

CAPE FEAR VALLEY  
**HealthPlex**  
*For Your Health, For Your Life.<sup>SM</sup>*

REFERRAL FORM

**PATIENT INFORMATION**

FULL NAME \_\_\_\_\_ DATE OF BIRTH (M/D/Y) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ ALTERNATE PHONE \_\_\_\_\_

DIAGNOSIS \_\_\_\_\_

EXERCISE LIMITATIONS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**FITNESS & WELLNESS PROGRAMS:**

- GENERAL CONDITIONING
- MESSAGE THERAPY
- WARM WATER AQUATICS
- STRESS MANAGEMENT
- NUTRITIONAL SERVICES
- WARM WATER AQUATICS (ARTHRITIS)
- RISK REDUCTION  
(LOSE WEIGHT, LOWER CHOLESTEROL, LOWER BLOOD PRESSURE, ETC.)

PLEASE IDENTIFY RISK \_\_\_\_\_

COMMENTS: \_\_\_\_\_

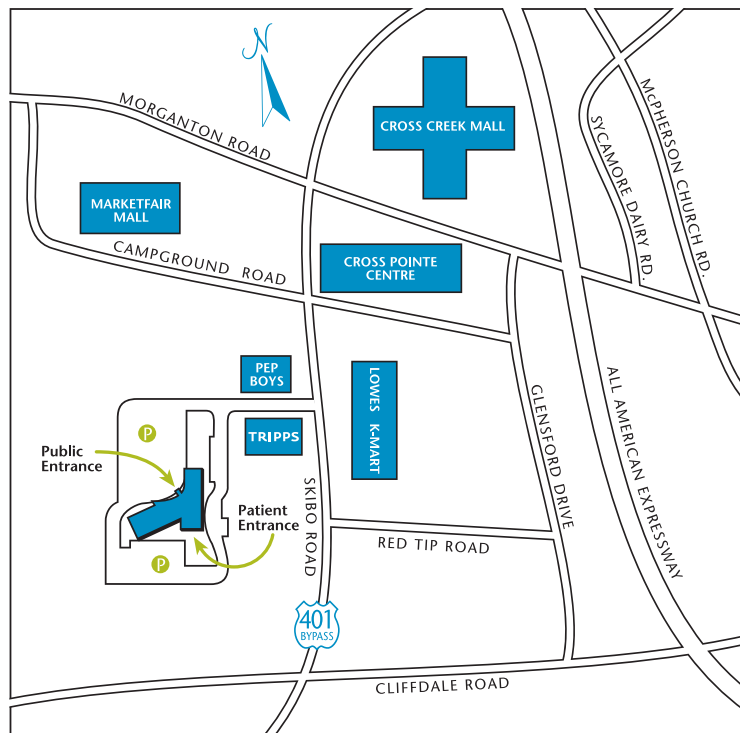
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\_\_\_\_\_  
 PHYSICIAN SIGNATURE

\_\_\_\_\_  
 DATE

PLEASE NOTE THAT A PHYSICIAN REFERRAL DOES NOT INDICATE MEMBERSHIP WILL BE PAID FOR BY INSURANCE.



**HOW TO FIND US:**

**1930 SKIBO ROAD • FAYETTEVILLE, NC 28314**  
**PHONE: (910) 860-7539 • FAX: (910) 615-5347**

**From Raeford Road**  
 Take Skibo Road (Bus. 401) north 1.6 miles.  
 HealthPlex is on the left.

**From Cliffdale Road**  
 Take Skibo Road (Bus. 401) north 0.5 miles.  
 HealthPlex is on the left.

**From Morganton Road**  
 Take Skibo Road (Bus. 401) south 0.3 miles.  
 HealthPlex is on the right.

**From All-American Freeway (From Owen Drive)**  
 Turn left on Cliffdale Road. Take Cliffdale Road 0.8 miles to Skibo Road (Bus. 401). Take Skibo Road north 0.5 miles. HealthPlex is on the left.

**From All-American Freeway (From Fort Bragg)**  
 Take Skibo Road (Bus. 401) south 0.9 miles.  
 HealthPlex is on the right.