

# Cardiac TeleRehab

## — Six Minute Walk Test —



## About Our Program

Boost by GoX's Virtual Cardiac Rehabilitation Program is a medical program designed to assist you in making heart health lifestyle choices to lower your risk of recurrent heart disease. Under the direction of cardiologists and certified exercise coaches, the platform includes wearables and software that enable personalized, at-home progress.

Patients get coached once weekly for three months. Education is provided through online media and constant monitoring of vitals happens through smart watches and our proprietary software. All this is telehealth supervised through the provider and their facilities.



Our program is developed specifically for patients recovering from:

- Heart attack
- Coronary bypass surgery
- Angioplasty/stent
- Congestive heart failure
- Valve repair/replacement
- Angina
- Heart transplant
- Ventricular assist device implantation

### Boost

Accessible  
Continuous  
Complete  
Automatic

VS

### Current Tech

Adhoc  
Disconnected  
Manual  
Complex