



## STAFF REPORT

**Title:** Prescription to Get Active (RxTGA) - Energy Centre, Cenovus Wellness Centre

**Meeting Date:** September 17, 2024

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### **Executive Summary:**

'Prescription To Get Active' is a national not-for-profit organization dedicated to improving the health of Canadians by providing an impactful program and making physical activity the most powerful prescription given.

The goal of Prescription To Get Active is to support individuals to become more active, to equip physicians and their healthcare teams with the tools to educate their patients on the importance of physical activity and to partner with recreation facilities to provide accessible spaces within all communities.

The purpose of this report is to present for Council's consideration a recommendation for the City of Cold Lake to support the Prescription To Get Active (RxTGA) program and to present to Council an amendment to Policy 197-RC-16, being the Recreation User Fee Policy, to include free access to the Cenovus Wellness Centre in keeping with program guidelines.

### **Background:**

Cold Lake Primary Care Network (Cold Lake PCN) reached out to the City of Cold Lake to see if the Prescription To Get Active program is something the City would consider providing our local community as a local option for physical activity.

RxTGA describes the Prescription To Get Active (RxTGA) program as:

*"This uniquely designed prescription allows healthcare partners to discuss the importance of physical activity with their patients, while giving their patients access to community recreation. This motivational tool helps break down barriers and encourages patients to discover new activity options as they work towards a healthier life."*

### How does the RxTGA program work?

Step 1: Doctors and their healthcare teams identify patients who are:

- a. Below the Canadian Physical Activity and Sedentary Behaviour Guidelines.
  - Less than 60 minutes per day for children and youth (0-17 years old).
  - Less than 150 minutes per week for adults and seniors (18-65+ years old).



- b. Able to participate in unsupervised physical activity without medical clearance.

Step 2: Prescribers write a specially designed prescription to their patients.

Step 3: Patients record their prescription at [www.PrescriptionToGetActive.com](http://www.PrescriptionToGetActive.com).

Step 4: Patients start moving at home and in their communities.

- Physical activity resources are provided through the website to help get patients started.
- Patients can also fill their prescriptions at participating recreation facilities and receive free trial access.

#### How is RxTGA Organized?

RxTGA is a federal not-for-profit corporation and has an elected Board of Directors that oversee the organization on a national level.

Locally the program is powered by dedicated members that have formed Chapters. Each Chapter is organized within a geographical region and consists of healthcare members, recreation members and program supporters.

Corporate registries search describes 'Prescription To Get Active NPC' as an Extra-Provincial Non-Profit Corporation located in Airdrie, Alberta.

#### What are the Membership Expectations & Qualification Criteria?

All members will:

1. Designate at least one member of staff to be responsible for; liaising with RxTGA staff; disseminating program updates to others; submitting prescription tracking information; and upholding redemption procedure standards.
2. Ensure that all staff members are knowledgeable of RxTGA and are sufficiently trained regarding prescription writing and/or redemptions.
3. Adhere to prescription writing and redemption tracking processes for evaluation purposes, including Quarterly Reporting.
4. Commit to a membership with RxTGA for a minimum of one (1) year.
5. Understand that membership status can be revoked at any time for failing to adhere to the core principles and membership expectations of RxTGA.



6. Promote the initiative by including a link to the RxTGA webpage on their website, include RxTGA promotion in printed, digital and online resources, as well as program guides in clinical and recreational spaces.

Recreation Members will also:

1. Offer complimentary access to RxTGA patients. Example: 30-day free trial.
2. Provide a welcome service for patients redeeming prescriptions. This includes:
  - a. Tour of the facility and demonstration of equipment;
  - b. Consultation with certified staff to discuss interests and potential physical activities available at the facility; and
  - c. Options the patient has once trial is done.

Administration also inquired about additional information and received the following response:

- A patient may receive multiple RxTGA's from their healthcare provider, however, an RxTGA may be redeemed only once at an organization and its associated facilities within a 12 consecutive month period. The participant may not return to your facility with a second RxTGA within 12 months of their first trial with you. After 12 months, the participant is encouraged to visit the healthcare provider to assess that they are still cleared for physical activity without medical supervision.
- Many of the partners (other facilities) offer a 30-day trial/one month free (recommended) or a free punch-card to participants who present their RxTGA. The offer is set by each individual partner and is required on the application which is reviewed by the chapter and board. If the offer is not deemed sufficient the applicant will be contacted, and a discussion had as to what would be most beneficial to the participant.
- The Cold Lake region falls within the Edmonton chapter.

**Alternatives:**

Council may consider the following options:

1. Support, in principle, the Prescription To Get Active (RxTGA) program and direct Administration to present to Council an amendment to Policy 197-RC-16, being the Recreation User Fee Policy, to include access to the Cenovus Wellness Centre in keeping with program guidelines.
2. Receive Administration's report as information.



**Recommended Action:**

That the Corporate Priorities Committee recommend that Council support, in principle, the Prescription To Get Active (RxTGA) program and direct Administration to present to Council an amendment to Policy No. 197-RC-16, being the Recreation User Fee Policy, to include access to the Cenovus Wellness Centre in keeping with program guidelines.

**Budget Implications (Yes or No):**

Yes

**Submitted by:**

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