

**Telehealth Group Session Script**

[patient-engaged, CR staff-administered]

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. **Check-in.** As people are joining, 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 have been having any of these symptoms, please send a direct message to [XXX] in the chat, so we can pull you into a breakout room to discuss further. If you get any of those symptoms during this session, 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 each send me your current location via direct message in the chat?
3. **Introductions.** Can each of you briefly share something about yourself?
4. **Today's visit.** The purpose of today's visit is for you to get support from the group, learn some new tips and tricks to keep your heart healthy, and exercise.
5. **Health education.** See table below.
6. **Mental 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.**
  - *Exercise session needs to last for at least 10 minutes for reimbursement*
  - *Focus on light stretches / exercise techniques (e.g., different uses of exercise bands)*
8. **Closing.** We've reached the end of our time today. Let's take a moment to check-out.
  - **Address challenges 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 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 healthcare provider.
  - **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?
  - **Survey/Task Reminder:** Remind participants of any surveys or tasks.
  - **Complete Session:** It was great speaking with you today, I will see you all 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 healthy 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 relationships	<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>
Creating a plan for change	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Control/Goal_Setting_And_Action_Planning/Pages/introduction.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Control/Goal_Setting_And_Action_Planning/Pages/introduction.aspx</a>
Sit less, move more	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Active/Active_Living/Pages/sit-less-move-more.aspx">https://www.healtheuniversity.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>
-----------------------------------	---