



# MAKE YOUR HEART HEALTHIER



## MOVN VIRTUAL CARDIAC REHAB PROGRAM

Movn is a program for your heart that will help you become healthier, live longer and avoid readmission. As part of the Movn program, a trained care manager will work with you to help you create a personalized plan to manage your heart's health through positive lifestyle changes such as:



### **INCREASING EXERCISE**

Improve your fitness through a guided program



### **EATING HEALTHIER**

Get tips on making smart food choices



### **MANAGING STRESS**

Learn how to cope with life situations



### **QUITTING SMOKING**

Gain skills that allow you to make the change



### **MANAGING MEDICINES**

Discover helpful ways to navigate barriers

For more details, please contact: [info@movinganalytics.com](mailto:info@movinganalytics.com) | 832-851-4133

# How Does Virtual Cardiac Rehab Work?

The Movn virtual cardiac rehab program is designed to be convenient for you. Since the program is virtual, you can get cardiac rehab even if you are at work full time. During your enrollment, we may perform a few assessments to determine whether it is appropriate for you to receive cardiac rehab at home.

Below is what a typical program would look like:



A program coordinator will contact you and enroll you into the program if you are deemed eligible.



You will be provided a welcome kit that will include a book, a mobile app, an activity tracker and a few kits like a blood pressure cuff and weight scale. Your program coordinator will help set everything up so that you have a seamless experience.



You will be introduced via video chat to your care manager who will begin to work with you in managing your heart health through education and problem solving. Your care manager will first help you craft your goals and then help you create a personalized plan that utilizes exercise, diet, stress and anxiety management, smoking cessation techniques and more to help you achieve those goals.



You will attend a one-time evaluation at a convenient site of your choosing. This evaluation will help your care manager further refine your plan.



Over three months, your care manager will continue to coach you through weekly or bi-weekly telephone calls and chats within the app to help you navigate barriers and make progress toward your goals.



You will be able to use the app and welcome kit to easily track your progress, communicate with your care manager and view educational content prescribed for you. If you have any questions or need advice, you will be able to ask your care manager through the secure chat helpline. You can also report symptoms and be directed to appropriate medical care.<sup>1</sup>



After three months, you will graduate to a maintenance program and receive monthly check-ins with your care manager to go beyond your initial goals.

**1 – Virtual Cardiac Rehab Services are not a replacement for medical emergency. If you think you have a medical emergency, always dial 911 first.**