



A Cardiac Rehab Program Built Just for You

Your next 3 months are crucial for your recovery and long-term health. We want to make it as easy as possible for you to stay informed, on track, and improving during your healing process.

The Better Hearts program provides an easy-to-use mobile app that guides you through your next phases of cardiac rehab. It provides helpful information and reminders about your condition and risk factors, including medication, exercise, and nutrition. You can track your progress and get your questions answered.

Your path to better health should not be complicated. Participating in cardiac rehab gives you the best chances to stay safe, stay alive, and improve your quality of life.

Remember, Cardiac rehab cuts your chances of a second event **IN HALF!**



How do I get started?

Follow these steps on an Android or Apple smartphone or tablet  

1. Scan QR code.



Scan with camera on phone and click the link

2. Install the app



In the app store, select "Install" for Better Hearts app

3. Register

Pulse Heart

registration code:

253100

In the app, register and then enter the code above