



Limitations to exercise Yes No

If yes, please elaborate _____

Patient Information

Patient Name _____

Patient Phone _____ Date of Birth ___/___/_____

Physician Information

Clinic Name _____

Physician Name (please print) _____

Physician Signature _____

Physician Phone _____ Date ___/___/_____

Mail me patient updates/progress reports I do not require follow-up on this patient

Practice Mailing Address or Stamp for Follow-Up:

Return completed form to:

Mississippi

Amory

1105 Earl Frye Blvd. • Amory, MS 38821
Ph: (662) 256-6127 • Fax: (662) 256-6128

Baldwyn

920 N. Fourth St. • Baldwyn, MS 38824
Ph: (662) 365-7873 • Fax: (662) 365-7817

Eupora

111 E. Walnut Ave. • Eupora, MS 39744
Ph: (662) 258-9385 • Fax: (662) 258-9401

Iuka

619 Battleground Drive • Iuka, MS 38852
Ph: (662) 423-1980 • Fax: (662) 423-6322

Pontotoc

38 W. Reynolds St. • Pontotoc, MS 38863
Ph: (662) 489-1335 • Fax: (662) 489-4398

Tupelo

1030 S. Madison St. • Tupelo, MS 38801
Ph: (662) 377-4141 • Fax: (662) 377-2184

West Point

185 Medical Center Circle • West Point, MS 39773
Ph: (662) 495-9355 • Fax: (662) 495-0016

Alabama

Hamilton

1481 Military Street South • Hamilton, AL 35570
Ph: (205) 921-3177 Ext 5398

www.nmhs.net/wellness-centers



**Join for
\$30**

Let our medical fitness professionals design a program especially for you.



Wellness Center

Take advantage of it!

What is Bridge to Wellness?

Bridge to Wellness is a medical referral membership that allows patients referred by their health care provider to join the Wellness Center for \$30.

What do I get for my \$30?

Each Bridge to Wellness member receives:

- Fitness assessment
- Orientation
- An exercise program designed especially for you
- Full use of the Wellness Center

How does it work?

Upon enrollment, you will be charged \$30 and set up on payroll deduction, bank draft or credit card draft. If you continue your Wellness Center membership, you will receive a discount off the regular monthly rate.

How often can I come?

Bridge to Wellness members have full access to all Wellness Center programs, classes, facilities and equipment. You may come as often as you wish.

How do I get started?

Ask your health care provider if you are a candidate for Bridge to Wellness. If so, your health care provider simply completes the referral form on the back. You can either mail or fax the signed form to the Wellness Center or drop it off at our front desk. A Wellness Center representative will set up your coaching session as soon as possible.

Join for \$30!

Join for \$30 and get access to all facilities and services at a discounted monthly rate. What do you have to lose?

For More Information

Call the Wellness Center nearest you or 1-800-THE DESK (1-800-843-3375) for more information.

Wellness Center Features

- Supervised group exercise classes for all fitness levels
- Vast array of cardio equipment
- Arthritis classes - Pontotoc facility
- Weight loss programs
- Indoor & outdoor walking tracks
- Strength training
- T'ai Chi Chih
- Yoga & Pilates
- Heated pool & aquatic classes (Tupelo & Amory locations only)
- Sauna, steam & whirlpool (Tupelo location only)

Personal Training & Nutrition Consultation

The Wellness Center staff will assess height, weight, blood pressure, heart rate, body fat percentage, cardiovascular endurance, muscular strength and flexibility. We will discuss results of these screenings one-on-one and help each individual determine what he or she would like to accomplish. Fitness specialists will then set several reasonable goals for the participant to accomplish over the next three to six months and write a personalized exercise prescription to accomplish these goals.

Each participant will receive an orientation session to recommend a group exercise class and demonstrate how to use the fitness equipment. In addition, participants have the option of scheduling a one-on-one consultation with our registered dietitian for \$10 to assess eating habits and make recommendations for improvement. Results from all assessments can be sent to your health care provider's office for your records upon request.

Ask for a Bridge to Wellness referral today!