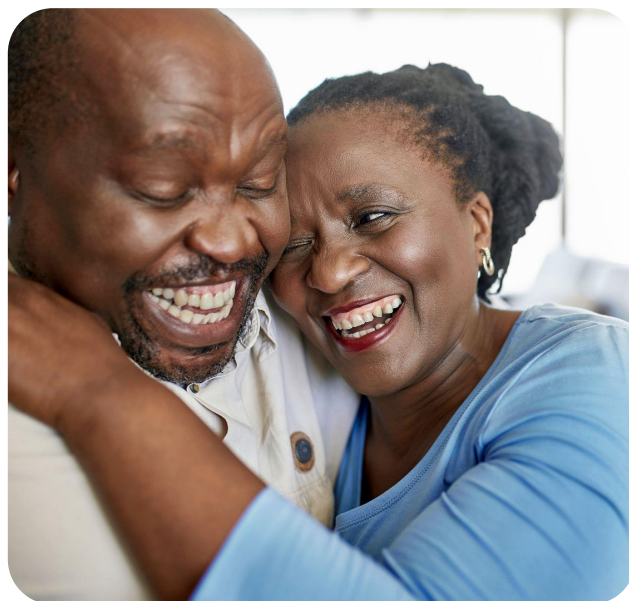


# Keep Improving. We Can Help.

Join  **HeartThrive @Home**

After completing your cardiac rehab, our maintenance program will help you setup and stick with a regular routine that fits your lifestyle.



## Overview

Moving to a self-driven care plan after onsite cardiac rehab can be challenging, leading some to lose their health progress or motivation. With our maintenance program, you'll partner with a personal health coach. Together, you'll develop an ongoing plan, and they will provide instruction and oversight to ensure you achieve your goals and stay accountable.

## Why Participate?

- ❖ Improve quality of life, including energy levels, mood and general well-being
- ❖ Prevent relapse
- ❖ Stay on track with your goals

## Key Benefits

- ❖ Professional guidance based on your individual condition
- ❖ Caregiver and family resources
- ❖ Access to over a hundred exercise videos and education resources
- ❖ Skill building for long-term health

For more information, go to  
[chanlhealth.com/thrive/phase3](https://chanlhealth.com/thrive/phase3)

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.