

Physician Consent Form

UnityPoint Health – Meriter Wellness Center

Dear Dr. _____

Patient's DOB: _____

Your patient, _____, wishes to join the weight management/exercise program at the Meriter Wellness Center. We require new members that have some medical risk to have consent from their personal physician before they engage in an exercise program. Our facility has a variety of aerobic and weight training equipment as well as locker and shower facilities for their use. A fitness assessment with exercise prescription is not required but may be done if requested by the participant.

The American College of Sports Medicine (ACSM) recommends maximal exercise stress test for the following individuals:

- **apparently healthy men older than 45 and women older than 55 who want to begin a program of vigorous exercise**
- **asymptomatic men and women with two or more major coronary risk factors who wish to take up vigorous exercise.**
- **individuals who have (or have symptoms suggestive of) cardiac, pulmonary, or metabolic disease before beginning vigorous physical activity.**

Please check the box below that is appropriate for the above name patient; then sign below indicating your consent for the patient to engage in an exercise program at the Meriter Wellness Center.

- A stress test is not needed on this patient.
- A stress test is needed on this patient prior to starting an exercise program. It has been scheduled with Dr. _____ on _____ (date).
- A stress test has been performed on this patient in the past two years and a copy of this test is enclosed (datasheet with heart rates, blood pressures, workloads; physician interpretation; ECG at rest, maximal exercise and recovery).

I have discussed the following concerns/limitations with my patient: _____

Please indicate which program your participant is interested in:

Stay Fit or Get Fit

Physician Signature: _____ Date: _____

Please mail or fax to: UnityPoint Health – Meriter Wellness Center
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Madison, WI 53713
Phone: (608)417-6102
Fax: (608)417-5770

unitypoint.org



UnityPoint Health
Meriter