



Trial Membership

HaysMed and The Center for Health Improvement have collaborated to make physical activity a standard in healthcare. Ask your provider for a referral today and "Make Exercise Your Medicine."



Program details:

- 60-day trial membership (must be 18 years of age or older).
 - 60 consecutive days from join date.
- A member of our fitness team will meet with you to develop a safe and effective exercise routine based on your current needs and goals.
- You will be contacted twice during the 60-day membership to check on your fitness progress and address any modifications needed.
- We will wrap up your program with a final consult to discuss your achievements and the next steps for continuing your lifestyle change.
- **One-time use only**

Cost of the program

\$60 for 60-day trial membership.

How do I get started?

A provider referral is required for the program. Visit with your provider to see if this program would be right for you.

For more information, contact:

785-623-5900 | wellnesscenter@haysmed.com

haysmed.com/the-center
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certified medical fitness facility

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