Get Fit and Stay Fit

Wellness Incentive Program

***Inside this packet you will find:**

1) The Incentive Application
2) The Statement of Intent
3) Participation Waiver
4) Frequently Asked Questions
5) Program Guidelines

***Instructions for the application process:**

1) Please read the entire packet
2) Complete the entire Wellness Incentive form
3) Sign the Statement of Intent, Waiver and Release
4) Keep your copy of the Statement of Intent and post it in a visible place (i.e. refrigerator, cork board, computer)
5) Mail the scholarship form, statement of intent, waiver and release to the Chapter office at One Morton Drive, Suite 106, Charlottesville, VA 22903.

It is important to be aware of your physical abilities and limitations. Before beginning any exercise routine it is recommended that you get your neurologist's approval.

If you have ANY questions feel free to contact the Blue Ridge Chapter, 1-800-344-4867 or 434-971-8010 or email *paul.kingston@nmss.org*.

WELLNESS INCENTIVE PROGRAM APPLICATION

Today's Date ____/______/_______

Name: ____

Address: ____

City: ______________________________ State: ______ Zip: ______________

Phone: _______________________Email: _______________________________

Date of MS diagnosis _____ /______/______ Neurologist: ____________________

☐ Please check this box indicating you have received approval from your neurologist to begin or continue an exercise routine.

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PLEASE ANSWER THE FOLLOWING QUESTIONS

List the exercise activities you plan to participate in:__________________________________

____

Do you plan to use the incentive funds for facility membership fees or for exercise class fees?

________________________________Estimated total cost for one year:__________________

What location or facility do you plan to utilize for your exercise routine?

____

How often do you plan to exercise?

Every other week **Once a week** **Twice a week** **More than twice a week**

Do you currently participate in any wellness activities? **YES** **NO**

If yes, please specify: ____
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Statement of Intent

The National MS Society Blue Ridge Chapter requests that you read and sign this statement of intent in order to receive our wellness incentive. The Blue Ridge Chapter is very aware of the unpredictability of Multiple Sclerosis. We understand that 100% attendance to a fitness class may be impossible for some people with MS. We also understand that people with MS may experience exacerbations or elevated levels of symptoms that may interfere with your regular exercise routine. Based on that understanding you are expected to utilize the incentive funds to the utmost of your capability. Please acknowledge your commitment to wellness by signing the statement below. **Keep the other copy and post it in a visible place** (i.e. refrigerator, cork board, computer) in order to be reminded of your commitment to your personal wellness and the National MS Society Blue Ridge Chapter.

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(CUT ALONG DOTTED LINE AND RETURN BOTTOM PORTION WITH THE INCENTIVE FORM)

I _____ am committed to my personal wellness. I will attain the benefits of physical fitness by attending an exercise facility or class as often as is reasonable and safe. I understand that if I do not attend as often as is reasonable and safe that the incentive funds may be discontinued and offered to another person.

_____ _____

Signature Date

Participation Waiver and Release

I agree and will hold harmless the National Multiple Sclerosis Society for any liability as a result of my participation. I will permit emergency treatment in the event of an injury or illness while participating in the program. I have read this waiver and release and understand its intent.

_____ _____

Signature Date

I give permission to the National Multiple Sclerosis Society to use my name and photo taken of me during the program in any promotional material, publication, or on the website. I have read this waiver and release and understand its intent.

_____ _____

Signature Date

Statement of Intent
(Scholarship Recipient Copy)

I _____ am committed to my personal wellness. I will attain the benefits of physical fitness by attending an exercise facility or class as often as is reasonable and safe. I understand that if I do not attend as often as is reasonable and safe that the incentive funds may be discontinued and offered to another person.

_____
Signature

Get Fit and Stay Fit
Wellness Incentive Program

FAQ

1) How do I register with the MS Society for this program?

Call the Blue Ridge Chapter at 1-800-344-4867 to request a wellness incentive packet. All participants must first register with the MS Society.

2) Are there specific exercise facilities or exercise programs I have to use with this scholarship?

No, the Get Fit and Stay Fit Wellness Incentive program is designed so you can choose where you exercise and what type of exercise you do.

3) Is there any other assistance available?

Many area exercise facilities (including all YMCAs) have financial assistance programs. Please inquire at the facility you plan to attend.

4) All other questions???

Refer to the Blue Ridge Chapter at 1-800-344-4867 or paul.kingston@nmss.org.

Guidelines

- You must complete and return the incentive application, statement of intent, and waiver and release.

- The chapter will not make payment to the facility or instructor until your forms have been received and you have received a letter confirming your incentive.

- Once you have received your award letter the chapter will be able to pay the facility or instructor directly.

- The incentive may not cover the full cost of membership or of exercise classes. These funds are intended to provide an encouragement to participate in regular physical fitness activities.

- You are required to begin your regular exercise program within 60 days of receiving your award letter. Incentives that are not utilized within 60 days will be coded inactive and you will need to contact the chapter office before submitting for any incentive funds.

- This program does have limited space and is on a first-come first-serve basis.

- Get Fit and Stay Fit Wellness Incentives will not exceed $150.00 in one year.

National
Multiple Sclerosis
Society
Blue Ridge
Chapter

1-800-344-4867