

## Jefferson Regional and Carda Health offer an at-home Cardiac/Pulmonary Rehab program that includes:

- 36 supervised sessions with options of two or three exercise sessions per week, according to the patient's preference
- Live video supervision of each session by experienced Clinical Exercise Physiologists
- A complete care package with everything needed to complete the program
- Flexible scheduling
- Continuous vital signs monitoring, including SpO2 & heart rate
- Personalized education on various health topics
- Goal setting and exercise prescription based on individual fitness levels
- Communication with the physician to ensure coordinated care
- An option for a maintenance program after the initial supervised program is complete

**Additionally, we offer a Remote Patient Monitoring (RPM) program that allows us to monitor vitals daily and alert the patient and their physician of anything abnormal.**



Visit [cardahealth.com](https://cardahealth.com) for more information or email [info@cardahealth.com](mailto:info@cardahealth.com).