



## **Stories from the Field - Solutions to integrating physical activity into health care**

A convenient and systematic route to transmit physical activity data to physicians through electronic medical record (EMR) has not been established. As part of this process, a method for an exercise professional to communicate with PCPs regarding their patients in a secure, HIPPA-compliant and clinically acceptable manner, is needed. A team of researchers, led by Dr. NiCole Keith, PhD, FACSM, are working with Eskenazi Health in Indianapolis, Indiana, one of the five largest federally qualified healthcare systems in the U.S., to address this problem. They are creating a referral system linking EIM Credentialed exercise professionals and physicians to enhance their communication in order to increase the physical activity levels of their patient population.



To read more about the efforts underway at Eskenazi Health, [click here](#).

## **EIM Research Short - A Controlled Trial of Physician Counselling to Promote the Adoption of Physical Activity**



In this month's edition of "EIM Research Shorts", we are going back in time to present on of the classic trials examining the promotion of physical activity (PA) through the healthcare system – the Physician-based Assessment and Counseling for Exercise (PACE) trial. The PACE study was conducted in the mid-1990's by an esteemed team of researchers, many of whom are still actively involved with the EIM initiative.

The PACE study was the first research trial to demonstrate that minimal physician counseling was capable of producing meaningful changes in patient PA levels. The PACE study set a path forward for

future research examining the promotion of PA in the healthcare setting, informing the pragmatic integration of PA into U.S. health systems through the Exercise is Medicine® Solution.

To learn more about the PACE study, [click here](#).

### **EIM International - EIM Hong Kong Officially Launched**

Exercise is Medicine® Hong Kong (EIM-HK) was officially launched on June 18, 2016. The launching ceremony at the Hong Kong Convention and Exhibition Center was part of the Health Expo 2016 Hong Kong. The event was hosted by the Commissioner of Sports, Mr. Yeung T.K., together with the representatives from the eight founding medical and fitness organizations involved with the establishment of EIM-HK. Future plans for EIM-HK, which is hosted by the Physical Fitness Association of Hong Kong and under the leadership of Dr. Stanley Hui, are to focus on generating greater support for EIM across Hong Kong, increase their EIM training courses for medical professionals, and provide educational seminars to the general public.



To learn more about EIM-HK, [click here](#).

### **EIM Tools and Resources - The EIM Global Research and Collaboration Center (EIMGRCC)**



For the past nine years, EIM has helped build local networks to support the systematic integration of PA as a vital sign and a routine component in health care. Large-scale implementation of the EIM Solution across different populations, settings and health care systems is a complex process. Accordingly EIM, in collaboration with Emory University Rollins School of Public Health, established the EIM-GRCC to lead evaluation efforts with partnering health care systems, community organizations, and technology companies.

To read more on the EIMGRCC, [click here](#).

## Meet Your EIM Leader - Brad A. Roy, PhD, FACSM

This month we are highlighting Brad Roy of the Kalispell Regional Medical Center and The Summit Medical Fitness Center, a clinical exercise physiologist who also serves as the current chair of the EIM Credential Committee. Dr. Roy has been a member of ACSM for more than 30 years and has been deeply involved with the EIM initiative and progressing the program forward.

To read more about Dr. Roy, [click here](#).



## EIM Events - Credential Workshops



The next EIM Credential Workshop will be held in Indianapolis, Indiana this September 17 and 18. The EIM Credential Workshop provides exercise professionals the opportunity to build upon their formal education, certification(s) and experience to fill the new and expanding roles of Community Care Teams. Community

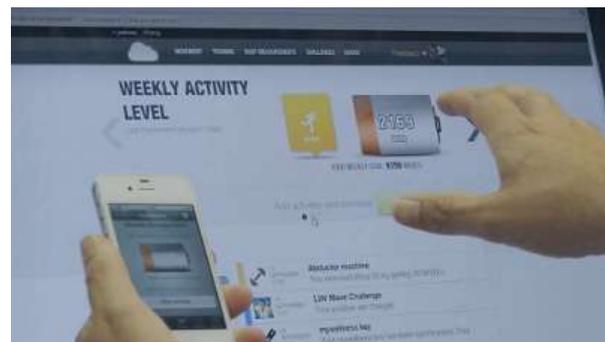
Care is now becoming a significant component of accessible health care in the referral and delivery of chronic disease prevention and intervention programs, including physical fitness. The EIM Professional Credential two-day Workshop presented by DJO Global, offered in partnership with the American College of Sports Medicine (ACSM), the American Council on Exercise (ACE), and the Medical Fitness Association (MFA), includes two days of training and finishes with an opportunity to take the proctored credential certificate exam.

To learn more and register for the workshop, [click here](#).

## EIM Partner Update: Technogym Announces New HIPAA-Certified Version of Mywellness Cloud

[Exercise is Medicine](#)® global partner Technogym, the world's leading wellness and fitness company, recently announced the launch of a new version of their "mywellness" cloud that is HIPAA (the Health Insurance Portability and Accountability Act of 1996) compliant. The mywellness cloud platform makes the workout experience more personal, fun and effective and allows users to access personal fitness data on the go.

Optimized to meet the highest standards of data



security in the world, the enhanced mywellness cloud provides hospitals, insurance companies and wellness facilities with a revolutionary platform for monitoring and tracking medical data. The mywellness cloud opens new opportunities within the healthcare industry to share and track patient information in a secure fashion. Doctors and medical professionals in hospitals can share patients' activity data, improving, streamlining and enhancing medical care.

[Learn more.](#)

**Thank you to our following industry partners:**



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