

## Physician Consent Form

With your physician's approval,  
Health for Life can begin at any time.

Patient Name: \_\_\_\_\_

Address:  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

### Doctor's Approval

The above-mentioned individual has my approval to participate in the Health for Life Program including an exercise portion at the Wellness Center at Baptist Hospital. *Please attach any further information that would be helpful in the care of the participant including contraindications for exercise.*

Doctor's Signature:  
\_\_\_\_\_

Doctor's Printed Name:  
\_\_\_\_\_

Date: \_\_\_\_\_

Please fax all materials to:  
**615.284.3037**

For more information, call **615-284-BFIT**  
or visit  
[www.BaptistHospital.com](http://www.BaptistHospital.com) (under Hospital Services)



**The Wellness Center**  
Baptist Hospital

# Health For Life

Weight Management Program



**The Wellness Center**  
Baptist Hospital

**stay well.**

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# Health For Life

## Weight Management Program

Health for Life is a comprehensive 12-week weight-management program designed to help you meet your nutrition and fitness goals. Working one-on-one with our professional staff will get you on the right track!



### Program Includes:

- 12-week membership to The Wellness Center at Baptist Hospital
- 12 consultations with a Registered Dietician
- 12 meetings with a Wellness Specialist
- 2 lab panels (Lipids, Glucose)

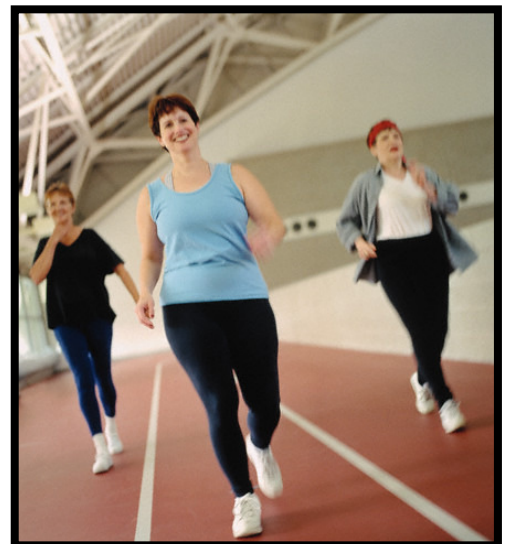


**The Wellness Center**  
Baptist Hospital

### Program Costs

- **\$240 (Hospital Associate)**
- **\$270 (Community Member)**
- You may join the facility after 3-months for no joining fee and regular membership rates
- Current members: subtract your monthly rate from program cost
- Hospital employees can pay through payroll deduction
- Monthly payment options available

### We'll help you meet your goals!



Call **Stephen Enfinger** at  
**615.284.BFIT**  
for information

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