



## UHF/North Penn YMCA Physician Referral Authorization

Patient is cleared for unsupervised exercise. (Please check box if accurate.)

Precautions/limitations/special conditions we should be aware of:

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### Patient Information:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

\_\_\_\_\_  
(Initial) I authorize the North Penn YMCA to share monthly frequency reports with Unite for Her in order to remain eligible for Unite for Her Funding.

### Physician/Medical Provider Information:

Name (print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Phone: \_\_\_\_\_

**Offer includes YMCA 6-month individual membership with personal Y Coach\* to help you get connected and navigate our YMCA.**

- Please select the North Penn YMCA location that is most convenient for you.
- You must use the facility at least four times a month in order to keep your membership

**Be sure to present this certificate from Unite for Her and bring photo identification with you on your first visit.**

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#### YMCA STAFF

Sign up as Full Member (Adult/65+)

UHF Code



### Indian Valley Family YMCA

890 Maple Ave  
Harleysville PA 19438

### Lansdale Area Family YMCA

608 E Main St  
Lansdale PA 19446

Hello!

We would like to welcome you to the North Penn YMCA and look forward to having you join our Y family! As part of your participation with Unite for Her, you will receive a six month individual membership.

The North Penn YMCA will provide you with a personal Y Coach\* to help you navigate all areas of our Y and help you to connect with our staff and members to support you through your wellness journey.

\* At the Indian Valley Family YMCA, you will be connected with a specially trained certified coach who will tailor the program to meet your individual needs, whether it's building muscle mass and strength, increasing flexibility and endurance or improving confidence and self-esteem. New exercises are added gradually.

At some point in your journey we will encourage you to join our LiveSTRONG at the YMCA program at our Indian Valley branch at no additional cost to you.

**LIVESTRONG** at the **YMCA** is a 12-week program designed to empower cancer survivors, improve their muscle mass, strength, energy levels and quality of life.

Please contact Pattie Ladley at [pattiel@northpennymca.org](mailto:pattiel@northpennymca.org) or 215.723.3569 if you have any questions about getting started.

