



# WellFit - Medical Fitness & Performance Training Program

## Questions and Answers

**Start date: March 18, 2024**

### How much does the WellFit - Medical Fitness & Performance Training Program cost?

This is a self-pay program and patients will pay per session depending on the time chosen by the patient to spend with the clinician in a medical fitness/performance training session.

#### Individual 1:1 Sessions:

3 choices for patient

1. **30 minutes - \$40**
2. **45 minutes - \$55**
3. **60 minutes - \$75**

### How often can one attend? How long will a patient be in the program?

A patient may attend as often as he/she would like, and whatever meets his/her needs. There are no time restrictions within the program. The goal is to meet the needs of the patient wherever he/she is in his/her wellness and fitness journey, for as little or as long as needed.

### How does one get started?

A physician can send a referral through EPIC (WellSpan's electronic medical records system) for the program, and someone will contact the patient to schedule, **OR** a patient can contact the site that he/she would like to attend and request to be scheduled for a WellFit evaluation. If a patient is transitioning right out of rehab services, he or she can see the front desk to schedule the evaluation.

### Can a patient do this program instead of physical or occupational therapy?

No; this program is meant for those who have graduated from therapy, or do not require formal therapy/rehab. Although housed within rehab sites, WellFit should never be referred to as "rehab" or "therapy", but rather a "Wellness-Fitness Program."

### What is the first appointment like?

The first appointment requires an evaluation with the WellFit clinician who will take the time to get to know the patient and establish goals and baseline fitness levels with some performance-based and some patient-reported outcome measures. This is also an opportunity for the clinician to evaluate individual safety measures and establish a plan for the exercise prescription. There may or may not be time for exercise in the first appointment. **The cost is \$75 for the first appointment.**

### Will health insurance pay for this program?

No, this program is usually paid for out-of-pocket by the patient. **Each session must be paid for at each visit.** Some insurance companies may later reimburse for a portion of the costs if one has a participating plan, and it is the responsibility of the patient to follow-up, when applicable.

**\*\*However, a patient may check with his/her HSA (Health Savings Account) or FSA (Flexible Spending Account) plans to take advantage of pre-taxed monies for out-of-pocket medical expenses.\*\***

### What will a patient work on in the WellFit - Medical Fitness & Performance Training Program?

Programs are individually designed to meet each patient's goals and needs. Many patients join to improve their strength, endurance, flexibility, balance, for weight loss, to prevent sports-related injuries, manage chronic health conditions, or simply to improve their health and quality of life.

### Will the physician know how the patient is doing in the program?

WellFit Medical Fitness and Performance Training is integrated into EPIC (WellSpan's electronic medical records system), so physicians will be able to view patient evaluations and re-evaluations, exercises, and any notes that the staff creates regarding the patient's progress.

### What does one need to wear?

Comfortable non-restrictive clothing, and supportive shoes (preferably sneakers with closed toes and backing).

### What sites and clinicians are offering the program?

- Apple Hill Rehab – Megan Miliziano, Athletic Trainer II (717) 741-8240
- Bannister St. Rehab – Zach Miller, Exercise Specialist III (717) 812-5850
- Deatrck Commons Rehab – Jody Moyer, Athletic Trainer III (717) 339-2540