



**NORTH MISSISSIPPI
MEDICAL CENTER**

Iuka Wellness Center

Dear Wellness Center Member,

Iuka Wellness Center will reopen Monday, June 8, with several operational changes. By respecting these changes and showing courtesy for staff and fellow members, we can ensure our Wellness Center is enjoyable and safe.

Facility Access:

Pre-screening will be required for ALL members and employees before entering the facility. Be prepared to wait upon arriving. We suggest you remain in your vehicle until we open if you arrive before opening.

DO NOT come to the center if you answer **YES** to any of the following. Entry will be denied:

- Have been in close contact with a confirmed case of COVID-19 in the past 14 days
- Have had a cough, shortness of breath, or sore throat
- Have a fever of 100.4 or greater in the last 48 hours
- Have had a loss of taste or smell
- Have had vomiting or diarrhea in the last 24 hours
- Have chills or muscle pain

ALL members will have their temperature checked before entering. Anyone with a temperature higher than 100.4 will be denied entry. We recommend not exercising before entering.

Keep 6 feet away from other members when approaching the entrance and while waiting to be screened and to check in. Members are recommended to wear a mask to enter and while in common areas such as the locker room and main lobby.

Only active members will be allowed; NO guests. Anyone who wishes to join the Wellness Center as a new member may set up an appointment.

Iuka Wellness Center Hours

Monday	5-11 a.m. • 3-8 p.m.
Tuesday	6 a.m.-noon • 3-7 p.m.
Wednesday	Closed
Thursday	6 a.m.-noon • 3-7 p.m.
Friday	5-11 a.m. • 3-5 p.m.
Saturday	8 a.m.-noon

Members will be limited in each area of the Wellness Center with **only 30 members total allowed at a time**.

*This total is well below the requirement of 30% capacity by governor's orders for the safety of our members and staff.

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Fitness Floor:

- 6 feet of social distancing is required between members when exercising on the fitness floor. Personal contact is not allowed.
- Some machines have been closed for physical distancing. These machines are clearly marked.
- Mats and many accessories with porous surfaces have been removed but may be checked out by fitness staff. This will allow for cleaning and disinfecting between uses. Please bring your own mat if you wish.
- Equipment must be cleaned before and after use by member.
- A fitness instructor will be circulating throughout the facility to clean equipment after use.

Locker Rooms:

- Only one person is allowed in the locker area at a time.
- Masks are recommended to members while in locker rooms.
- Locker rooms and toilet areas will be sanitized at regular intervals daily. This disinfecting solution is not harmful but may leave surfaces wet at times.

Group Exercise/Aerobic:

Classes are temporarily suspended.

Accounts and Billing:

- All membership accounts were frozen, and billing was suspended beginning April 1, 2020.
- We will allow personal freezes with no monthly fee for up to 90 days or 3 months if the request is made in writing before June 15, 2020.
- We will not continue billing until a month after we open to provide credit for time missed
- Paid in full members have had their expiration date moved back 77 days. This is the number of days we were closed.
- We will resume regular monthly billing for non-frozen accounts beginning July 1, 2020.
- In order to allow our membership staff to focus on screening, additional cleaning and appropriate check-in, please send request to freeze your membership to ewadkins@nmhs.net or call (662) 423-1980. On site membership business including account changes will only be conducted during staffed hours of operation.

NOTE: The guidelines stated here are not all-inclusive. Amendments may be made to the guidelines at any time as deemed necessary. For all questions regarding interpretation of our guidelines, the decision of NMMC Wellness Center management is final.

To read the complete directive from the Governor of Mississippi visit:

<https://www.sos.ms.gov/content/executiveorders/ExecutiveOrders/1480.pdf>

We appreciate your patience during this very challenging time, and we look forward to seeing you at the Wellness Center whenever you are ready to come back.

Let's Stay Healthy Together!

Iuka Wellness Center Staff