

# FREQUENTLY ASKED QUESTIONS

## What should I wear to my appointment? \_\_\_\_\_

Loose, comfortable clothing and workout shoes (closed-toed, supportive). You are welcome to come prepared to workout and use our express lockers in the p.r.e.p. area to store your belongings, or ask us to show you our locker rooms.

## Will my insurance cover this? \_\_\_\_\_

Not at this time. The cost of p.r.e.p. may be eligible for reimbursement through certain HSAs and FSAs. If you need to provide specific paperwork for reimbursement, please ask our p.r.e.p. team for assistance.

## Do I have to sign an agreement? \_\_\_\_\_

No. After completing 60 days in p.r.e.p. referred patients will have the opportunity to roll over to an annual paying membership, but there is no obligation.

## How do I get into p.r.e.p.? \_\_\_\_\_

You may come in to The Alaska Club East and speak with the p.r.e.p. team to get started, or ask your Doctor about p.r.e.p. at your next visit. Eligibility requirement is that you have not been a member of The Alaska Club for the past 12 months.

## Is p.r.e.p. Physical therapy? \_\_\_\_\_

No. p.r.e.p. is not intended to replace medical rehabilitation programs like physical therapy or cardiac rehab. It is a transition once patients are ready to graduate and incorporate healthy behaviors into their daily life in a sustainable way while still under the supervision of the p.r.e.p. Team.



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## How much does p.r.e.p. cost? \_\_\_\_\_

p.r.e.p. is a 60 day program for \$60.

## How will my Dr. know about my progress? \_\_\_\_\_

Your Dr. will receive intermittent updates about your progress through the p.r.e.p. program. Our team will take care of delivering those updates to the provider that referred you. If you have another provider who you would like to updates, please let our p.r.e.p. team know.

## What happens in p.r.e.p.? \_\_\_\_\_

Referred patients will be seen at The Alaska Club East. They will participate in assessments with the on-site Registered Nurse throughout the 60-day program in the dedicated wellness area. They will work in small groups twice a week with other referred patients in order to foster a sense of community and create social connections. While healthy lifestyle change can be difficult, it's always easier when you aren't alone.

## I live in Juneau/Fairbanks, can I join p.r.e.p.? \_\_\_\_\_

At this time, p.r.e.p. is only offered at The Alaska Club East. This is a supervised program, and for liability purposes you must be able to meet with the p.r.e.p. Medical fitness staff.

## What if I am already a member of The Alaska Club? —

If you are already a member of The Alaska Club, we encourage you to come check out the wellness area located upstairs at the East Anchorage location. As a current member you can use the equipment, engage with our medical fitness staff, make new friends, and drop into our nutrition literacy classes. You will not need a physician referral and there is no charge for you to take advantage of these additional resources.



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## What can I do if I want to engage in p.r.e.p. but have kids at home? ---

We have an unsupervised Kids zone for any children you have ages 6-16 we encourage you to use at no cost. As part of our p.r.e.p. program, you are also eligible for 2 hours of supervised kids care (For children 6 weeks to age 12) during your scheduled sessions with the p.r.e.p. team.

## Can I refer and friend? ---

Absolutely. p.r.e.p. is always better with a friend. Let us know who they are, and we will have our medical outreach team ask their physician for a referral.

## How often am I eligible in p.r.e.p.? ---

Referred patients are eligible for p.r.e.p. once every 24 months. The exception to this are individuals who are planning for surgery or giving birth. These individuals are part of our p.r.e.p. are track, making you eligible for p.r.e.p. prior to and again after your event, once your physician clears you for exercise. Those who go into surgery strong have much better outcomes, and we highly encourage you to take advantage of this specialty track.

