

Physical activity by Prescription To Get Active (RxTGA)

1



ASK, ASSESS + ADVISE

Patients should be moving toward the recommended amount of physical activity (Minimum 150mins/week of moderate-vigorous intensity for adults; or 60mins/day for children/youth).

2



PROVIDE SPECIALTY RxTGA

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.

3



PATIENT FILLS PRESCRIPTION

The patient registers at prescriptiontogetactive.com, providing them with access to affordable and evidence-based options to start or increase their physical activity level.

4



CHECK-IN ON PROGRESS

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

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