

# RISK STRATIFICATION TOOL FOR EXERCISE REFERRAL

Use this tool to assist in risk category identification for your patients.

Find an accredited exercise physiologist (AEP) at [www.weim.org.nz](http://www.weim.org.nz)

The risk category will determine which exercise referral path is best suited for each patient.

**NOTE: chronic musculoskeletal conditions can also be effectively managed/treated with an AEP.**

Patients who do not meet the minimum recommended daily amounts of physical activity (**150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week**), have an increased risk of developing chronic disease conditions.

## LOW RISK

No cardiovascular conditions,  
metabolic or renal conditions.

**AND**

No signs or symptoms  
suggestive of CV, metabolic or  
renal disease

**MEDICAL CLEARANCE  
UNNECESSARY**

Able to begin exercising at a  
gym or other public exercise  
facility.

Light to moderate intensity PA  
recommended.

## MODERATE RISK

Known CV, metabolic or renal  
disease.

**AND**

**Asymptomatic**

**MEDICAL CLEARANCE  
RECOMMENDED**

Able to be referred to GrRx

**OR**

An Accredited Exercise  
Physiologist.

Light to moderate intensity PA  
recommended

## HIGH RISK

Any signs or symptoms suggestive  
of CV, metabolic or renal disease  
(regardless of disease status).

The presence of more than one  
chronic condition

**MEDICAL CLEARANCE  
REQUIRED**

Refer to a qualified

**Accredited Exercise  
Physiologist for SUPERVISED**  
light to moderate intensity PA.