

## MEDICAL FREEZE/RELEASE

This is an exercise approval form for your patient listed below:

Information Below Completed by Fitness Center Member:

\_\_\_\_\_  
Last Name First Name Access Card #

\_\_\_\_\_  
Street Address City State Zip Phone

I also wish to freeze the following individual(s) \_\_\_\_\_

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

Information Below Completed by Provider:

Please check the statement that accurately reflects your wishes.

- ☐ I **APPROVE** of this person participating in an independent exercise program.  
Recommendations/Restrictions \_\_\_\_\_
- ☐ I **DO NOT APPROVE** of this person participating in an independent exercise program.  
If this is checked, the individual will not be accepted for membership.
- ☐ Place membership on **MEDICAL HOLD**.

MEDICAL HOLD BEGIN DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ MEDICAL HOLD RELEASE DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

- ☐ **Release** membership from medical hold.  
Release Restrictions (if any): \_\_\_\_\_

\_\_\_\_\_  
PROVIDER SIGNATURE DATE

Provider Name (print): \_\_\_\_\_

Clinic Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Please fax completed form to 406-751-6983 or call 751-4107 with questions.

ACCOUNT CHANGE REQUEST: Received by: \_\_\_\_\_

Date: \_\_\_\_\_