

# Prescription



BumptUp Labs Inc.

1015 Highland Way  
Bowling Green, KY 42104  
PH: +1 (618) 604 2712

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I am prescribing exercise as part of \_\_\_\_\_  
[Patient's Name] healthcare plan. I recommend using BumptUp,  
a pregnancy and postpartum fitness app, to support safe and  
effective physical activity during this period. BumptUp offers  
tailored workouts and expert guidance to optimize well-being.



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Doctor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_