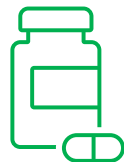


# Process Map For Prescribers



## ASK, ASSESS & ADVISE

Q1. On average, how many days per week do you engage in moderate or greater physical activity (like a brisk walk)?

Q2. On those days, how many minutes do you engage in activity at this level?

If a patient is not getting the recommended amount of physical activity (min. 150 mins/week of moderate-vigorous Intensity for adults; or 60 mins/day for children/youth) and they are medically stable, do not need clinical supervision to be active, **PRESCRIBE.**

## PROVIDE RXTGA TO PATIENT

1. Telephone or video consult: let patient know they are receiving a 'virtual' Rx from you
2. In-person consult: provide patient with specialty RxTGA pad script or EMR Rx

## ASK THE PATIENT TO REGISTER THEIR PRESCRIPTION AT

[www.prescriptiontogetactive.com](http://www.prescriptiontogetactive.com)

to access inspiring and evidence-based options to start or increase their physical activity level

## FOLLOW UP

Check-in with patient based on their needs to see how they are doing with their physical activity