

Integrating ExerciseRx into Primary Health Clinics

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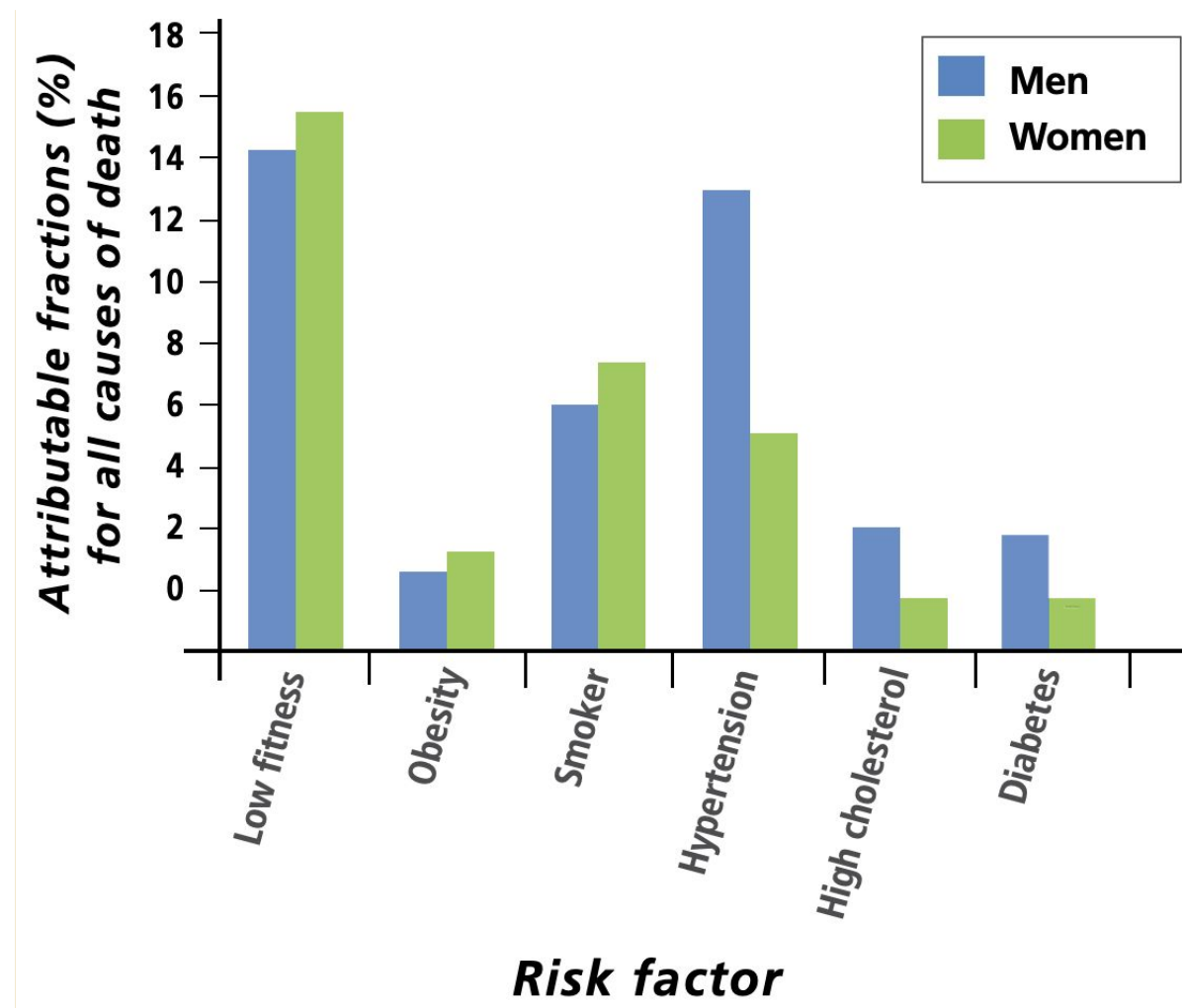
The Problem

- Lack of physical activity and its association with health issues (metabolic consequences).
- Challenges faced by clinicians in tracking patients' activities between visits.

Introducing ExerciseRX

- ExerciseRx is (a solution or technology related to physical activity tracking or healthcare).
- ExerciseRx can help improve the mentioned problems and challenges.
- Showcase the benefits and potential impact of integrating ExerciseRx into the agencies and health clinics.

Risk Factors of Poor Health Outcomes



Public Health and Healthcare Services in Washington State: ExerciseRX

Research Approach:

- Comprehensive review of official reports and academic studies.
- Analyzed public health programs, clinic resources, funding distribution, and challenges.
- Implementation Recommendations:

Strategic resource allocation for under-resourced clinics.

1. Integration of electronic health records (EHRs).
2. Expansion of telehealth services for accessibility.
3. Education and training for healthcare professionals.
4. Collaboration with local governments and tech firms.
5. Continuous monitoring and evaluation for success.
6. Community engagement for tailored solutions.
7. Advocacy for policy changes at the state level.

Consequences of Physical Inactivity

Fast Stats

In the United States:



ABOUT 1 IN 2 ADULTS don't get enough aerobic physical activity.



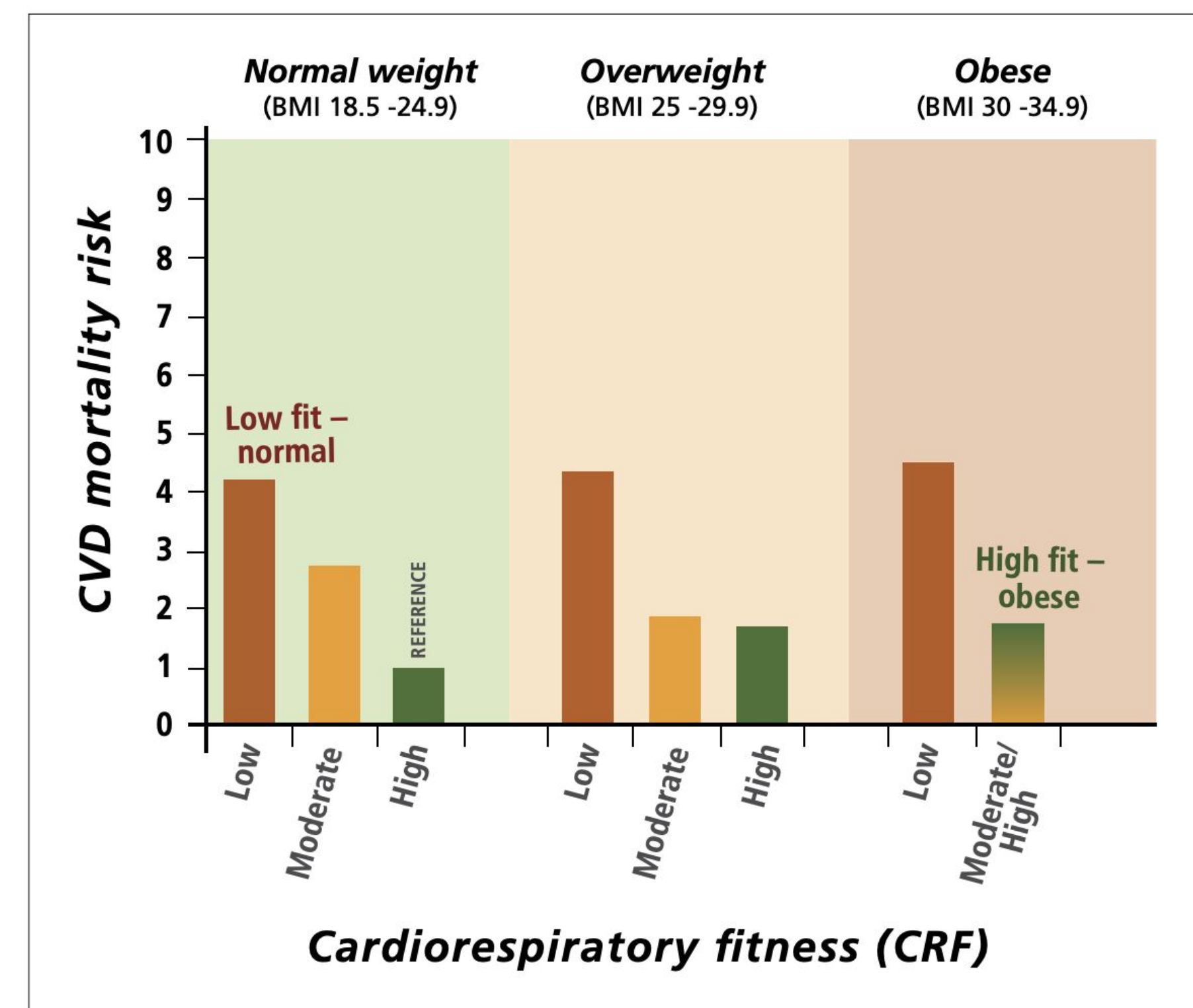
77% OF HIGH SCHOOL STUDENTS don't get enough aerobic physical activity.



\$117 BILLION in annual health care costs are related to low physical activity.

The Harmful Effects of Not Getting Enough Physical Activity

Fitness matters more than weight.



ExerciseRx - A Digital Health Platform: How can it help?

- **Solution:** Empowering healthcare providers to prescribe tailored exercise plans, ExerciseRx promotes health and wellness through regular physical activity.
- **Integration Strategy:** Collaborative partnerships with medical systems and public health agencies ensure seamless integration. Advocacy for policy changes supports preventive care adoption.
- **Progress Tracking:** Data-driven impact measurement with key metrics (health outcomes, cost savings, engagement) drives continuous improvement. User surveys and financial analysis guide enhancements.

Acknowledgements

- The Sports Institute
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