RxTGA FAQs

What is Prescription to Get Active (RxTGA)?

Prescription to Get Active (RxTGA) is a community-based physical activity referral program that connects eligible patients with resources, support, and opportunities to become more physically active.

The program is designed for patients who would benefit from increasing their physical activity and can safely participate in exercise without clinical supervision. Participating patients gain access to:

- Evidence-based physical activity resources
- Behaviour change support
- Exercise and activity planning tools
- On-demand movement and exercise programs
- Free trial opportunities with participating fitness, recreation, and sport organizations

RxTGA uses the Canadian 24-Hour Movement Guidelines as a benchmark to help identify patients who may benefit from increased physical activity.

Why should chiropractors participate in RxTGA?

As musculoskeletal experts, chiropractors are uniquely positioned to help patients improve function, mobility, and overall health through movement.

Participating in RxTGA allows chiropractors to:

- Support evidence-based physical activity recommendations
- Extend care beyond the clinic setting
- Connect patient with community-based movement opportunities
- Promote self-management and long-term healthy habits
- Reinforce the importance of physical activity in preventing and managing chronic conditions

Are Alberta chiropractors eligible to participate?

Yes, RxTGA membership is available to members of the Chiropractic Association of Alberta. As regulated health professionals, chiropractors play an important role in promoting physical activity and supporting patients in adopting healthier, more active lifestyle.

Which patients are appropriate for an RxTGA referral?

RxTGA is intended for patients who:

- Are sedentary or insufficiently active
- Would benefit from increased physical activity
- Can safely begin exercising without clinical supervision
- Are motivated to improve their health through movement

The program is not intended for patients who require medically supervised exercise or specialized clinical rehabilitation.

How do I determine if a patient is ready for RxTGA?

As with any clinical recommendation, chiropractors should use clinical judgement and evidence-based screening tools to determine whether a patient can safely participate in physical activity without supervision.

Patient suitability should be assessed on:

- Health history
- Current functional abilities
- Medical conditions
- Exercise readiness
- Clinical presentation

What is my role as a chiropractor?

Your role is to:

- Identify appropriate patients
- Discuss the benefits of physical activity
- Complete and provide the RxTGA referral/prescription
- Direct patients to register with the program

You are not required to:

- Develop a fitness program
- Provide detailed exercise prescriptions
- Deliver ongoing physical activity coaching through the program

RxTGA provides the resources and supports patients need after registration.

What does the patient do after receiving an RxTGA referral?

After receiving an RxTGA, patients register their prescription through the RxTGA platform. Once registered, they gain access to a variety of tools and supports designed to help them become more physically active, including:

- Educational resources
- Physical activity planning tools
- Behaviour change support
- Community activity opportunities
- Participating fitness, recreation, and sport organizations

These resources are designed to help patients find activities that suit their goals, abilities, and interests while supporting long-term participation in physical activity.

Is there a cost for chiropractors to participate?

For CAA members there is no cost to participate in RxTGA. Participating chiropractors will receive quarterly reports showing registrations associated with their clinic or location.

How do I register as an RxTGA member?

To register for RxTGA as a healthcare provider, you must:

- Complete the RxTGA Healthcare Member Application
- Review and sign the membership agreement
- Participate in a program orientation session

What kind of activities or recreational facilities can patients' access?

Available activities and recreational facility offerings vary by location. Patients may have access to a wide range of options, including discounted memberships, free trial memberships, fitness and wellness programs, and drop-in recreational or social sports activities. To explore the opportunities available in your area, visit the Facilities Directory on the program website.