

What our patients say



"Recora taught me that I can do effective aerobic and strength exercises from home without a gym filled with equipment. I don't have to be out running in 100+ degree weather! I never knew I could get that kind of workout in from home."



"Before cardiac rehab, I barely had the stamina to hold my yearly yard sale. I just hosted it last week, and I didn't even have to stop to sit down and rest! I even went on to have two more engagements that same day. I owe it all to Recora."



"Your doctor can tell you to cut back on salt, which mine did, but I didn't really know what that meant. Taking the nutrition classes allowed me to really see where I'm going wrong in how I'm eating. My instructor would send out notes, which I kept and still look back at."

I had never in my life looked at a food label before I bought something, I just chose what I wanted. Now I'm looking so I can make better choices."



"I work as a nurse. I'm thankful to be in this program and have access to evening and weekend classes."

Get started today:



When you enroll, you get a personalized Recora Recovery Kit to get you started.



Scan this QR code

OR

Call us at 1-888-RECORA-1

1-888-732-6721



Our Virtual Cardiac Rehabilitation Program in partnership with *Recora* helps restore your heart health at home

RECORA

Improve your heart health at home with Recora

Your provider works with Recora and provides a treatment plan customized for you:



Live video exercise sessions personalized for your ability



Nutrition counseling and cooking demonstrations



One-on-one coaching and peer support in group classes



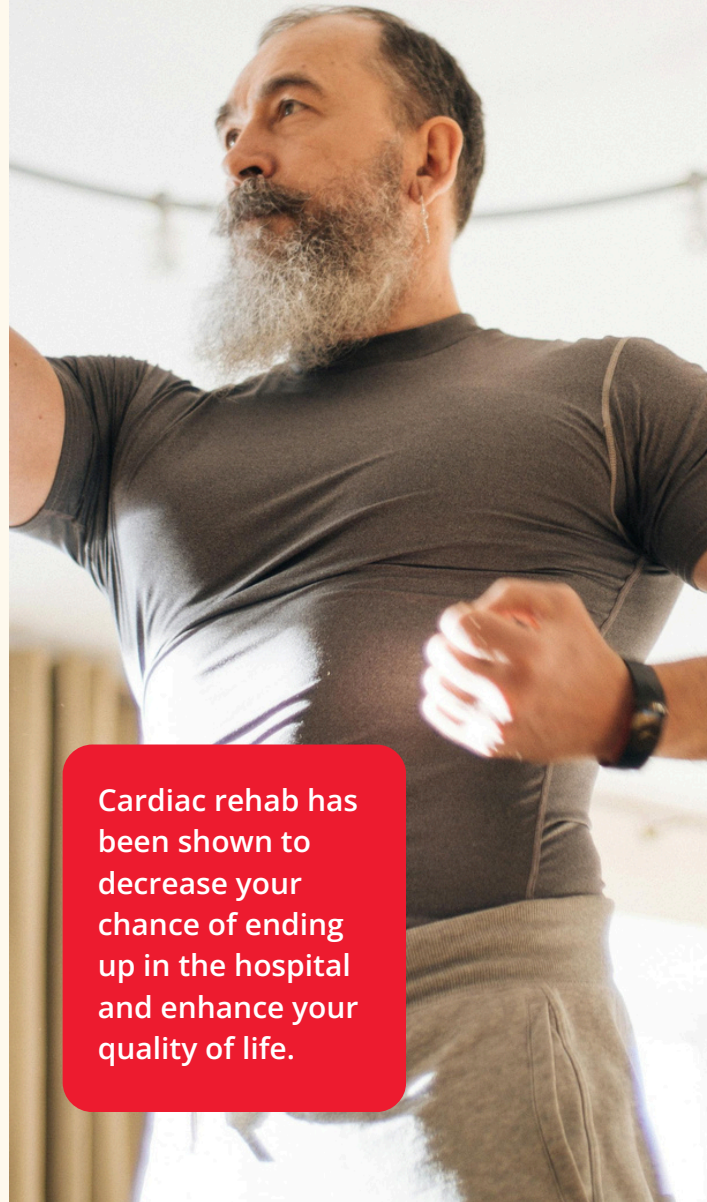
Support for managing stress, your medications, and smoking cessation



Support with weight management

Virtual cardiac rehab is a Medicare-covered service. Recora's enrollment team will verify your insurance and provide an estimated out-of-pocket cost prior to your first visit.

The Benefits of Cardiac Rehab



Cardiac rehab has been shown to decrease your chance of ending up in the hospital and enhance your quality of life.

What to expect



Your Sessions:

2 to 3 Rehabilitation and Recora Care Team sessions per week, covering everything from live exercise to stability, diet, and more.



Your Care Team:

You're also assigned a Recora Care Team of multidisciplinary specialists for continuous, ongoing support - whenever and wherever you might need it.

- Physician
- Nurse
- Exercise physiologist
- Health coach
- Dietician
- Other specialists as needed