



## FAQ's for Prescription to Get Active ('RxTGA')

Watch this two-minute [video](#) for an overview of the program.

### 1. What is a Prescription to Get Active ('RxTGA')?

- i. Prescribers/referrers identify patients who they believe could benefit from being more physically active and safely exercise without clinical supervision. The prescriber's/referrer's determination is based on their scope of practice and industry accepted assessment tools for exercise readiness.
- ii. [The 24-Hour Movement Guideline](#) is used as a benchmark to determine low physical activity levels.
- iii. The prescriber/referrer will provide a written prescription/referral as an introduction to the Prescription to Get Active program. Instructions direct the patient to the resources available at [www.prescriptiontogetactive.com](http://www.prescriptiontogetactive.com) that will help guide them to a more physically active lifestyle. The prescriber/referrer is not required to provide active lifestyle advice or required to program any fitness exercises.

### 2. Who can be a prescriber/referrer?

- i. Medical doctors providing care to appropriate patients.
- ii. Nurse Practitioners with a primary care panel.
- iii. Allied health professionals with a dedicated practice relationship with either of the above-named professions.
- iv. Regulated health care professionals whose college has confirmed that they can refer physical activity as part of their scope of practices and can utilize and evidence-based pre-screening tool to identify the participant's readiness for physical activity.

### 3. What is a Dedicated Practice Relationship?

- i. Shared care of the patient as illustrated by a shared medical record.
- ii. Shared care of the patient as illustrated by communication between the prescriber and the physician that supports continuity of care.
- iii. Physician program oversight and accountability for patient care provided by the allied health professionals.

### 4. Who may become a healthcare member?

- i. Primary Care Networks
- ii. Alberta Health Services – Specialty departments
- iii. Independent health care clinics
- iv. Independent regulated health care professionals

### 5. How does a healthcare provided become a member of RxTGA?

- i. Complete the [healthcare application form](#) in this link.
- ii. The application will be reviewed and approved by the RxTGA board of directors.
- iii. The RxTGA membership agreement will be sent to the applicant for review and signing.
- iv. Once the agreement is signed, RxTGA will provide a 60 minute orientation on how to administer the RxTGA.

### 6. Is there a cost, term or quota associated with being a healthcare member?

- i. There is no quota, no fee, no term of commitment – just a willingness to participate and help your patients become healthier through an active lifestyle.

The image shows a registration form and information sheet for RxTGA. At the top is the RxTGA logo. Below it are fields for Patient/Client Name and Date. Then a field for Clinic/Office Name (please print). Below that is a section for Prescriber/Referrer Name (please print) with two radio button options: 'Child or Youth' (with subtext 'Work up to a minimum of 60 min. of physical activity daily.') and 'Adult or Older Adult' (with subtext 'Work up to a minimum of 150 min. of physical activity per week.').

Below the form is a section titled 'REGISTER your prescription and get access to FREE and low-cost programs and support'. It lists two options: 'Free trial at any participating fitness or recreation facility, or sport association.' and 'Online and in-home programs to use anytime, anywhere.' It also lists 'Discover walking, running, and riding trails near you.' and 'Establish healthier habits with behavioural support.'

Below that is a section titled 'WAYS TO REGISTER YOUR PRESCRIPTION (choose one)'. It lists three options: 'Use your phone camera to scan the QR code', 'Go to our website: [prescriptiontogetactive.com](http://prescriptiontogetactive.com)', and 'Call 1-866-212-7552 if you do not have a device'. It also says 'Full details & instructions on reverse'.

At the bottom is a blue bar with the text 'CONNECT WITH US!' and icons for WhatsApp, Facebook, Instagram, and LinkedIn.

- ii. Healthcare members will receive quarterly reports on the number of registrations coming from site locations/clinics.

**7. What does the patient do with the RxTGA?**

- i. The patient (*referred to as the "Participant" when referencing post-registration*) should be instructed to register their RxTGA in any one of the 3-ways outlined on the RxTGA form: QR code, website address or telephone (only if the patient does not have an email address and/or access to the internet).
- ii. An automated email gets sent to the Participant on what is available to them and some easy to access links to get started once they have registered.
- iii. The Participant has access to remote behavioural support, evidence-based resources that offer ideas, trail route maps, on-demand videos, and guides for getting active on their own, in their home or in the community. The Participant may also search the online database of participating fitness and recreation facilities or sport associations in their area, to find the best fit for their exercise/activity needs and take their prescription to the facility or association of their choice for the free trial offer.

**8. What type of behavioural support is available to encourage physical activity adherence?**

- i. *Prescription to Get Active* has partnered with GoGet.Fit to provide the Participant with a free-unlimited remote support app while they establish and maintain healthy activity habits. The user experience is designed with 29 behavioural change tools that support activities resulting in improved physical and mental well-being.
- ii. The GoGet.Fit platform's privacy cyber-security infrastructure secures all data with the highest standards of encryption both at rest and in transit on medical grade servers (MedStack). The acquisition, collection, use, and disclosure of all personal information and activity-participation information follows FOIP and the HIA where applicable. The GGF Platform only carries low-risk personal privacy information.

**9. What happens when the Participant registers their RxTGA and wants to take part in on-demand videos for exercise?**

- i. Upon registering, the Participant is provided with a host of options from qualified on-line service providers for exercise programming that they can access from anywhere that has an internet connection (computer, phone, smart TV).
- ii. Participants have a variety of choices in the types of exercise they would like to participate in (Yoga, strengthening, cardio., stretching etc.). Instruction ranges from 5, 10, 20, 30 and 60 minutes in length and Participants can choose their appropriate level (beginner, intermediate and advanced). There are also specialty videos for older adults and those who have mobility issues.
- iii. In most instances, the Participant will receive 1- month of free access to the video on demand series. There is no obligation to carry-on with access after the trial period is over.

**10. What happens when the Participant takes their RxTGA to a participating fitness and recreation member facility, or sports association?**

- i. Upon arriving at their chosen facility or association, the staff will meet with the Participant to establish a comfortable, trust-filled relationship.
- ii. The Participant's needs will be assessed; they will be asked what their goal is for the free trial period; establish an agreeable workout schedule; and be given a tour of the area of the facility that best meets the needs of the Participant.
- iii. Most fitness and recreation facilities will provide access to a healthcare professional to join the Participant as a 'warm' hand-off.

**11. How are fitness and recreation member facilities and sport associations selected?**

- i. Membership is open to all forms of movement and exercise including, but not limited to, community recreation centres, YMCA's, private gym/fitness clubs, yoga, and sport associations to allow for a variety of options for the Participant.
- ii. All prospective fitness, recreation and sport members are required to complete the detailed online activity member application. The application includes a variety of questions that will ensure they meet the standards of the Prescription to Get Active Program. Applicants are required to disclose their staffing qualifications, goals, policies, and why they want to participate in the program.

- iii. All applications are reviewed and approved by the local chapter (advisory group made up of healthcare and fitness, recreation and sport volunteers) and the *Prescription to Get Active* Board of Directors.

**12. What if my patient has a pre-existing medical condition?**

- i. Prescription to Get Active is intended for patients who are deconditioned, sedentary or at risk of developing a chronic condition and can safely begin exercising without clinical supervision. If your patient requires clinical supervision to exercise, this program is not for that patient.

**13. What happens at the end of the free trial?**

- i. There is no obligation for the Participant to continue as a paying member. *Prescription to Get Active* has a signed contract with each of its activity partners that clearly communicates that there is to be no undue pressure placed on the Participant to join or purchase additional services.
- ii. The Participant may choose to become a member of that facility or association, purchase a subscription to on-demand video programs or simply move on to an independent exercise routine. Participants can try as many different trial activities as they like and can continue to access free programs/services through their RxTGA sign-in access which they created at the time of registration.

**14. What happens to the Participant's personal information collected by *Prescription to Get Active*?**

- i. The information collected through registration on [www.prescriptiontogetactive.com](http://www.prescriptiontogetactive.com) is used only by *Prescription to Get Active* staff for the purposes defined at the time of the collection or a use that complies with these purposes.
- ii. *Prescription To Get Active* will not, in any circumstances, share the patient's/participant's information with other individuals or organizations without the patient's/participant's permission, including public organizations, corporations or individuals, except when applicable by law. We do not sell, communicate, or divulge patients'/participant's information to any mailing lists. The only exception is if the law or a court order compels us to.

**FOR MORE INFORMATION CONTACT:**

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