



INTEGRATIVE INSIDER



KEY TAKEAWAYS

Cardiac Rehabilitation

A Whole Person Approach to Cardiovascular Rehabilitation

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1. Empowerment Through Education: We prioritize patient education, providing the knowledge and resources needed for patients to understand their heart health, manage their condition, and make informed lifestyle choices.
2. Holistic and Integrative Care: Our Cardiac Rehab program stands out because of its comprehensive approach, blending conventional medical practices with evidence-based complementary therapies.
3. Sustainable Health Behavior Change: Our program is designed not just for immediate recovery but for long-term health and wellbeing.
4. Evidence-Based Success: The foundation of our Cardiac Rehab program is its evidence-based approach.
5. Innovative Exercise Therapies: Exercise is a pivotal part of our cardiac rehab, featuring innovative therapies tailored to each patient's fitness level and health status.

To learn more about SSIHI Patient Care, scan here:

ssihi.uci.edu

