



## Physician Clearance Form ♥ Happy Hearts Program

The Happy Hearts program is a **self-managed, non-medically supervised** group exercise class for graduates of cardiac rehabilitation program (CRP). The goals of the Happy Hearts Program are:

- To provide a transition between a medically supervised exercise setting to a non-supervised, self-managed exercise setting in the community
- To provide a safe, friendly, social environment for our participants
- To provide a venue for participants to continue a structured exercise routine (cardio exercises are done on cardio machines with self monitoring of exercise intensity and workloads and strength training exercises are done with various equipment)
- To continue to provide support for on-going healthy behaviours through the expertise of community cardiac exercise leaders
- There is no time limit for enrollment as long as participants are enjoying the program and there are no health contraindications for participation.

**To ensure your patient's safe participation in this exercise program, we are seeking your recommendation to participate. Please complete the following:**

**Patient Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **PHN:** \_\_\_\_\_

### **PHYSICIAN'S RECOMMENDATIONS:**

I recommend the patient is suitable to participate in this non-medically supervised exercise program. Please advise if there are any restrictions/limitations:

I would like to refer my patient to a medically supervised program instead (ie. Happy Hearts PLUS or hospital cardiac rehab program.) The Happy Hearts Program can facilitate this process by faxing this signed form to 604-875-5794.

Physician Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**The Happy Hearts Alliance is a partnership between the VGH Centre for Cardiovascular Health, St Paul's Hospital's Healthy Heart Program and community organizations to offer community cardiac wellness programs.**