



## Be Well Program

### Program Description:

To better promote the health and wellness of East Central Indiana, Indiana University Health Ball Memorial Rehabilitation offers a safe, welcoming environment for community members to exercise on land and in warm water. Clients may be past or current rehabilitation patients or individuals from the community who wish to exercise and have stable medical conditions.

### Participation Guidelines:

- 1) In order to participate in programming, clients must complete the consent and waiver, information and history questionnaire, and physician consent/waiver prior to participating.
- 2) Lockers are provided for use during each visit. Remove all belongings prior to leaving after your visit.
- 3) Clients must sign in at the front desk and pay prior to participation each visit.
- 4) Participation in the Be Well Program is at the sole discretion of the facility.
- 5) Cost for pool sessions is \$7 for open pool or classes. Cost for Next Step Plus (land) is \$3/session. If client chooses to participate in aquatic and land exercise on the same day, the cost is \$7. Cost is \$9.50 to attend 2 classes in the same day. One-on-one sessions in the pool cost \$30/session. Cost for Well Beings and Active Advantage is \$5/session. Sports Performance cost is \$10/session.
- 6) The client will be able to ask questions of therapists and employees as long as the client realizes that the therapist must stay on time with their patient schedule and that the questions must be brief.
- 7) The client must be aware that this is not considered formal therapy and that the therapists cannot perform any kind of therapeutic intervention.
- 8) If visitors come with the client, we ask that they remain in the waiting room unless assistance is needed from the visitor. Children under the age of 8 are not allowed to be left unattended.
- 9) The client should bring a towel for his/her own use.
- 10) Attendance of one-on-one sessions are tracked. Two missed sessions in a row will result in all other sessions being removed. Further sessions will need to be scheduled to resume services.
- 11) The client must understand that scheduled patients have priority use and that he/she may be asked to move to another piece of equipment or other area of the pool if it is needed for a scheduled patient.

### Aquatic Program Safety Guidelines:

- 1) **Shower with soap and water with bathing suit on prior to getting into the pool.**
- 2) Street clothes are not allowed in the pool. Please avoid cotton material in the pool.
- 3) If you have open wounds, please let the staff know prior to getting in the water.
- 4) If you have had symptoms of diarrhea within the past two weeks, please do not enter the pool. It is required that non-toilet-trained children wear swimsuit diapers or tight fitting rubber or plastic pants.
- 5) Clients will provide their own suits and towels for aquatic programs. Please take your suit and towel home after each session. Water shoes are suggested but are not required.
- 6) Drink plenty of fluids before and after your work out. The pool area is warm and can dehydrate you. Food or drink is not allowed in the pool area. The only exception is water.

### Next Step Plus Guidelines:

- 1) The client must wear appropriate clothing and footwear for this setting. Clothing must cover the mid-drift and shoes need to be closed toe shoes.
- 2) Each Next Step Plus client will be orientated to the equipment he/she intend to use by a staff member prior to use.

We use RainedOut.com to update clients on last minute closings or schedule changes. To sign up for RainedOut, text the word **BeWell** (no space) to **84483**

If you have other questions or concerns please talk with a staff member.  
Thank you,

Indiana University Health Ball Memorial Rehabilitation Staff  
765-751-2555

REF CODE: REH-068-D Hard copy uncontrolled. Please see DMS for current version.

[iuhealth.org](http://iuhealth.org)

ORIGINATION: 03.26.2014

1 of 1

REVISIONS: 01.21.2015|05.04.2017|08.16.2017|11.02.2017|12.05.2017|02.15.2018|11.18.2018|6.18.19