

Welcome to the McConnell Heart Health Center!

3773 Olentangy River Road, Columbus, OH 43214

To start the enrollment process into our Community Health & Fitness membership or to ask questions about membership, please call 614 **566-3804** (Fax 614 566-1880).

Enrollment Assessment Appointment

Scheduled for _____ at _____ (approx 90 minutes)

IMPORTANT: In order for your enrollment assessment to proceed it is imperative that you:

- ✓ Read COVID-19 *OhioHealth Fitness Center Member Safety Protocol & FAQ's* guidelines.
- ✓ Arrive no later than the appointment **start time** to McConnell's Membership Services department located in the Clinic (Turn left upon entering our main lobby and follow signs to Membership Services).
- ✓ Arrive **dressed for exercise** in comfortable clothing. If you need to change into exercise attire once you arrive, please arrive 10 minutes earlier than your appointment start time.
- ✓ Bring your **completed** Personal Health Assessment paperwork with you.
- ✓ For the exercise tolerance assessment please do not eat for 4 hours prior to testing (you can have a small snack or light meal) nor drink water excessively (normal hydration is expected).

PLEASE NOTE: YOUR APPOINTMENT MAY BE CANCELLED IF YOU ARE UNABLE TO MEET THE ABOVE GUIDELINES. Any individual not meeting the above guidelines, canceling this appointment with less than 24-hour notice or providing no cancellation notice (i.e. "no-show") may be required to pay their enrollment fee, in advance, before their appointment is rescheduled.

- ✓ Be prepared to pay your \$_____ Enrollment Assessment fee.
- ✓ Be prepared to arrange the billing option you choose for payment of your exercise membership dues ~ **annual** paid-in-full or **monthly** through Electronic Fund Transfer (EFT collected via credit card, debit card or checking account (*Please note: we do not accept cash*)).
- ✓ Bring your calendar with you to schedule your optional exercise orientations.

Enrollment Assessment component descriptions on back side of this form.

Enrollment Assessment component descriptions

1) Exercise Tolerance Assessment (Required component)

This assessment helps our exercise physiologists understand how your heart rate and blood pressure respond to exercise and provides a starting point for the building of your exercise program

2) InBody – Body Composition Analysis (Optional component)

The InBody assessment measures your muscle mass, water and fat ratios. These results allow you to compare your current body composition to that recommended for optimal health. InBody testing takes approximately 5 minutes to complete.

***Please note:** Customers with a pacemaker are NOT able to receive the InBody test since electrical currents used to measure body composition have the potential to interfere with pacemaker/ICD function. Also, it is not recommended if you are pregnant due to the accuracy of the test.*

Prepare for your InBody test by adhering to the following instructions:

- Do not eat for 4 hours prior to testing but you can have a small snack or light meal.
- Do not excessively drink water 4 hours prior to testing but normal hydration is expected.
- Do not exercise 12 hours prior to testing
- Do not consume alcohol for 12 hours prior to testing
- Hydrate well the day before
- Do not drink caffeine 4 hours prior to testing
- Do not go to the sauna or steam room for 2 hours prior to testing.

Clothing for the InBody test:

- InBody testing is done bare-footed. Please be prepared to remove shoes and socks/pantyhose for testing.
- Do not wear heavy jewelry – jewelry will have to be removed prior to testing

3) Functional Movement Assessment (Optional Component)

This assessment helps identify areas of body tightness or weakness. The exercise physiologist uses this information to build greater flexibility and strength components into your exercise program.

4) Exercise Orientations (Optional Component)

Upon completion of your exercise tolerance assessment we will schedule, if you desire, land and/or water exercise orientations with our exercise physiologists to build your exercise program, based on your goals and health history.

***Please note:** Your Enrollment Assessment fee remains the same whether you choose to participate in the optional assessment components.*