



# HealthStyles Payment Options

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Option A: Pay in Full**

Cash  
 Check (Payable to Chan Soon-Shiong Medical Center at Windber)  
 Discover     MasterCard     Visa  
 Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

Pay in Full	
Annual Individual	\$432
Annual Couple	\$720
Annual Family	\$840
Early Cancellation Fee - \$50	

**Option B: Automatic Monthly Debit**

Checking     Savings  
 Bank Name \_\_\_\_\_  
 Routing Number \_\_\_\_\_  
 Account Number \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Discover     MasterCard     Visa  
 Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

Automatic Monthly Debit	
Monthly Individual	\$36
Monthly Couple	\$60
Monthly Family	\$70
Early Cancellation Fee - \$50	
<b>All accounts are billed after the 25th of the month for the following month.</b>	
<b>Please Note: A \$15 fee will be charged to your account for insufficient funds.</b>	

This authority is to remain in full force and effect until HealthStyles and Bank have received written notification from me (or either of us) of its termination in such time and in such manner as to afford HealthStyles a reasonable opportunity to act on it. A customer has the right to stop payment of a debit entry by notification to Bank prior to charging account. After account has been charged, a customer has the right to have the amount of an erroneous debit immediately credited to his account by Bank up to 15 days following issuance of statement or 45 days after posting, whichever occurs first.

I have received a copy of the HealthStyles Terms and Agreements Contract. I agree to inform my spouse and/or children (if applicable) of all HealthStyles Terms and Conditions of Membership Rules, Regulations, and Policies. By virtue of HealthStyles membership, a member agrees to abide by all Terms and Conditions of Membership and Rules, Regulations, and Policies.

I (we) hereby authorize and direct Chan Soon-Shiong Medical Center at Windber's HealthStyles to initiate debit entries to my (our) Checking/Savings account indicated above and the bank named, to debit the same to such account for prepayment of monthly dues or other unpaid charges. The account will be debited after the 25th of the month for the following month.

I (we) hereby authorize and direct Chan Soon-Shiong Medical Center at Windber's HealthStyles to charge my (our) credit card account indicated above for payment of monthly dues or other unpaid charges.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**THANK YOU! WE LOOK FORWARD TO ASSISTING YOU IN ATTAINING YOUR HEALTH GOALS!**

# HealthStyles New Member Health Questionnaire

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_ Sex M F  
Home Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Health Insurance \_\_\_\_\_  
Physician \_\_\_\_\_ Date of Last Physical \_\_\_\_\_

## RISK FACTORS

\_\_\_\_\_ Smoking                      \_\_\_\_\_ Sedentary/Inactive                      \_\_\_\_\_ Stroke  
\_\_\_\_\_ High Cholesterol                      \_\_\_\_\_ Diabetes                      \_\_\_\_\_ Family History of Heart Disease  
\_\_\_\_\_ High Blood Pressure                      \_\_\_\_\_ Obesity

How would you rate your present level of fitness?    Poor    Fair    Average    Good    Excellent

Do you take any medications prescribed by your physician?    Yes    No

If yes, please specify \_\_\_\_\_

Are you currently being treated for any heart problems?    Yes    No

If yes, please explain \_\_\_\_\_

Do you have a history of heart problems?    Yes    No

\_\_\_\_\_ Heart Attack                      \_\_\_\_\_ Pacemaker                      \_\_\_\_\_ Angioplasty  
\_\_\_\_\_ Bypass Surgery                      \_\_\_\_\_ Valve Replacement                      \_\_\_\_\_ Stent Placement

Have you ever had a stress test?    Yes    No    If yes, when? \_\_\_\_\_

Have you ever had a cardiac catheterization?    Yes    No    If yes, when? \_\_\_\_\_

Are you currently involved in a physical or occupational therapy program?    Yes    No

If yes, please explain \_\_\_\_\_

Have you had any surgeries in the past six months?    Yes    No

If yes, please explain \_\_\_\_\_

## PHYSICAL ACTIVITY READINESS

Yes No 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

Yes No 2. Do you feel pain in your chest when you do physical activity?

Yes No 3. In the past month, have you had chest pain when you were not doing physical activity?

Yes No 4. Do you lose your balance because of dizziness or do you ever lose consciousness?

Yes No 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Yes No 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

Yes No 7. Do you know of any other reason why you should not do physical activity?

If yes, please explain \_\_\_\_\_

**I have read, understood, and completed this questionnaire. Any questions I had were answered to my satisfaction.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Witness \_\_\_\_\_  
(for participants under the age of 18)

# HealthStyles Informed Consent for Exercise Participation

- I desire to engage voluntarily in the HealthStyles exercise program.
- I understand that the activities are designed to place a gradually increasing workload on the cardiorespiratory system and to thereby attempt to improve its function. However, the cardiorespiratory system response to exercise can not be predicted with complete accuracy. There is a risk of certain changes that might occur during the following exercise. These changes might include abnormalities of blood pressure or heart rate.
- I understand that the purpose of the exercise program is to develop and maintain cardiorespiratory fitness, body composition, flexibility, muscular strength, and endurance. Specific exercise programs are available based on my needs, interests, and, if necessary, my doctor's recommendation. All exercise programs include warm-ups, exercising at target heart rate, followed by a cool down period. The programs may involve walking, jogging, swimming, or cycling; participation in exercise fitness, rhythmic aerobic exercises, or choreographed fitness classes; or calisthenics or strength training. All programs are designed to place gradually increasing workload on the body in order to improve overall fitness. The rate of progression is regulated by exercise target heart rate and perceived effort of exercise.
- I understand that I am responsible for monitoring my own condition throughout the exercise program and should any unusual symptoms occur, I shall cease my participation and inform the instructor/staff member of the symptoms.
- I agree to assume the risk of such exercise and further agree to hold exempt HealthStyles and its staff members conducting the exercise program from any and all claims, such losses, or related causes of action for damage, including, but not limited to, such claims that may result in injury or death, accidental or otherwise, during or arising in any way from the exercise program.
- I agree to inform my spouse and/or children (if applicable) of all HealthStyles terms and conditions of membership and rules, regulations and policies.
- I affirm that I have read this form in its entirety and that I understand the nature of an exercise program. I also agree that my questions regarding an exercise program have been answered to my satisfaction.
- In the event that a medical clearance must be obtained prior to my participation in an exercise program, I agree to consult my physician and obtain written permission from my physician or sign an assumption of risk form prior to the commencement of exercise.

Member's Signature \_\_\_\_\_ Date \_\_\_\_\_  
Member's Name Printed \_\_\_\_\_

HealthStyles strongly recommends an equipment orientation to all new members. The orientation is done to provide the member(s) proper instruction on how to use the exercise equipment safely and effectively.

Right of refusal for orientation sessions with the trainer.

Member's Signature \_\_\_\_\_ Date \_\_\_\_\_