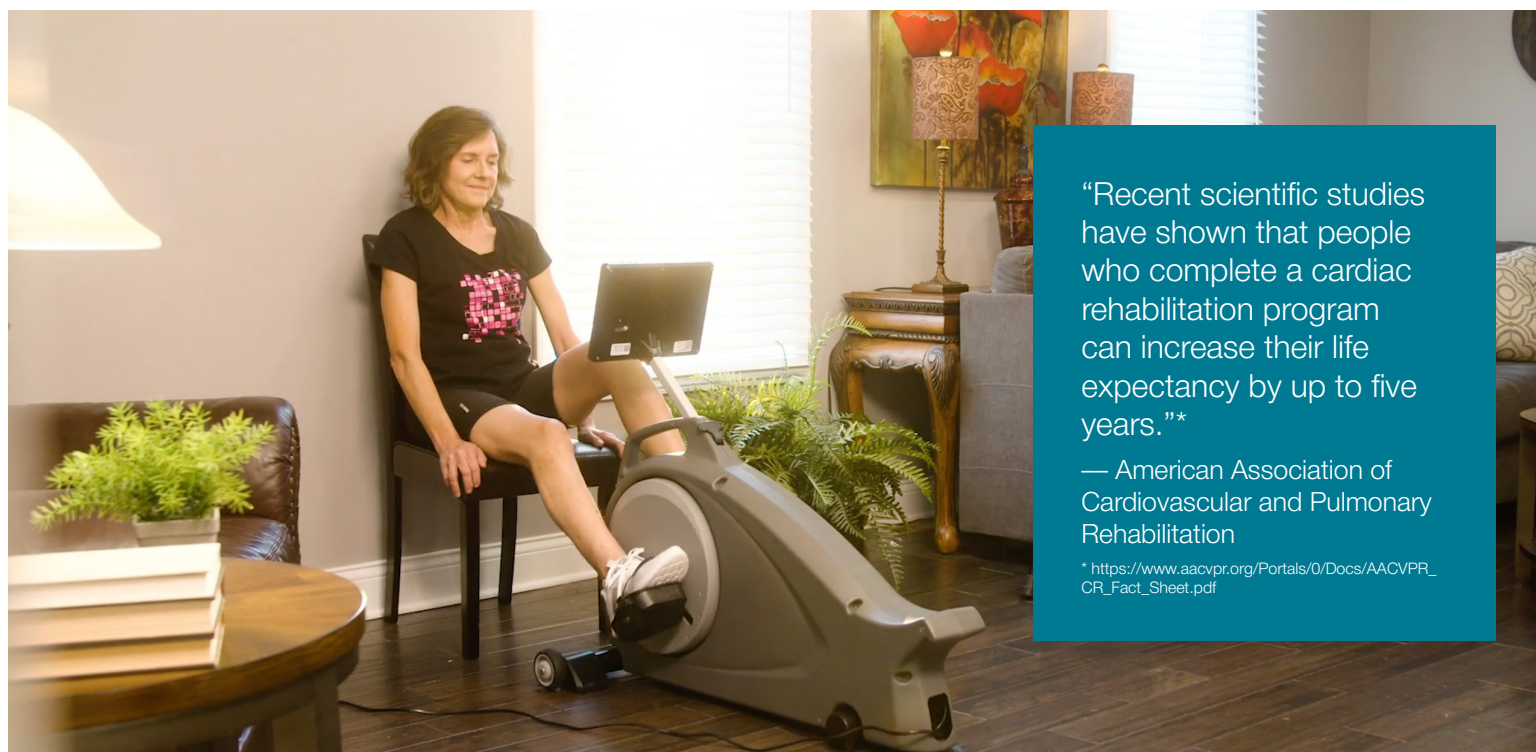


THANK YOU FOR INVITING ROMTHERAPY™ INTO YOUR HOME

ROMTherapy™ has been designed to provide safe, engaging and effective cardiac rehab in the convenience of your own home. By making your rehab as easy and enjoyable as possible, you have a better chance of completing your program. And that's important.



“Recent scientific studies have shown that people who complete a cardiac rehabilitation program can increase their life expectancy by up to five years.”*

— American Association of Cardiovascular and Pulmonary Rehabilitation

* https://www.aacvpr.org/Portals/0/Docs/AACVPR_CR_Fact_Sheet.pdf

What is Cardiac Rehabilitation (CR)?

Cardiac rehab is a medically supervised, recovery program specifically developed for people with heart disease. CR includes exercise to help strengthen your cardiovascular system and education to help you develop a heart-healthy lifestyle.

Why is it Important?

If you have heart disease, cardiac rehab will make a positive impact on your health, longevity and quality of life. Completing all 36 sessions is proven to have the most successful outcomes, getting you back to what matters most—faster.

At A Glance: The Benefits of Cardiac Rehab

- Strengthen the cardiovascular system and body
- Reduce heart disease symptoms
- Reduce stress, sleep better
- Stop or reverse damage to your heart
- Lessen chances of having another heart attack
- Have fewer recurrent hospitalizations
- Get back to daily activities, faster
- Live longer and have a higher quality of life

WELCOME TO ROMTHERAPY™ HOME-BASED CARDIAC REHAB

ROMTherapy™ is an effective alternative to center-based cardiac rehab, except that it takes place in the comfort and convenience of your own home. Which is welcome relief if you're recovering from a recent heart surgery or procedure.

The system provides all the care and support you'd receive in center-based rehab, and maybe a little more. In fact, we've designed a program that's personalized to your particular needs.

ROMTherapy is a Combination of Exclusive Products, People and Services

- Proprietary rehab technology
- Specialized cardiac monitoring devices
- Highly trained Cardiac Rehab Specialists (CR Specialists)
- Remote monitoring and real-time exercise and device adjustments
- Personalized cardiac exercise programs
- Cardiac-registered dietitians who offer individualized, nutrition plans
- One-on-one, face-to-face telehealth interaction
- An engaging, on-screen experience
- An education program to encourage a heart-healthy lifestyle
- Concierge customer service

**“Cardiac rehabilitation
doesn’t change your
past, but it can help
you improve your
heart’s future.”***

—American Heart Association

*Cardiac Rehab. (2022). CPR & First Aid Emergency Cardiovascular Care. <https://cpr.heart.org/en/health-topics/cardiac-rehab>



Here's What to Expect in Your ROMTherapy Cardiac Rehab Program

3 Days per week for 12 weeks

Your full cardiac rehab program will include 36 sessions, over 12 weeks. During that time, you will:

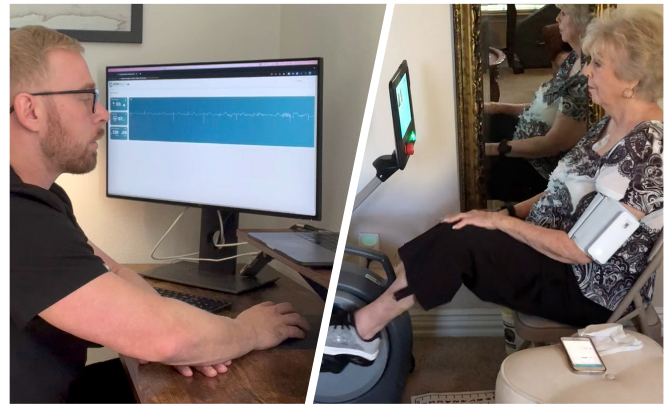
- **Exercise at home** on the PortableConnect® System, supervised by a highly trained Cardiac Rehab Specialist (CR Specialist).
- **Have your vitals monitored in real time** via ROMTherapy Bluetooth devices. The system automatically delivers data to your specialist, who will continue to evaluate your progress.
- **Interact on screen with your CR Specialist**, who will personalize your exercise program to ensure you are safely exercising at your optimal pace, for your greatest possible outcome. They can even adjust your device remotely for your specific needs, moment-by-moment.
- **Learn how to adjust your lifestyle**, how your heart works, and how live a healthier life through the ROMTherapy Educational Program.

Exclusive ROMTherapy Features

At-Home, Expert Monitoring

Bluetooth technology tracks your vitals while you exercise and delivers the data to your Cardiac Rehab Specialist in real time. ROMTherapy collects the following data:

- Electrocardiogram (ECG)
- Heart Rate
- Blood Pressure
- Blood Oxygen Saturation



Engaging On-Screen Experiences

Enjoy virtual rides in places all over the world, while you do your rehab exercises. Doing cardiac rehab with ROMTherapy is an enjoyable, at-home experience.

Adjustable Pedal Technology for Personalized Rehab

Range of motion adjustments from small rotations to large, plus four pedaling modes—passive, active-assisted, active and resistance—allow for easy to more challenging rehab exercise, based on your assessment in the moment.



GET BACK TO WHAT MATTERS MOST, FASTER.

The Benefits of ROMTherapy™ Home-Based Cardiac Rehab

- Live a longer life on average
- Get back quality of life
- Do the things you used to do
- Feel stronger and empowered
- Feel more confident in your abilities
- Feel optimistic about the future
- Connect with family and friends more easily
- Have more time for your life



Mind-Heart-Body Exercises*

According to the American Heart Association, there is now increasing evidence that your psychological health is directly linked to your cardiovascular health. In fact, studies show positive feelings can actually improve heart health and reduce cardiovascular risk.*

That's why in many of our ROMTherapy™ educational brochures, you will find our exclusive Mind-Heart-Body Exercises. Please take a moment each day to do these simple, relaxing activities. You'll be helping your heart—and yourself as a whole.

Negative feelings can hurt heart health:

- depression
- chronic stress
- anxiety
- anger
- pessimism
- dissatisfaction with one's current life

Positive feelings can improve heart health:

- a sense of optimism
- sense of purpose
- gratitude
- resilience
- positive emotions
- happiness



ROMTherapy™

We're here to help!
For Concierge Customer Service,
call 888-374-0683.

HOME IS WHERE YOUR HEART IS™ 

*According to the American Heart Association, "The preponderance of data suggest that interventions to improve psychological health can have a beneficial impact on cardiovascular health." "For the purposes of this scientific statement, positive psychological health includes the presence of positive psychological factors such as happiness, optimism, gratitude, sense of purpose, life satisfaction, well-being...and mindfulness." (2021). Psychological Health, Well-Being, and the Mind-Heart-Body Connection: A Scientific Statement. Circulation. 2021;143:e763–e783