

July 2017 – Million Hearts® Messaging

Celebrate the start of summer in July by getting outside to exercise with a cardtrh Militaitprogram. Those recovering fr program, which also encourages participants to adopt a heart healthy diet, rec smoking and take their medications as prescribed.



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Do you like these messages? Do they meet your needs? We want your feedback! We also want you to use these messages as you wish on your own communications channels. **Please share this content!**

July's Focus

It's July and that means summer is officially here. For those recovering from a heart attack, stroke or other cardiovascular event, it's a great time to get outside and get moving in a cardiac rehabilitation program. Ask your doctor if you qualify for a cardiac rehab program today! A reminder to doctors and

other health care professionals to refer all eligible patients. Family and friends can help too by encouraging those recovering from a heart attack or stroke to take part in this important program.

Did you know?

- Cardiac rehabilitation is a 3-month supervised exercise program that also provides patients with education about how to adopt a heart healthy diet, reduce their stress, quit smoking and take their medications as prescribed.
- Cardiac rehabilitation is an important step for patients recovering from a heart attack, heart failure, stroke, angioplasty, heart surgery or other cardiovascular event. It can help lower their risk of another heart attack or cardiovascular event.
- According to studies, pete

What is cardiac rehabilitation? #justdoit #saveslives #enrollyourpatients #cardiacrehab [Image #1 below]

Do you know what cardiac

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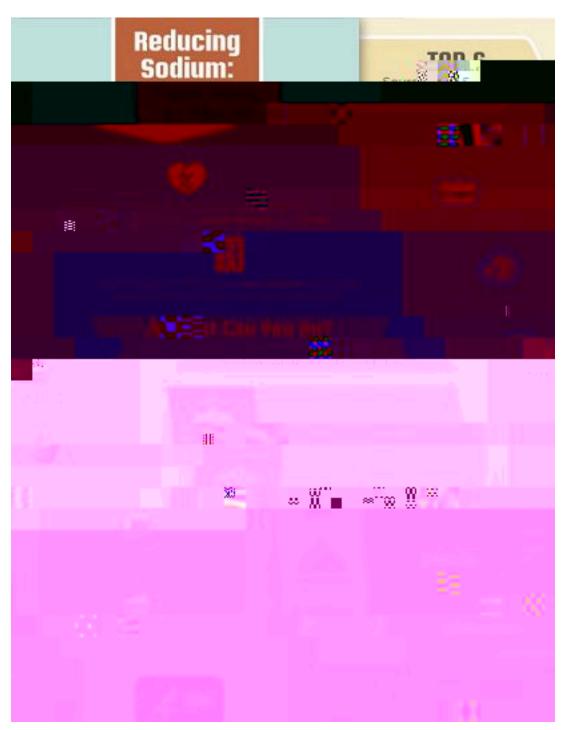






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Sample Newsletter Article

Million Hearts® challenges you to refer, enroll and support cardiac rehab

It's July and that means summer is officially here. For many of us, that means picnics, barbecues, beach days, and festivals. For those recovering from a heart attack, stroke or other cardiovascular event, it's a great time to get outside and get moving in a cardiac rehabilitation program.

Ask your doctor if you qualify for a cardiac rehab program today! Doctors and other health care professionals, remember to refer all eligible patients for cardiac rehabilitation. Family and friends can help by encouraging loved ones recovering from a heart attack or stroke to take part in this important program. You can exercise with them as well!

What is cardiac rehabilitation?

- It's a 3-month supervised exercise program that also provides patients with education about how to adopt a heart healthy diet, reduce their stress, quit smoking and take their medications as prescribed.
- It's an important step for patients recovering from a heart attack, heart failure, stroke, angioplasty, heart surgery or other cardiovascular event because it can help lower their risk of another heart attack or cardiovascular event.

According to studies, people who go to cardiac rehab have up to 30 percent fewer fatal heart events, and are 25 percent less likely to die compared to people getting standard therapy alone.

Unfortunately, many people who could benefit from cardiac rehabilitation don't take part in this program. A recent study found that one in three patients who are eligible don't receive a referral from their doctor, and only one in four patients who are referred actually go. Many patients do not complete their cardiac rehab program because of time and/or financial challenges, which is where friends and family members can help.

Cardiac rehabilitation is a priority for Million Hearts[®] 2022. With less than 30 percent of those eligible for cardiac rehabilitation being referred and enrolled, one of the goals for Million Hearts[®] 2022 is to boost the participant rate t3 (.3 (s)3-3 (fe)16 (alle)-3 (n4(e)it)-3 1C0.7 (o)-9).-9.6 (s)6i.7 (it o)-3.6 (f (ard)2.3 (iac)9 ()]TJ.6

Cardio Smart: American College of Cardiology

<u>Understanding Cardiac Rehabilitation</u> <u>Quiz: Cardiac Rehabilitation</u> <u>Infographic: What is cardiac rehabilitation?</u>

National Heart, Lung and Blood Institute

All about Cardiac Rehab

Million Hearts®

Actions for hospitals, employers and clinical care teams to take regarding cardio rehab Increasing Cardiac Rehabilitation Participation From 20% to 70%: A Road Map From the Million Hearts Cardiac Rehabilitation Collaborative

Centers for Disease Control and Prevention Cardiac Rehabilitation Facts