**A blue and white sign

Description automatically generated**

**RECOVERYPLUS.HEALTH OPENS MANHATTAN HEART HEALTH FACILITY TO PROMOTE CARDIAC FITNESS AND DISEASE PREVENTION.**

**Revolutionary Programs Offers Cutting-Edge Rehabilitation for Heart Patients and Advanced Cardio Diagnostic Testing For Fitness Enthusiasts**

**NEW YORK, NY (October 31) –** In support of its mission to make cardiac rehab more broadly accessible to patients and those looking to maintain heart health, a nationwide cardiac rehabilitation program has opened a facility in New York City. By combining innovation, expertise, and personalized care, this facility paves the way for a future where athletes can thrive with a healthy heart and take performance to the next level.

[Recovery*Plus.*health](http://www.recoveryplus.health/NY) offers a new approach to rehab – and prehab – for patients living with heart disease, obesity, long COVID or other chronic medical conditions (e.g., obesity, diabetes, high blood pressure). The Recovery Plus approach reduces barriers to care by enabling everyone to engage in medically certified movement and fitness plans.

“Patients are able to combine in-person training with online sessions through our AI-driven mobile application,” said Peter Niemi, co-founder and CEO of Recovery*Plus.*health. “Patients do not need to stop or put off rehab because of weather, travel, or scheduling issues. They can continue their care from anywhere, benefiting from our approach that is clinically proven to contribute to better outcomes.”

The Midtown facility provides both in-office and/or virtual evaluation and ongoing rehab sessions and will also be used to train exercise therapists and physiologists who want to offer remote rehab to their patients.

Metabolic/VO2 Testing

The new clinic is also offering the most sophisticated, state-of-the-art equipment for a faster and more efficient method of reporting results of cardiorespiratory fitness (CRF) testing. Applicable for those with cardiopulmonary disease in need of rehabilitation, as well as athletes and professionals who must perform at peak levels, Cardiopulmonary Exercise Testing (CPET) as well as VO2 MAX testing are available at Recovery*Plus.*health.

Most people are familiar with standard treadmill tests, used in annual physicals and for monitoring cardiac patient improvement. CPET goes beyond the typical procedure to measure functional capacity and anaerobic threshold under the supervision of trained healthcare professionals. Results are used to optimize improved treatment plans and medication regimens, as well as develop customized exercise prescriptions to benefit people at all levels of fitness.

“Assessing heart and lung functions during real-time activity, this is the ‘gold standard’ for exercise stress testing,” said Dr. Satjit Bhusri, Upper East Side Cardiology, who refers patients to Recovery*Plus.*health. “CPETs are widely required for a variety of first responders and emergency workers. More importantly, the data is so sensitive it can detect early signs of heart problems.”

**RecoveryPlus.Health: Empowering Individuals To Achieve Optimal Cardiac Fitness To Drive Effective Disease Prevention**

The new facility is located at 150 West 58th Street, Suite 1D, New York, NY 10019. For more information, please visit [Recovery*Plus.*health/NY.](http://www.recoveryplus.health/NY)

**About Recovery*Plus*.health**

Replacing facilities-based rehab programs for those with cardiac, pulmonary and vascular health issues, long-term COVID and other medical conditions, Recovery*Plus.*health eliminates barriers to critically needed care, empowering patients to accelerate their recovery while at home. The intelligent telehealth platform makes participation easy and, as a result, improves adherence which reduces rehospitalizations and remissions. Cardiac exercise specialists take patients through tailored activity designed to improve mobility, stamina, and balance, as well as help with regular daily chores. The Recovery*Plus*.health approach is clinically proven to improve long-term survival rates overall.