

Wellness Center Hospital Memberships:

- 101-107 Associate, Spouse or Dependent\$16 per month
- 108-114 Associate, Spouse or Dependent\$18 per month
- 115+ Associate, Spouse or Dependent\$20 per month
- Regular user rewards program - see staff

Hospital Associated Memberships:

- Medical Office Building Employee, Current Saint Thomas Rutherford Hospital (STRH) Board Member, Allied Health Professional, and STRH Retired Employee\$20 per month
- Staff Physician, Resident, Intern and Fellow..\$25 per month

Community Memberships

Category	Monthly Draft	1 year payment
Individual	\$35	\$420
Married Couple	\$50	\$600
STRH Volunteer	\$20	\$240
Spouse or Dependent	\$20	\$240
Senior (60+)	\$30	\$360
Senior Married Couple	\$45	\$540
Full-Time 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 Wellness Center at Saint Thomas Rutherford Hospital 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, registrar, respiratory therapist, exercise physiologists, aerobic instructors, and registered dietitians.



Edward Rhim, M.D.
Cardiology

Cardiac and Pulmonary Rehabilitation Medical Director



ADDRESS

1840 Medical Center Parkway
Seton Building, Suite 203
Murfreesboro, TN 37129

PHONE

The Wellness Center: (615) 396-5500
Cardiac Rehabilitation: (615) 396-5511
Pulmonary Rehabilitation: (615) 396-4926

EMAIL

wellness.center@sth.org

FACILITY HOURS

Monday—Thursday 5:30 a.m. to 8:00 p.m.
Friday 5:30 a.m. to 7:00 p.m.
Saturday 8:00 a.m. to 1:00 p.m.
Sunday Closed

Wellness
Center



Saint Thomas
RUTHERFORD HOSPITAL

www.strutherford.com/wellnesscenter

Wellness Center



Saint Thomas
RUTHERFORD HOSPITAL

COMMUNITY FITNESS CENTER

OUTPATIENT
CARDIAC /PULMONARY
REHABILITATION



Medically Based
FITNESS CENTER

WELLNESS CENTER PROGRAMS & SERVICES

- Bariatric Wellness Aftercare Program
- Body Composition Testing
- Exercise and Educational Programs
- Fitness Testing and Evaluation
- Group Exercise Classes
- HOPE Cancer Recovery Program
- Nutritional Counseling
- Personal Fitness Training
- Post-Clinical-Care Programs



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.

Is Cardiac/Pulmonary Rehab covered by my insurance?

The program is covered by Medicare and most major medical insurances. The cost will vary depending upon insurance coverage.

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

