

# Feel Better. Live Longer.

With  **HeartThrive @Home**

After a cardiac event or procedure, HeartThrive @ Home is one of the best ways to improve your health and stay out of the hospital.



## Overview

An important part of your recovery starts as you leave the hospital. With HeartThrive @ Home, a dedicated care team works with you and your caregivers. The resources will help you set a plan, understand your recovery, and provide support based on your personal lifestyle.

**There is no cost to get started.**

## Why Participate?

- ❖ Lower your risk of complications, hospitalization, and death
- ❖ Lower your out-of-pocket cost
- ❖ A flexible schedule
- ❖ No travel

**Not the patient?** We also work with family members and caregivers to help you care for your loved ones. Contact us to learn more.

## How it Works

- ❖ Once you enroll, a care team member will contact you to setup a recovery program after you return home, and provide resources for your condition, meds, and care plan
- ❖ After a recovery period, you have the option to enroll in an onsite or at-home cardiac rehab program with guided exercise, nutrition counseling, stress and anxiety management, and more

For more information, go to [chanlhealth.com/thrive](https://chanlhealth.com/thrive)

Scan QR to open website >>



To connect with a care team member, schedule a follow-up later, or enroll:

Text **"thrive"** to **1-866-812-7373**

Text message rates may apply.