

## What is Cardiac Health Forum?

Cardiac Health Forum is a program that complements your doctor's care and provides people recovering from a serious cardiac event with practical ways to manage challenging thoughts and feelings that are a normal part of the recovery process. This is an **added** benefit that your health plan makes available to members, on top of existing medical care.

## What would I have to do to participate?



Cardiac Health Forum is an eight-week program. Each week, you meet separately with a Transition Specialist – a licensed clinical social worker or equivalent – **and** a Behavioral Coach. They are specially trained to assist you to manage the non-medical aspects of recovery and to deal more effectively with the behavior changes you may need to adopt. You work with the same Transition Specialist and coach for the entire program.



And it's convenient. You can do it from home. You meet with your Specialist and Coach by telephone or videoconference. Even people who have never tried video calling find this an easy way to meet face-to-face. (And if you need a web camera or headset, AbilTo will provide you with one at no cost. It's yours to keep. We'll help you set it up and get started, too!)

## How much does it cost?

If AbilTo is already working with your health plan, you pay only the applicable copayment or deductible that is specified by your particular plan .

## Is it private?

Yes. The conversations that you have with your team are confidential. You can request that your team collaborate with representatives of your health plan and/or your doctor, but that choice is yours alone.

## How do I get started?

You can get started in one of two ways. Call the health plan representative who informed you about the program and ask to be connected to AbilTo; or call AbilTo directly at the number below. If you are eligible, an AbilTo representative will schedule an phone consultation with a specialist who can help you decide if the program is right for you.

**Call AbilTo: (646) 558-3245**



**About:** AbilTo works with health plans and large employers to deliver evidence-based, behavioral health programs to help individuals manage life transitions and improve overall health. All service is provided phone or web-based videoconferencing.

**AbilTo.com**