Membership Options

Wellness Center Hospital Memberships:

101-107 Associate/Spouse/Dependent $16/month
108-114 Associate/Spouse/Dependent $18/month
115+ Associate/Spouse/Dependent $20/month
Regular user rewards program ..... see staff

Hospital Associated Memberships

Medical Office Building Employee, Long-term Contract Labor, Current Saint Thomas Rutherford (STR) Board Member, Allied Health Professional, STR Retired Employee,
Staff Physician $20/Month
UT Resident $16/Month
Non-Staff Physician $25/Month
(Must be legal dependent, age 13)

Community Memberships:

CATEGORY	MONTHLY	YEARLY
Individual	$30	$360
Married Couple	$40	$480
STRH Volunteer	$20	$240
Spouse or Dependent	$20	$240
Student	$20	$240
Corporate	see staff for details	

Guest Fees:

Daily $5
Weekly $15

ABOUT THE WELLNESS CENTER

Committed to medically-based fitness since 1986, The Ascension Saint Thomas Wellness Center is dedicated to serving wellness, health promotion and the fitness needs of our associates, patients, residential and corporate community. Greeted by a friendly face, our volunteers offer a welcoming voice and provide membership resources. Our staff consists of registered nurses, respiratory therapists, exercise physiologists, registrar, registered dietitians, and STRH volunteers.

Edward Rhim, M.D.
Medical Director:
Cardiac Rehabilitation

Dr. James Poliner, M.D.
Medical Director:
Pulmonary Rehabilitation

ADDRESS

SETON BUILDING
1840 Medical Center Parkway | Suite 203
Murfreesboro, TN 37129

PHONE

The Wellness Center | 615.396.5500
Cardiac Rehabilitation | 615.396.5511
Pulmonary Rehabilitation | 615.396.4926
Fax: 615-396-6189

FACILITY HOURS

Monday – Friday | 6:00am-7:00pm
Saturday | 8:00am-12:00pm
Sunday | Closed

AACVPR
American Association of Cardiovascular and Pulmonary Rehabilitation
Promoting Health & Preventing Disease

healthcare.ascension.org

Ascension Saint Thomas

FITNESS CENTER

Outpatient Cardiac &
Pulmonary Rehabilitation

CELEBRATING 30 YEARS 1986 2016

WELLNESS CENTER

OUTPATIENT PULMONARY REHABILITATION PROGRAM

A medically supervised program involving education and exercise for individuals with chronic respiratory diseases.

You will benefit if you have been diagnosed with:

- Emphysema
- Chronic Bronchitis
- Bronchiectasis
- Asthma
- Pulmonary Fibrosis
- Lung Surgery
- COPD
- Environmental or Occupational Lung Disease

What are the benefits of participating?

- Decreased Symptoms
- Improved Quality of Life
- Increased Exercise Tolerance
- Increased Independence in Activities of Daily Living
- Better Understanding of Your Lung Disease
- Reduced Hospitalizations
- Reduced Emergency Room & Doctor Office Visits

OUTPATIENT CARDIAC REHABILITATION PROGRAM

A medically supervised 12 week program that promotes heart-healthy lifestyle changes among individuals who recently experienced a cardiac event.

You will benefit if you have been diagnosed with:

- Angina pectoris, stable angina (chest pain)
- Coronary Artery Bypass Graft Surgery
- Myocardial Infarction
- Stent
- Heart Valve Repair or Replacement
- Heart Transplant
- Angioplasty
- Congestive Heart Failure

IS CARDIAC/PULMONARY REHAB COVERED BY MY INSURANCE?

Most insurances offer benefits for the outpatient rehabilitation programs. Our registration staff can check the benefits for each individual to ensure you understand your particular benefits for outpatient cardiac or pulmonary rehabilitation.

WELLNESS CENTER PROGRAMS & SERVICES

- Bariatric Wellness Aftercare Program
- Body Composition Testing
- Exercise and Educational Programs
- Fitness Testing and Evaluation
- HOPE Cancer Recovery Program
- Nutritional Counseling
- Personal Fitness Training
- Post-Clinical-Care Programs
- Peripheral Artery disease (PAD)

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