

ELIGIBILITY



- 18 or older
- Have a heart condition that makes you eligible for cardiac rehabilitation

PARTICIPANTS



About 516 people total at four university hospitals in the USA

STUDY TIMELINE



- 12-week program
- 4 visits over 2 year span

STUDY PURPOSE



The purpose of this study is to compare in-person cardiac rehabilitation to telehealth cardiac rehabilitation in diverse patients with heart disease to determine which groups of people benefit most. Both programs are medically recommended programs for patients with heart conditions.

WHAT WILL HAPPEN IN THIS STUDY?



You will be randomly assigned to participate in either in-person cardiac rehabilitation or telehealth cardiac rehabilitation. Both of these programs will last about 12 weeks.

Once you complete the cardiac rehabilitation program, the study will ask that you come to three follow-up visits at 3-months, 12-months and 24-months. There will also be brief monthly and quarterly (3-month) questionnaires to provide feedback on your progress.

All in-person research/study procedures and in-person cardiac rehabilitation components will be done at your local site and will be conducted in your preferred language (English or Spanish) or an interpreter will be available.

Included in the study	In-person Cardiac Rehab	Telehealth Cardiac Rehab
1. Intake session	yes	yes
2. In-person CR sessions	yes	If needed for safety
3. Weekly individual telehealth sessions	no	yes
4. Exercise on your own	yes	yes
5. Group telehealth sessions	no	yes
6. Mobile app	no	yes
7. Individual sessions w/ health experts	yes	yes
8. Graduation	yes	yes

PARTICIPATION



Participation in the study is voluntary, and you may withdraw at any time. Please read the Consent Form for more information.



COMPENSATION

You will be compensated with a \$50 gift card for each study visit, up to \$200 total for taking part in this study.