

# Healthcare Provider Referral Program



Healthcare provider must complete this form (patient must be 18 years or older)

Patient name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Phone/Email: \_\_\_\_\_ / \_\_\_\_\_

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Health Indicators:

Basic blood testing results (if available within the last six to 12 months)

Height \_\_\_\_\_  Weight \_\_\_\_\_  Glucose \_\_\_\_\_ A1C \_\_\_\_\_

## Please check one of the following before proceeding:

This patient may engage in independent, unrestricted exercise.

This patient has restrictions and/or limitations as described: \_\_\_\_\_

## Referred to the following YMCA of Greater Brandywine program(s) (membership not required):

### Diabetes Prevention

Led by a certified lifestyle coach, and based on a CDC-approved curriculum, this program helps participants implement gradual lifestyle changes to prevent or delay the onset of Type 2 diabetes.

### LIVESTRONG at the Y

Facilitated by certified instructors, this 12-week, evidence-based, small group program is designed to help adult cancer survivors regain physical strength and improve overall well-being.

### Enhance Fitness

This program combines three key components of fitness: strength training, flexibility and cardiovascular conditioning to help older adults reduce the severity of arthritis symptoms.

### A Matter of Balance

A program designed to reduce the fear of falling and increase activity levels among older adults.

### Weight Loss

This program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable, healthy habits.

### Parkinson's Cycle

Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute.

### Aqua Arthritis

A recreational series of gentle activities in the pool, designed to help relieve the pain and stiffness caused by arthritis and other diseases, such as gout, osteoporosis, fibromyalgia, lupus and scleroderma.

### TRX for MS

This slow, low impact class helps build strength and stamina for those diagnosed with multiple sclerosis.

### Functional Fitness/Rehab

A YMCA personal trainer focuses on building strength and increasing range of motion with a focus on form and posture. Great for pre/post rehab.

Patient is interested in YMCA programs/gave permission to fax referral.

Referring provider/doctor: \_\_\_\_\_ Date: \_\_\_\_\_

Office location: \_\_\_\_\_

Office contact: \_\_\_\_\_

Office phone: \_\_\_\_\_

To ensure privacy, submit to the Y's secure fax, (833) 275-1303.