



Patient Name: _____ Referring Physician: _____
 HCN: _____ Gender: M F Address: _____
 D.O.B _____ Tel: _____ Tel: _____ Fax: _____
 Address: _____ Billing #: _____
 Email: _____ Signature: _____

Referral indication:

- Exercise prescription based on minimum recommended clinical guidelines
- Higher intensity exercise prescriptions for patients who wish to safely participate in sports-related activities
- Exercise Rehabilitation for cardiac patients
- Exercise Rehabilitation for non-cardiac chronic disease
(e.g., pulmonary rehabilitation, peripheral vascular disease, stroke, cancer recovery)

Do you have any specific exercise and lifestyle instructions for us?

Does the individual currently exercise regularly: Uncertain No Yes

Does the individual experience any symptoms or limitations with exercise: No Yes

Please explain: _____

Cardiovascular disease (Check all that apply):

- Ischemic heart disease Congestive heart failure Cardiomyopathy Prior myocardial infarction
- Atrial arrhythmias/atrial fibrillation Ventricular arrhythmias Valvular heart disease PCI or CABG
- Peripheral vascular disease Stroke/TIA

Cardiovascular disease details: _____

Other chronic diseases that might affect exercise safety: _____

Vascular risk factors (Check all that apply):

- Diabetes Hypertension Hypercholesterolemia Smoking Family history Obesity
- Other: _____

Would you like our medical team to make adjustments to medication(s) for hypertension and/or hyperlipidemia when appropriate? No Yes

Please attach any exercise stress test, echocardiograms, holter monitoring, and fasting laboratory tests within the last year. Where appropriate, our medical team may selectively refer patients for such investigations to help inform exercise prescriptions and safety.



MY HEART FITNESS REFERRAL FORMS:

Exercise has been shown to be one of the most important non-pharmacological interventions to improve life-expectancy and quality of life for at-risk patients and those with established chronic disease.

My Heart Fitness is an innovative medically supervised exercise medicine and risk-factor management program that is covered by OHIP. Through a collaborative multidisciplinary approach, we help patients meet their physical activity targets and ensure they are appropriately progressing towards their physical activity goals in a sustainable fashion. We provide evidence-based personalized multimodality exercise prescriptions and risk-factor management through a novel hybrid model of care, which consist of on-site clinics, patient portals and telemedicine-based services.

Our multidisciplinary team of physicians and allied health professionals includes registered Kinesiologists, pharmacists and dietitians. We focus on education and self-regulatory skills to optimize patients' exercise and lifestyle behaviours. We also offer exercise rehabilitation for cardiac, pulmonary and peripheral vascular disease conditions. Dietary counseling, diabetes education, smoking cessation and medication management for hypertension and hyperlipidemia are included.

My Heart Fitness has partnered with the town of Milton and Parks and Recreation to provide a variety of exercise modalities including walking, walk-jog, running, cycling, aquatics, resistance and high-interval exercise prescriptions. We accept referrals for patients over the age of 20 years for either primary or secondary prevention, for all fitness levels. Note – all patients must be able to ambulate independently.

Primary prevention includes one or more of the following risk factors: diabetes, hypertension, hypercholesterolemia, smoking, family history, obesity, less than 150 minutes of physical activity per week and sedentary lifestyles (cumulative sitting times of 6 or more hours per day).

Secondary prevention includes patients with chronic ischemic heart disease and/or structural heart disease, previous stroke/TIA, or other vascular diseases.

Our services include:

- Physician consultation and follow-up
- Personalized exercise prescriptions
- Cardiovascular education
- Risk-factor modification
- Dietary counseling
- Exercise rehabilitation for chronic diseases
- Smoking cessation
- Diabetes education