



## Main Line Health Fitness & Wellness Center 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: \_\_\_\_/\_\_\_\_/\_\_\_\_

I authorize Main Line Health Fitness & Wellness Center to share monthly scan reports with Unite for HER in order to remain eligible for UFH funding. Initial here to acknowledge: \_\_\_\_\_

### Physician/Medical Provider Information:

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

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

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

At Main Line Health Fitness & Wellness Center each member receives two wellness consultations every 6-8 weeks with one of our personal trainers. This helps you navigate all areas of the club and supports you through your wellness journey. These consultations are at no additional cost to you.

- Be sure to mention you are a Unite for HER participant and bring identification to your first visit.
- You must use the facility at least four times a month in order to keep the membership active.
- If you have questions regarding this program, please contact Unite for HER at [info@uniteforher.org](mailto:info@uniteforher.org).

**Please bring this completed form to your first visit in order to begin your membership. We are looking forward to having you as part of Main Line Health Fitness & Wellness Center.**



**Fitness & Wellness  
Center**

1020 Baltimore Pike,  
Suite #150  
Glen Mills, PA 19342  
484-227-7903.

Dear Participant:

The Main Line Fitness and Wellness Center is looking forward to having you join our family! Each Unite for HER participant will receive a six-month individual membership.

We will provide each new member with a wellness consultation with one of our trainers to help you navigate all areas of the club and to help connect you and be there to support you through your wellness journey. This consultation is at no additional cost to you.

Please contact me if you have any questions about getting started.

Hope to see you soon!

Sincerely,  
Rachel Harper

