

## Telehealth Group Session Script

*Thank you for joining our group session today! My name is XXXX. I am a XXX[role] with the Cardiac Rehab Program. As a reminder, we want this to be a positive experience for the entire group. We request that you be respectful of your fellow group members and keep what is shared confidential. This session will last about 45 minutes.*

1. **Provide encouragement:** I'm so glad to that you all joined today!
2. **Group Introductions:** Can each of you briefly share something about yourself?
3. **Check-in.** I will pull each of you individually into a breakout room to check in with you before we get started. While we are having these check-ins, feel free to chat amongst yourselves or use some of these icebreaker topics (put in chat):
  - a. **Icebreaker Topics:** Why are you in cardiac rehab? What do you like doing in your free time? What is one thing you are looking forward to this week? Introduce your pets, or if you don't have a pet, describe what kind of pet you would like! Are there any exercise videos or wellness habits that you would like to share with the group? What is your favorite exercise? What is your favorite healthy recipe? Name one of your goals and why it is important to you. What is your favorite workout music? What is one positive thing that has happened in the last week? Any upcoming plans you are excited about?
  - b. **Health Check-In:** Before we continue, I just wanted to check whether you have been having any concerning symptoms, such as high or low blood pressure, high or low heart rate, chest pain, palpitations, and/or high or low blood sugar. If you get any of those symptoms, stop what you are doing and contact a member of your health care team right away. In case there are any emergencies during our call, can you tell me your current location?
4. **Today's visit.** The purpose of today's visit is for you to exercise and get support from the group.
5. **Health education** (see below)
6. **Emotional well-being.** Choose from activities such as:
  - a. Sharing gratitude
  - b. Sharing barriers and overcoming barriers
  - c. Guided breathing/meditation
  - d. Guided imagery
  - e. Sound bath
7. **Exercise.**
8. **Closing.** We've reached the end of our time today. Let's take a moment to check-out.
  - **Address barriers to participation:** Is anything getting in the way of you participating in this program?
  - **Provide Safety Reminders:** If at any time you experience chest pain or concerning symptoms you should seek physician care immediately or call 911 for emergency services. This is a health program that supports you as you learn, connect, and exercise at home safely. It should not replace the supervision or advice of a doctor.
  - **Next Session:** Next week, we will be discussing XXX. Does this same day/time work for you next week or do we need to set up the meeting on a different day or at a different time?
  - **Goal/Task Reminder:** Remind participant of any goals or tasks.



- **Complete Session:** It was great speaking with you today, I will see you next week!

## Education

Topic	Link to Education Material
Managing stress, depression, and burnout	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Wellbeing/Stress_And_Sense_Of_Control/Pages/introduction.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Wellbeing/Stress_And_Sense_Of_Control/Pages/introduction.aspx</a>
Choose healthy foods	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/Choosing/Pages/default.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/Choosing/Pages/default.aspx</a>
Take your medications	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Disease/Heart_Medications/Pages/introduction.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Disease/Heart_Medications/Pages/introduction.aspx</a>
Start an aerobic exercise program	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Active/Aerobic_Exercise/Pages/introduction.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Active/Aerobic_Exercise/Pages/introduction.aspx</a>
Start a resistance training program	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Active/Resistance_Training/Pages/introduction.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Active/Resistance_Training/Pages/introduction.aspx</a>
Eat the Mediterranean way	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/Pages/mediterranean_way.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/Pages/mediterranean_way.aspx</a>
Moving more	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Active/Active_Living/Pages/recreational-activities.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Active/Active_Living/Pages/recreational-activities.aspx</a>
Develop a health relationship with food	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/What-is-healthy-eating/Pages/default.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/What-is-healthy-eating/Pages/default.aspx</a>
Sleep well	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Wellbeing/Sleep/Pages/introduction.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Wellbeing/Sleep/Pages/introduction.aspx</a>
Strengthen social	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Wellbeing/Relationships/Pages/introduction.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Wellbeing/Relationships/Pages/introduction.aspx</a>



relationships	
Creating a plan for change	<a href="https://www.healthuniversity.ca/EN/CardiacCollege/Control/Goal_Setting_And_Action_Planning/Pages/introduction.aspx">https://www.healthuniversity.ca/EN/CardiacCollege/Control/Goal_Setting_And_Action_Planning/Pages/introduction.aspx</a>
Sit less move more	<a href="https://www.healthuniversity.ca/EN/CardiacCollege/Active/Active_Living/Pages/sit-less-move-more.aspx">https://www.healthuniversity.ca/EN/CardiacCollege/Active/Active_Living/Pages/sit-less-move-more.aspx</a>
Sexual Activity and Your Heart	<a href="https://cardiacrehab.ucsf.edu/sexual-activity-and-your-heart">https://cardiacrehab.ucsf.edu/sexual-activity-and-your-heart</a>

