The MHealthy Difference

MHealthy is the University of Michigan’s health and well-being program. All MHealthy Fit-Script staff have bachelor’s or master’s degrees in exercise science, sports medicine or similar fields. Many staff have certification(s) from premier industry authorities, such as the American College of Sports Medicine and the National Strength and Conditioning Association. With its medical orientation, MHealthy is capable of working with diverse populations and in specialty areas that include youth and adult athletic performance, as well as tailored programs for those with special health needs.

Our mission is to provide each participant with a safe and successful exercise and lifestyle experience that optimizes his or her quality of life.

Call today for your free Fit-Script consultation:

MHealthy Fitness Center at the Ice Cube
2121 Oak Valley Drive
Ann Arbor, MI 48103

(734) 998-8700
www.mhealthy.umich.edu/fitscript

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Who can benefit from Fit-Script?

Fit-Script is MHealthy's exercise prescription program for people who:
- Have a complex health history
- Have a chronic illness or condition
- Are post cardiac or physical rehabilitation
- Are post medical treatment
- Have a doctor’s recommendation to begin an exercise program

The goal of the program is to provide participants with a safe and effective exercise program designed to optimize quality of life, daily function, and health status.

What does Fit-Script include?

- Pre and post functional assessments
- Comprehensive exercise program
- Follow-up with you and your healthcare provider, as appropriate
- Monitoring by staff during every visit

Not sure Fit-Script is for you?

Fit-Script offers a FREE consultation which includes a review of your health history and your physical activity goals to help you determine whether Fit-Script is right for you.

Fit-Script participants must be able to independently get on and off exercise equipment and follow a customized exercise program. Personal training is available for those who need assistance.

Which conditions may improve with exercise?

Fit-Script has helped those with:
- Hypertension
- Diabetes
- Depression
- Fibromyalgia
- Aging
- Obesity
- Arthritis
- Pulmonary Conditions
- Auto Immune Disorders
- Other conditions that improve with exercise

Is Fit-Script covered by insurance?

The Fit-Script program is fee for service. Some insurance companies may reimburse. Check with your health insurance company directly to confirm coverage.

Which program is right for me?

Fit-Script offers both short- and long-term programs. Fit-Script staff will help you determine which program is appropriate for your needs and goals.

The short-term program provides four months of supervised exercise for $325.

The long-term program provides a full year of supervised exercise for $795. A monthly payment plan of $74 per month is available for the year-long program.

How do I enroll in Fit-Script?

To schedule an appointment or to find out more about the Fit-Script program, call the MHealthy Fitness Center at (734) 998-8700, or visit us at www.mhealthy.umich.edu/fitscript

What Fit-Script participants say about the program:

“This program has increased my strength and stamina and having appointments has given me a commitment to exercising. Great staff.”

“This has been the best formal exercise/fitness program I have experienced. I particularly liked the individual attention and the ability to work at an individual pace.”

How will I benefit from Fit-Script?

Starting or maintaining a physical activity program can be difficult, especially for a person with health issues or physical limitations. Caring Fit-Script staff understand this and will assist you. All Fit-Script staff are seasoned professionals, have degrees in exercise science and experience working with diverse populations.