



INTERACTIVE PULMONARY REHAB TELEHEALTH PROGRAM



WWW.BREATHEBETTER.REHAB

PULMONARY REHAB & INTERACTIVE TELEHEALTH



EXPERT INSTRUCTION

The Breathe Better Rehab program is supervised and delivered by respiratory healthcare professionals. Our program prioritizes small class sizes for optimal participation and monitoring. Classes are lead by a licensed respiratory therapist and monitored by a medical assistant.

PROFESSIONAL SERVICE

Our clinical, patient coordination and administrative teams have years of experience in interactive tele-health. We strive to provide the best patient experience to address your needs and work with you to achieve optimal health from the comfort of home!

TELEHEALTH TEAM

Breathe Better Rehab interactive telehealth pulmonary rehabilitation pairs you with highly experienced and patient focused respiratory health professionals.



Elise Gonski, RRT Brittany O'Branski, RRT
Breathe Better Respiratory Therapy
Management Team

QUESTIONS?

DO NOT HESITATE TO CONTACT US



(888)450-0377



(818)450-0350



team@breathebetter.rehab



www.breathebetter.rehab

PROGRAM OVERVIEW

Your participation in our program will include the following lead by a licensed respiratory therapist:

- breathing exercises
- respiratory muscle training
- incentive spirometry
- aerobic exercises
- strength training
- stress management
- nutrition education



PROGRAM RESULTS

Research data shows working with a respiratory health professional can:

- increase lung function
- increase average walking distance
- decrease work of breathing reference

***Telehealth Rehabilitation
Using Videoconferencing
As Safe and Efficacious as
Center-Based Pulmonary
Rehabilitation***

Chest Pulmonary - Editorial Articles in
Press 100111 October 01, 2024

GET STARTED

Your healthcare provider will send a referral to Breathe Better Rehab telehealth program on your behalf.



Breathe Better Rehab participates with most major insurances, including:

Medicare part B
Aetna
Blue Cross Blue Shield
Humana
United Health Care
Cigna

CONTACT US

breathebetterrehab™

(Don't see your insurance provider?
Contact our insurance department for more info.)

(888)450-0377

NEXT STEPS:

INSURANCE AUTHORIZATION

Upon receipt of your provider's referral, our insurance department will verify your coverage and inform you of any co-pays you may be responsible for.

INITIAL CONSULTATION

Your initial consultation with our respiratory health care professional will review your provider's referral information, discuss pertinent matters related to pulmonary rehab and share their findings with our clinical team.

SESSION SCHEDULING

The BBR program is up to 36 sessions based on medical necessity. Your interactive telehealth rehab program class schedule will be coordinated with our scheduling department. Your patient kit that includes items for participation will be shipped to you.

PROGRESS REPORTING

Progress notes, including your testing scores, from your respiratory therapist will be sent to your referring provider regularly throughout the program to keep them informed on how you are doing.