



Health Net®

# Rx – Let's Get Active!



Patient's name:

Doctor's name:

Date:

## EXERCISE PLAN:

\_\_\_\_\_ minutes a day.

\_\_\_\_\_ days per week.

- Cardio** – Brisk walk/Exercise class to strengthen heart
- Strength** – Lift weights (1–5 lbs.), resistance training
- Flexibility/Balance** – Stretching, yoga, chair workouts

## Comments/Notes:

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*Coverage for every stage of life™*

Health Net is contracted with Medicare for HMO and HMO SNP plans, and with the state Medicaid program. Enrollment in Health Net depends on contract renewal.

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