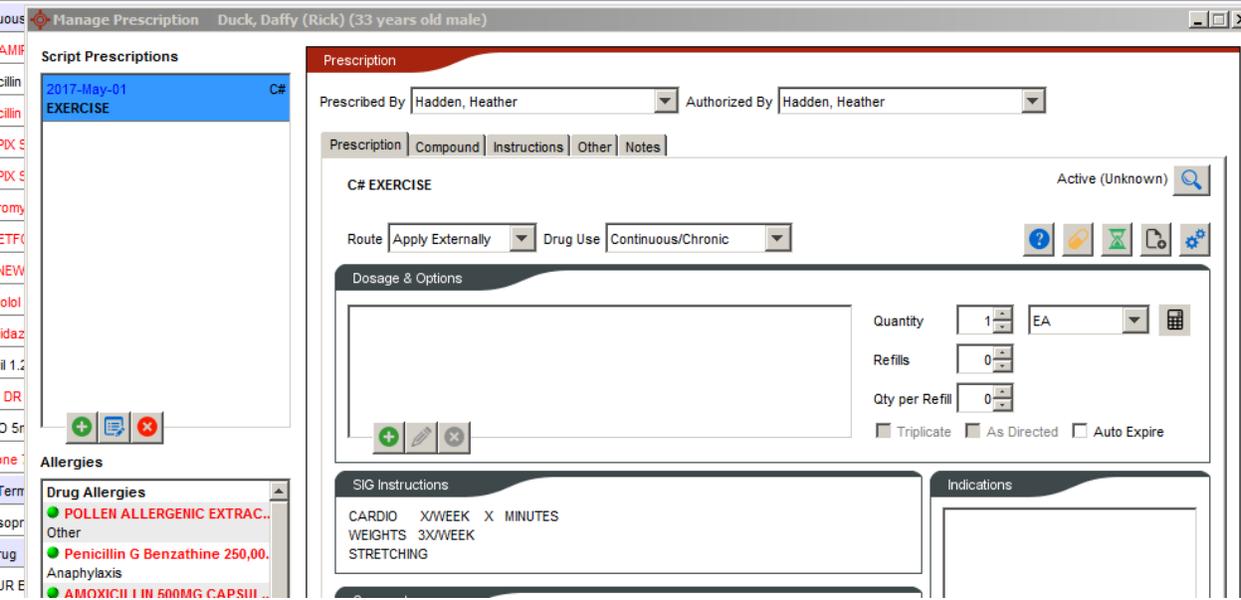


# Prescription for Exercise- Shared Resources

Credit Valley FHT has added a prescription for exercise form to their EMR (Accuro). A screenshot is below. Interested in learning more? [Contact Heather Hadden](#).



**STAR FHT** has created an **Exercise Prescription that the physicians give to their patients**, for a wide range of conditions (every condition is included, always to the discretion of the physician). We have an agreement with the South West YMCA’s from Windsor to Cambridge, based on a “hot spot” map review of where all of our STAR FHT patients live — The Y’s have agreed to provide a 1-month membership for anyone who brings the prescription in. The patient will have full access to all the programs/services the location Y has to offer. At the end of the 1-month, the Y staff asks the patient about benefits they have achieved etc. and whether they would be interested in taking out a membership. If finances are an issue for the patient, the Y supports people re: memberships

**IHPs are allowed to give out an Exercise Voucher**, which is very similar to the prescription, provided the patient gets clearance from their physician that exercise is okay for them. Usually the vouchers are given out within the structure of our programs, e.g., Diabetes prevention program, Healthy You, etc.