

When Experience Matters!

The Available Hours Are As Follows:

Northwest:

Monday & Wednesday7:30 a.m. – 6:00 p.m.
Tuesday & Thursday.....7:30 a.m. – 7:00 p.m.
Friday.....7:30 a.m. – 5:00 p.m.

South:

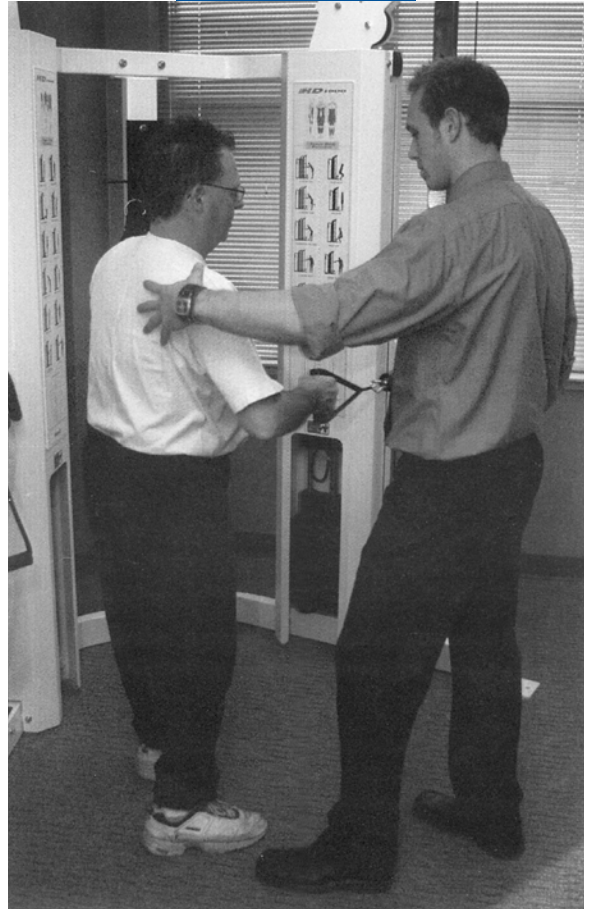
Monday & Wednesday7:30 a.m. – 7:00 p.m.
Tuesday & Thursday.....7:30 a.m. – 6:00 p.m.
Friday.....7:30 a.m. – 5:00 p.m.

Spine:

Monday – Thursday7:30 a.m. – 6:00 p.m.
Friday.....7:30 a.m. – 5:00 p.m.
Saturday8:00 a.m. – 12:00 p.m.

Balance Solutions:

Monday – Friday.....7:30 a.m. – 4:30 p.m.



Northwest & Business Office Location:

251 County Rd 120 Suite A St. Cloud, MN 56303
(320) 259-5429 Fax (320) 240-8905
1-800-479-0492

South Location:

1301 33rd St South, Suite 210 St. Cloud, MN 56301
(320) 240-6955 Fax (320) 240-8089

Spine Center:

166 19th Street South Suite 202 Sartell, MN 56377
(320) 257-BACK (2225) Fax (320) 257-2226

Balance Solutions Location:

2395 Troop Drive, Suite 102 Sartell, MN 56377
(320) 258-3313



Questions & Answers

What is it?

The "**FIT FOR LIFE**" Program is an individualized independent exercise program. A therapist will develop a unique exercise program specific to needs. Each individual can then utilize our workout facility on an independent basis. A major benefit is having a therapist on-site available for questions or concerns.

What are the Criteria of the Program?

- To be a member you must be 18 years or older, no exceptions.
- Each member must check in at the front desk each day the facility is used.
- Each member may come in for an unlimited number of visits each month.
- Each member is free to use the Northwest Clinic, South Clinic and/or the Spine Center.
- It is absolutely necessary that you are independent with your program. Each member may ask a therapist a question anytime he/she chooses, but needs to be physically able to perform all of the exercises independently.
- As a member, you may be asked by a therapist to allow a patient in the gym to utilize a piece of equipment for a short period of time. We appreciate your flexibility.
- For safety reasons, visitors accompanying the member to the facility must wait in the reception area. Our facility is not an appropriate place for young children requiring supervision.

- Each patient must decide on continuing with the Fit for Life Program no greater than 60 days from the last physical therapy visit. If this time line has lapsed, the patient will be required to schedule an evaluation for \$45.00 with a therapist prior to starting the program otherwise there is no start up fee.
- If you are a current patient and have been inactive with the monthly membership for six consecutive months or greater, you will be required to complete an evaluation with a therapist before starting the program again. This may require a referral from your physician if you cannot self refer your insurance plan. Current patients only may opt to bill health insurance for this evaluation and any subsequent therapist visits.
- If you have never been a member of the program, you can become a member. The cost is \$45.00 for a 45-minute evaluation with a therapist. You most likely will require 2-6 subsequent visits @ \$20.00 per visit depending on your health and exercise history.
- Members requiring the assistance of a personal care attendant are welcome to bring that individual into the gym area. The personal care attendant is not allowed to use the equipment unless that person is also a member.
- Payments are due at the beginning of each month. You can pay with a credit card, check or cash. Monthly rates are reasonable. You will not be permitted to utilize the facility until your payment is received. If no visits are made for any given month, no charge will be generated. **There is no annual fee.** There are no refunds unless you have a medical note from a physician.
- As a member, we request that you spray down the equipment after use and clean up after yourself. Spray bottles will be located at each facility.

At Northern Star Therapy, we hope that this program is FUN and keeps you motivated to stay "FIT FOR LIFE"!