

A story about you...

John recently underwent a successful surgery after suffering a major heart attack. John is a new patient of Central PA Physician's Group. John's cardiologist told him he needs to strengthen his heart in order to **get his life back!** John was then referred to cardiac rehab where his insurance approved him for 36 sessions.



John calls **844-914-2774** and schedules his first rehab session. He and his daughter (Maria) arrive at Central PA Physician's Group and are greeted by friendly staff and guided to the Cardiac Rehab Center. John is then welcomed by the Cardiac Rehab Manager, Travis.

Travis notices how anxious John and Maria are, so he reassures them that they are in a positive place and a healthy and safe environment. Travis then orients John and Maria to the Center, explaining daily protocols, where everything is, how the equipment works, and introducing them to the other staff and existing patients. The goal is to make John and Maria feel at home.

Travis sits down with John and Maria and performs a detailed baseline health and wellness assessment and prescribes a personalized exercise plan with a scientific approach in order to reach John's goals of: playing catch with his grandkids; playing golf with his friends; and returning to his construction job. John and Maria leave the Center with a smile on their faces, energized with a new sense of hope!

After progressing for 12 weeks, **John successfully graduates** cardiac rehab and **gets his life back!** He has improved his daily function and exercise capacity, enhanced his quality of life, increased his confidence, and lowered his risk of future cardiovascular events. In fact, John has reduced his cardiac mortality rate up to 31%.

John loves the environment and is so pleased with his progress that **he wishes to keep going**, but his insurance coverage is up. Travis reassures John that he and his daughter Maria can continue to train by becoming members of our **Preventative Health and Wellness program**. John and Maria sign up immediately for a low monthly rate! They both now have full access to exercise any day of the week during open-gym times. John is delighted to hear that he can continue his new healthy routine alongside his family and friends at the same facility!