

# Virtual Cardiac Rehab

— *Rehabilitate from home* —



**12 Week Program**



**Weekly Health Coaching**



**Monthly Stress Coaching**



**Smartwatch Tracks Progress**

**1**

## Receive Samsung Watch & Boost Health App

Simply provide medical history and complete your health assessment to receive a Samsung watch preloaded with the Boost Health App. Conduct a 6 minute walk test and you're ready to get started.



**2**

## Start 12 Week Exercise Program

Each week your health coach, who is under advisement of an exercise physiologist, will meet with you, monitor, and help you meet your goals. Additionally, each week your emotional health coach will share, via email, strategies to manage stress and build resiliency.



How are you feeling?



**AACVPR**  
American Association of Cardiovascular and Pulmonary Rehabilitation

**3**

## View Results

Once you're finished with the program we will conduct one last 6 minute walk test before you meet with your coaches to discuss your progress.

