



# WellBridge Program

The Northwestern Medicine WellBridge Program is prescribed by an attending clinician for at-risk patients. Engaging in regular physical activity not only helps you feel good about yourself, it reduces your risk of developing diseases, helps to control weight and eases stress. The WellBridge Program is a 60-day fitness program offered at a reduced fee to patients referred by a physician or clinician.

**Already a center member? You'll still receive these great benefits:**

- A \$60 two-month membership for a support person
- Complimentary annual assessment
- Complimentary equipment orientation

**For more information and to redeem your guest pass, call 815.444.2900 or visit the Member Services Desk today.**

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### What does my WellBridge Program include?

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Two-month membership for you and a support person (\$60 per person)

Access to two convenient locations in Crystal Lake and Huntley

200+ COMPLIMENTARY group fitness classes with access to our aquatic areas

Complimentary assessment

\$0 enrollment after program completion

200+ group fitness classes weekly

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Present completed form to membership at either center to begin the WellBridge Program. (One WellBridge Program per person, per 12-month period).

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## WellBridge Program Referral

Participation in the WellBridge Program requires physician referral. Entire form must be complete to receive the \$60 membership.

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

\_\_\_\_\_  
Patient Phone

\_\_\_\_\_  
Date of Birth

As the personal physician/clinician of the patient named above, I authorize their participation in the WellBridge Program. I recommend (check all that apply):

This patient is in sufficiently good health to begin an exercise program.

Physical activity should NOT include:

\_\_\_\_\_

With the patient's permission, I would like to receive a copy of this patient's fitness evaluation results.

\_\_\_\_\_  
Physician/Clinician Name (please print)

\_\_\_\_\_  
Physician/Clinician Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician/Clinician Phone and Fax Number

\_\_\_\_\_  
Referring Department (e.g., Cardiac Rehab)

**Northwestern Medicine  
Crystal Lake Health & Fitness Center**  
200 East Congress Parkway  
Crystal Lake, Illinois 60014  
815.444.2900

**Northwestern Medicine  
Huntley Health & Fitness Center**  
10450 Algonquin Road  
Huntley, Illinois 60142  
815.444.2900

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