



Thank you for choosing Knoxville Hospital & Clinics (KHC) and 21st Century Rehab to help you maintain and improve your health.

Medically Oriented Gym (MOG)

While traditional fitness clubs and gyms are great for working out on your own, the MOG offers you professional guidance, based on scientific research that bridges the gap between medicine and physical fitness. Many MOG members who start as physical therapy patients transition to the MOG once their therapy sessions have ended.

While working closely with you and your health care provider, the goal of our MOG team is to help you achieve and maintain an exceptional quality of life by focusing on all aspects of your health.

For more than 80 years, Knoxville Hospital & Clinics has been helping families throughout south central Iowa and beyond. Voted as Best of Red Rock Area's "Best Place to Work" and "Best Hospitality," our mission of *faithfully providing exceptional health care* affects every decision we make and how we care for patients and families.

As a non-profit community hospital serving Marion County and the surrounding area, we take great pride in providing exceptional care close to home. Named a Top 100 Critical Access Hospital, our highly skilled medical team provides personal, compassionate, innovative, and quality health care to our patients.

Knoxville Hospital & Clinics complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call (641) 842-1421.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (641) 842-1421.

Knoxville Hospital & Clinics

(641) 842-2151

Melcher Clinic

(641) 947-2121

Pleasantville Clinic

(515) 848-3113

Red Rock Healthcare - Pella

(641) 628-2222

KNOXVILLE
Hospital & Clinics

An Affiliate of **MERCYONE** SM



**Medically Oriented
Gym (MOG)**

**21stCENTURY
REHAB**

Thank you for choosing
Knoxville Hospital & Clinics
for your health care needs.

122020

www.knoxvillehospital.org

KHC and 21st Century Rehab have partnered to bring this advanced level of care to the community. Our MOG team includes physical therapists, certified athletic trainers, and physical therapy assistants who are dedicated to providing you safe, customized, and supervised exercise programs.

The MOG vision

Our primary goal is to decrease dependency on medicine, adopt exercise as a lifestyle, and reduce the impacts of chronic disease. Throughout your membership, our team will work with you to ensure you are making progress towards your goals.

Learn more

To learn more about the MOG and if it is right for you, call **(641) 842-1464**.



MOG membership services

As a member of the MOG, you will meet regularly with specially trained staff to ensure progress towards your goals. Your membership also includes:

- A comprehensive initial assessment, including a health review and body mass index evaluation
- Re-assessment every 90 days
- Blood pressure check before and after each session and tracking throughout your membership
- A personalized workout plan designed to help you achieve your goals (we will take into consideration your health history, any medical conditions, muscular strength, exercise experience, and personal safety)
- Personalized training and coaching
- Access to state-of-the-art exercise space and equipment
- On-site medically trained staff to check your vitals, answer questions, and facilitate safe member participation

Commonly asked questions

Who can join? The MOG offers services to healthy people, as well as individuals with health conditions such as cardiovascular disease, high blood pressure, diabetes, arthritis, knee pain, obesity, and more. Nothing is more important than good health. In addition to individual workout sessions, we also offer group classes on certain days and times. For more information, please call (641) 842-1464.

Can I join the MOG without a medical referral? Absolutely! No medical referral is necessary; however, if you are just starting an exercise program, we recommend that you speak with your health care provider first.

What are the MOG membership rates? New members receive a 30-day FREE trial period. Continued membership is \$50/month for individuals, or \$90/month for one person and a spouse/partner who can share in the savings.

