



Optimal Health Scholarship Application

About

The Optimal Health Scholarship was established in 2018 between *Morris Cardiovascular and Risk Reduction Center* and *Optima Health Insurance Company*. Optima health actively looks for ways to not only add value to the community surrounding them but additionally looks for opportunities in which they can improve the health and quality of life of these community members. This was where our partnership was born.

The program is uniquely designed for candidates who are extremely passionate about synthesizing and maintaining a healthy lifestyle change, who presently have pre-diabetes or diabetes, and who are willing to make immediate health changes.

Time Commitment

This scholarship has a time commitment of meeting 3-4 times weekly (60 minutes/each) at our health facility, with additional agreed upon time commitments outside of the facility pursuing personal health goals, for a total of 6 weeks. Most all classes are held between the hours of 5:00 - 7:00pm weekdays.

Program Detailing

This health program includes twice weekly small group fitness training, individual fitness assessments and plans, weekly nutritional counseling, a group support session, a grocery store tour, A1c Labs and more.

Qualifications

- Presently diagnosed with pre-diabetes or diabetes
- Not currently classified as high risk for a cardiovascular event or currently suffering from any injuries
- Presently make at or below 60% of the low-income threshold (\$31,200/annually)
- Be able to provide official IRS tax statement from the previous year, upon request
- Be able to fully commit to the time commitment of the health program
- Entirely complete and sign the Scholarship Application

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Cardiovascular and Risk Reduction Center

Optimal Health Scholarship Checklist

Morris Cardiovascular and Risk Reduction Center offers program scholarships to individuals who possess unmet financial need and are motivated to the mission of the program. This scholarship is only awarded if financial resources permit.

Please print, return or scan this signed checklist with all check boxes marked to Alyssa at alyssa@morriscardio.com.

- A completed and signed scholarship application
- My personal statement
- This checklist with my signature

DISCLOSURE:

I have read and understood the conditions of the Optimal Health Scholarship. I affirm that I am eligible based on the applications requirements and plan to submit additional documentations upon request. If selected as a candidate for the Scholarship, I agree to attend the required lectures/seminars, participate in scholarship meetings on the pre-determined day(s) and any other assemblies for the benefit of the program.

SIGNATURE:

I have verified that all information is accurate to my knowledge and upon request, I meet all program requirements as detailed on the first page, and I will provide the supplemental documents accordingly when requested.

Printed Name

Signature

Date

Let's get healthy!

Thank You for Applying!



Cardiovascular and Risk Reduction Center

Optimal Health Scholarship Application

Candidate Information

First Name _____ Last Name _____

Permanent Address _____

City _____ State _____ Zip Code _____

Email Address (active) _____

Phone Number _____ **Circle:** Home/Work/Cell

Alternative Number _____ **Circle:** Home/Work/Cell

Sex: M | F Height: _____ Weight: _____

Current physical activity regime, if applicable: _____

Are you a current Morris Cardio patient? Yes No

How did you hear about this opportunity? _____

Employment

Who is your current employer? _____

If selected, what would be your level of commitment to the program?

What is your availability? *Keep in mind, if your availability does not match our program hours you will not be able to participate in the Optimal Health Scholarship program.*



Program Goals

Please use the space below to clearly identify three personal objectives you would like to achieve if selected for this program.

1.

2.

3.

Personal Statement

Please provide a personal statement of why you believe you would be suitable recipient of this scholarship. Personal statements must be a minimum of 100-250 words either typed or handwritten. **This is your opportunity to tell us about yourself and why you stand out from other applicants.**

