

AHS WELLBEING ONLINE REFERRAL GUIDE

for Referring Organisations and Medical Professionals

Email: info@ahswellbeing.co.uk www.ahswellbeing.co.uk



INTRODUCTION

AHS Wellbeing Online launched June 2020, offering online fitness classes, workshops and one to one consultations for people:

- In later life wishing to remain active
- Who are new to exercise or are returning to exercise after a long break
- Are living with underlying health conditions that can be improved with exercise
- Who find mainstream exercise challenging
- That enjoy working out at home
- Who want on-going support

AHS Wellbeing Online was developed as a direct response to the Corona Virus Pandemic. We have shaped and grown the business in direct response to the needs of our local community.

CLASS DETAILS

Each class is led by a qualified instructor. Online classes hold up to 12 people and take place on the AHS Wellbeing Platform, these include:

- **Mind & Body:** Chair Based Pilates, Standing Pilates, Pilates, Yoga
- **Strength & Conditioning:** Barre, Strength & Balance
- **Beginners & Special Populations:** Back to Exercise, Weight Management, Mindset & De-Stress Clinic, Women Wellbeing
- **Cardio:** Hiit, Low impact weight loss

HOW DO I REFER A CLIENT?

Provide your client with your unique promotional code and ask them to email info@ahswellbeing.co.uk

The AHS Wellbeing team will contact the client and provide them with access to unlimited classes on AHS Wellbeing for 1 month or 3 months, subject to your agreement with AHS Wellbeing.

This excludes the Better You programme, please see our Better You referral guide for further information.

WHO IS IT FOR?

Clients who:

- Reside in West Sussex

Who have been referred by:

- The Wellbeing Service
- Social Prescribers
- Other Health Professionals
- Or self funded



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AHS
WELLBEING

MEDICAL EXCLUSIONS

- Unstable angina or uncontrolled heart disease
- Tachycardia or uncontrolled arrhythmia
- Resting systolic BP >200mmHg or diastolic BP >110mmHg
- Severe Parkinson's disease
- Severe breathlessness or dizziness
- Uncontrolled or poorly controlled epilepsy
- Uncontrolled or poorly controlled asthma / COPD
- Unmanaged pain
- Acute systemic illness (e.g. cancers)
- Severe Visual Impairment (under investigation)
- Any other uncontrolled condition
- Four or more medications not checked by GP >6mths

FUNCTIONAL EXCLUSIONS

- Patient has suffered at least one fall affecting normal function
- Functional limiting diseases, such as severe stroke
- Cognition: Dementia, Alzheimer's or severe cognitive impairment (unable to follow simple instructions)
- Sit to Stand: Patient is unable to rise from a chair independently, without assistance and stand unaided
- Mobility: Patient is unable to mobilise independently.
- Patient is immobile or walks with an aid and the support of two Carers

WHAT HAPPENS AT THE END OF THE COURSE?

Clients are encouraged to continue their programme and have the following options to continue:

- Pay As You Go Option allowing clients to pay per class.
- A Wellbeing Membership for £15 per month that includes 3 classes per week.

HOW IS THE PROGRAMME EVALUATED?

This Programme does not include individual 1:1 consultation and assessments (these are provided within our Better You programme).

We are able to provide attendance data and customer feedback.