

**TO BE COMPLETED BY PHYSICIAN IF PARTICIPANT HAS NOT PARTICIPATED IN A Cardiac Rehab/Happy Hearts PROGRAM IN THE LAST SIX (6) MONTHS .**

Tel: 604-257-5111

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**♥ Happy Hearts Maintenance Program Physician Clearance Form**

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The Happy Hearts program is a ***self-managed, non-medically supervised*** group exercise class for graduates of cardiac rehabilitation program (CRP). The goals of the Happy Hearts Program are:

- To provide a transition between a medically supervised exercise setting to a non-supervised, self-managed exercise setting in the community
- To provide a safe, friendly, social environment for our participants
- To provide a venue for participants to continue a structured exercise routine (cardio exercises are done on cardio machines with self-monitoring of exercise intensity and workloads, and strength training exercises are done with various equipment)
- To continue to provide support for ongoing healthy behaviours through the expertise of community cardiac exercise leaders
- There is no time limit for enrollment as long as participants are enjoying the program and there are no health contraindications for participation.

**To ensure your patient's safe participation in this exercise program, we are seeking your recommendation to participate. Please complete the following:**

**Patient Name:** \_\_\_\_\_ **D.O.B:** \_\_\_\_\_

**PHYSICIAN'S RECOMMENDATIONS:**

I recommend the patient is suitable to participate in this non-medically supervised exercise program. Please advise if there are any restrictions or limitations:

\_\_\_\_\_  
\_\_\_\_\_

I would like to refer my patient to a Medically Supervised program instead (ie. Happy Hearts PLUS or Hospital Cardiac Rehab Program.) The Happy Hearts Program can facilitate this process by faxing this signed form to **VGH Cardiac Rehab Program: 604-875-5794.**

Physician Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

The Happy Hearts Alliance is a partnership between the VGH Centre for Cardiovascular Health, St Paul's Hospital's Healthy Heart Program and community organizations to offer community cardiac wellness programs.

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