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My Heart Fitness (MHF) Lifestyle Modification Program

Please attach relevant notes and diagnostic tests (e.g. stress tests, echocardiograms, coronary angiogram, etc.) where applicable

Patient Name: _____

HCN: _____ Gender: _____

D.O.B: _____ Phone: _____

Address: _____

Email: _____

Referring Physician: _____

Address: _____

Phone: _____ Fax: _____

Billing: _____ Signature: _____

Family Dr: _____

Referral Indication

Primary Vascular Prevention

Among those **without** established or suspected cardiovascular, peripheral, or cerebrovascular disease

Secondary Vascular Prevention

Among those **with** established or suspected cardiovascular, peripheral, or cerebrovascular disease

Comments (Please provide any additional information)

My Heart Fitness Information

The MHF Program

What do we do?

- Intensive lifestyle modification

How do we improve health?

- Through knowledge and behaviour

Lifestyle Targets

- Exercise and Physical Activity
- Nutrition and Diet
- Stress-management
- Self-regulation/self-management skills
- Smoking cessation (where applicable)

My Heart Fitness Services

OHIP Based Services

- Virtual clinic visits
- Specialists
- Dietitians
- Kinesiologists
- Learning modules
- Goal Setting
- Self-monitoring
- Preventative care monitoring
- Cardiac rehabilitation

Other Services Offered

- Medically supervised exercise training
- Post cardiac rehabilitation
- Integrated wearable technologies
- Virtual heart-healthy grocery store tours and cooking demonstrations
- Monitoring the food plate