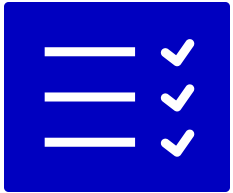


Hybrid Cardiac Rehabilitation (HyCR): A Montana Pilot Project

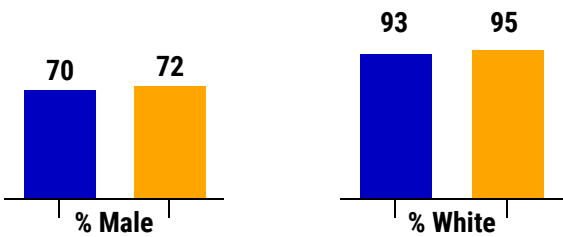


- HyCR incorporates primarily home-based cardiac rehabilitation (HBCR) and some center-based CR (CBCR) sessions for patients who qualify for CR but can't do CBCR for various reasons.
- The Montana Cardiovascular Health (CVH) Program piloted HyCR to compare health outcomes with CBCR patients and to determine revenue generation capacity.
- Two years of patient data (2020-2021) and three years of program practice data (2019-2022) are available for analysis.

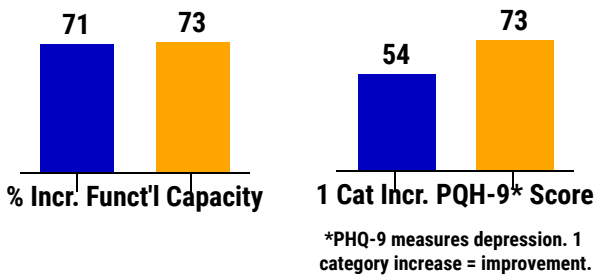
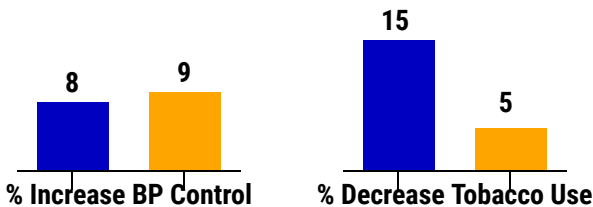


Results for 4 CR Facilities

Patients:
150 HyCR / 2627 CBCR



66 69
Average Age (Years)

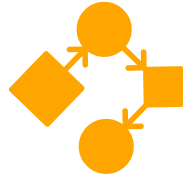


\$ 24,773 per site per year in revenue generation

96% patient satisfaction

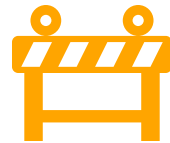
All sites are interested in sustaining HyCR after the grant

Workflow and Process Changes



- Addition of HyCR policies and tool to select patients for HyCR
- Addition of end-of CR reminders so patients fill out exit surveys
- Administrative approval to document HBCR hours for staff productivity numbers; IT approval to use a mobile app (Chanl Care by Chanl Health)
- Pre-project trials help sites prepare to incorporate phone- and app-based visits
- Learning new methods for telehealth exercise coaching

Major Barriers



- Lack of reimbursement for the HBCR portion of HyCR
- Beginning a new project just as COVID-19 was ramping up
- Patients interested in HyCR with ejection fractions too low to safely participate
- More HyCR dropouts than anticipated

Major Facilitators



- Very high patient and site satisfaction
- Barriers relatively easy to address
- Staff champion helps encourage provider referrals
- No extra staff time, equipment costs, or other expenses after 1st implementation year (equipment provided by CVH won't be available post-grant)

Major Successes



- Increased patient comfort & confidence post-HyCR
- Staff able to catch health concerns via phone or app visits, refer patient to doctor, and prevent readmission
- Revenue generation per site
- Patients who may not have attended otherwise receive benefits of CR
- CR could continue during COVID-19 shut-downs
- Most outcomes similar between CBCR and HyCR patients (depression improvement is better for CBCR patients)