

# Empowering you to elevate your cardiac rehab program.

## Next-Level Patient Education

As a cardiac rehab professional, you are focused on providing the best experience for patients, but when it comes to education, you're likely not being reimbursed or you're offering it at the expense of exercise. On top of that, your staff – already limited on time and resources – is tasked with developing the education themselves.

**That's where Pritikin can help.** Our Medicare-approved program empowers you to standardize your education and dedicate your valuable bandwidth where it matters most: to direct patient care.



### INTERACTIVE WORKSHOPS

Professionally-designed PowerPoint files, speaker notes, and lesson plans ensure your team can deliver Pritikin's educational messaging clearly and consistently.



### COOKING DEMOS

Each lesson brings the Pritikin Eating Plan to life as your patients learn to prepare affordable, satisfying, heart-healthy meals without added salt, sugar, or fat.



### INFORMATIVE VIDEOS

Pritikin's video library offers closed captioning in both English and Spanish, and we provide pre- and post-video prompts to help engage patients in the conversation.



### INDIVIDUAL SESSIONS

Through personalized, one-on-one education sessions, patients can develop an actionable plan for adopting the Pritikin lifestyle and reaching their health goals.

# Key Benefits

Pritikin's licensed providers represent nationally-recognized heart hospitals and are among some of the largest health systems in the country, because the benefits are clear – not only for patients, but for healthcare facilities and referring physicians.

## For Facilities

- Features twice the number of reimbursable sessions as traditional cardiac rehab – 72 vs. 36 – allowing more time with your patients and resulting in a more sustainable program
- Approved by Medicare and many commercial insurers

## For Physicians

- Strengthen patient relationships as you extend and enhance your continuum of cardiac care
- Opportunity for reduced readmissions and improved health outcomes
- Qualifying events for Pritikin ICR are the same as traditional cardiac rehab



# Scientifically Proven

Over four decades ago, research on the Pritikin program began at UCLA, leading to more than 100 peer-reviewed published scientific studies. This research resulted in Pritikin's Medicare approval for the Intensive Cardiac Rehab (ICR) benefit class, a benefit class whose rigorous requirements Pritikin not only met, but *exceeded*.



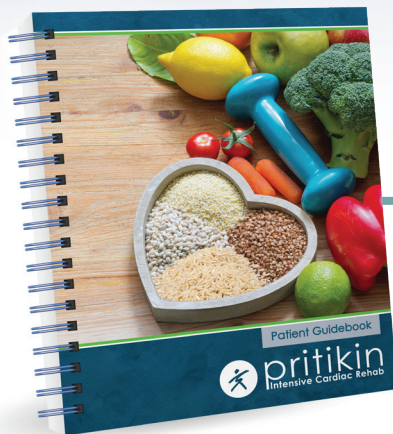
### The Pritikin program has been proven to:

- Slow the progression of coronary heart disease.
- Reduce the need for coronary bypass surgery.
- Reduce the need for percutaneous coronary interventions.
- Reduce LDL, triglycerides, BMI, systolic blood pressure, diastolic blood pressure, and the need for cholesterol, blood pressure, and diabetes medications.



### Learn More

Scan this code to discover the science behind the Pritikin program.



When you partner with Pritikin, you gain access to a complete collection of professionally-developed printed educational materials, and every patient receives an in-depth 200+ page *Patient Guidebook*, which serves as their personal playbook for cardiac rehab.

- Goal-Setting Tools
  - Interactive Activities
  - Weekly Meal Planner and Grocery List
  - Personalized Exercise Guide
  - 100+ Heart-Healthy Recipes
- ...and more!

- Improved cardiovascular endurance
- Increased strength
- Improved flexibility
- Enhanced overall health

- Simplified cooking and dining out
- Successful weight management
- Label reading guidelines

- Effective goal-setting
- Stress and anxiety management
- Communication skills
- Smoking cessation

## Regular Exercise



## Heart-Healthy Eating Plan



## Healthy Mind-Set



*Pritikin's pillars come together to form the foundation of a healthy lifestyle for patients as they learn how the physical activity in which they engage, the foods they eat, and the mind-set they possess are all intricately connected.*



## Proven Pritikin Education. Delivered Differently.



Are you ready to bring Pritikin education to your patients, but not sure how to make it happen? Regardless of the size of your facility or your cardiac rehab staff, **PritikinLIVE makes it possible.**

Your team facilitates exercises sessions – just as you do today – and our nationwide team of PritikinLIVE presenters facilitate education sessions by livestreaming into your location. All you need is an internet connection, television screen, and a small seating area to accommodate your patients.



## Contact Our Team

Visit [pritiKinicr.com](http://pritiKinicr.com) or scan this code to get in touch and discover the best Pritikin solutions for your cardiac rehab program.

