New Survey Details Benefits Of Remote Cardiac Rehab

Virtual Platform Increases Compliance, Satisfaction and Ongoing Engagement

Survey of RecoveryPlus.health Remote Rehab Patients, June–July 2022
### Age
- 80's: 31.3%
- 70's: 15.6%
- 60's: 28.1%
- 50's: 12.5%
- 40's: 9.4%
- 30's: 3.1%

### Living Situation
- Alone: 42.4%
- With family or caregiver: 57.6%
- Assisted living facility: 0%

### Gender
- Male: 54.5%
- Female: 45.5%
Are You Still Participating In Remote Rehab?

- Yes: 83.3%
- No: 16.7%

How Long Do You Expect To Stay In This Rehab Program?

- For As Long As I Can: 80.6%
- Duration of Prescription: 19.4%

How Long Did You Participate Or Have Been Using This Remote Program?

- 1 Month: 4.3%
- 3 Months: 17.4%
- 6 Months: 4.3%
- 4 Months: 4.3%
- 1 Year: 17.4%
- 1 Year & 9 Months: 4.3%
- 2 Years: 21.7%
- 3 Years: 4.3%
- 2 Years & 3 Months: 8.7%
- 3 Years: 4.3%
<table>
<thead>
<tr>
<th>Service</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Convenience</td>
<td>67.7%</td>
</tr>
<tr>
<td>Simple To Participate</td>
<td>54.8%</td>
</tr>
<tr>
<td>Keeps My Primary Physician Informed</td>
<td>48.4%</td>
</tr>
<tr>
<td>Ability To Self-Monitor</td>
<td>41.9%</td>
</tr>
<tr>
<td>One On One Conversations</td>
<td>35.5%</td>
</tr>
<tr>
<td>Quality Of Healthcare Professionals</td>
<td>32.3%</td>
</tr>
<tr>
<td>Tailored To My Personal Needs</td>
<td>25.8%</td>
</tr>
<tr>
<td>Exercise &amp; Movement</td>
<td>22.6%</td>
</tr>
</tbody>
</table>
What Do You Like Least About The Telehealth Program?

- No Feedback: 33.3%
- Technology Issues: 14.3%
- Difficulty Of Working Over The Phone: 14.3%
- Difficulty With Exercise/Fitness Goals: 14.3%
- Loss Of Social Interaction: 9.5%
- Takes Too Much Time: 9.5%
- Doesn’t Happen Often Enough: 4.8%
Why Did You Start Remote Rehab?

- Due to Covid: 31%
- No Facility Nearby: 6.9%
- Expense of Transportation: 6.9%
- Schedule/Time Constraints: 3.4%
- Too Physically or Mentally Exhausting: 3.4%
- Other: 37.9%
- Mobility Challenges: 13.8%
- Doctor Prescribed: 20.7%
What Are The Most Important Improvements You’ve Experienced Using The Remote Program?

- I Feel Better In General: 22.6%
- I Feel More Informed About My Health: 17.7%
- My Mental Attitude Is More Positive: 14.5%
- I Feel Taken Care Of: 17.7%
- I Feel Stronger: 11.3%
- I Don’t Feel Isolated: 4.8%
- Other: 11.3%
What Were Your Personal Goals When You Started The Program?

- Be In Regular Contact With HCP Without Leaving Home: 50%
- Avoid Relapses Or Future Health Issues: 46.7%
- Fulfill Program As Prescribed: 40%
- Increase General Movement: 36.7%
- Maintain Balance And Strength: 33.3%
- Improve Ability To Do Routine Activities: 30%
- Lose Weight: 26.7%
What Qualities Are Most Important In The HCP’s With Whom You Interact?

- Experience With My Illness: 51.7%
- Experience With Remote Healthcare Systems: 37.9%
- Medical/Professional Education & Credentials: 41.4%
- Personality: 48.3%
- Empathy: 34.5%
- Integrity: 34.5%
- Ability To Personalize Rehab: 44.8%
Any Interesting Hobbies/Activities?

Does Your Remote Rehab Help You Continue To Engage These Activities?

Yes 75%
No 25%