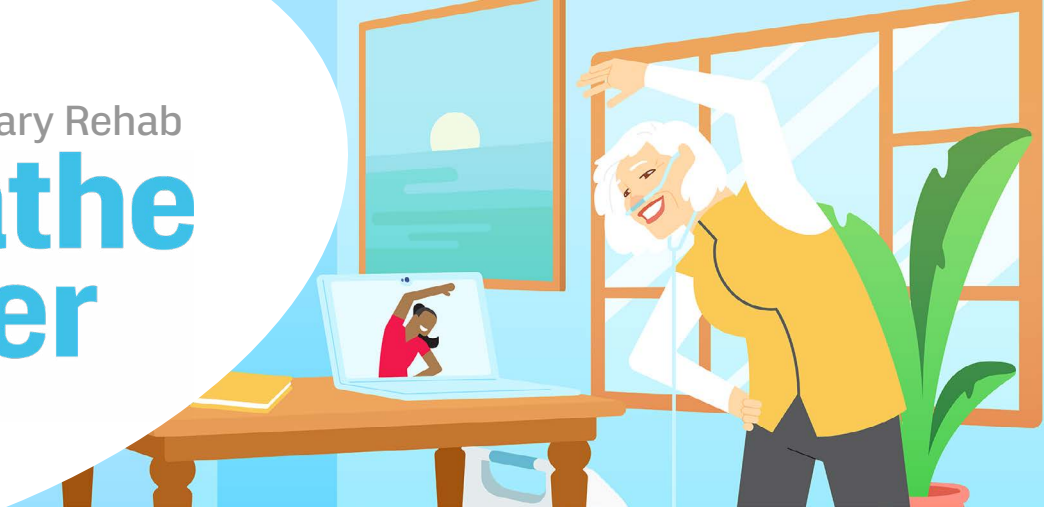


Telehealth Pulmonary Rehab



How Does Telehealth Pulmonary Rehab Work?

Joining Is Easy

Our program is designed for you to be able to participate in pulmonary rehabilitation from the comfort of your home. One of our team members will call you to schedule your initial consultation.

Once scheduled, an email or text with a link to your appointment will be sent to you. With just **one click** you are able to get online with your assigned respiratory therapist and join your rehab sessions. A smartphone, tablet, or computer with a camera can be used. There are no apps or downloads needed to work with us.

How We Work With You

Our live licensed respiratory therapist and medical assistant will guide you in:

- **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**
- **Decrease breathlessness**
- **Increase average walking distance**

How You Get Started

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

We participate with most major insurances, including:

UnitedHealthcare
Medicare Part B
Blue Cross Blue Shield
Humana
Aetna
Cigna



How We Help You Get Started

Insurance Authorization

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

Initial Consultation

Our respiratory therapist will meet with you to review your referring healthcare provider's notes, answer your questions and discuss your goals for improving your health.

Session Scheduling

The program is up to 12 weeks of 45 minutes sessions, three times per week. Your class schedule will be coordinated with our scheduling department. A kit containing the items you need to participate in class will be shipped to you free of charge.

Progress Reporting

You will meet with your respiratory therapist to review your progress every 30 days. Your progress reports and test scores will be sent to your referring healthcare provider regularly to keep them informed of how you are doing.

You can connect with us on any device!



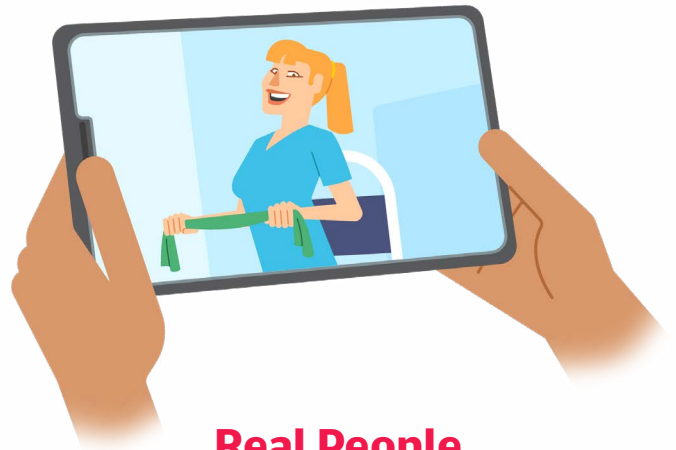
Questions?

Don't hesitate to contact us. Look for our contact number after your referral.

 (888)450-0377

 team@breathebetter.rehab

 www.breathebetter.rehab



Real People Live Instruction Real Results

Our respiratory professionals bring their pulmonary rehabilitation expertise directly to you in the comfort and convenience of your home through telehealth.

Designed with your goals in mind, our therapist will work with you to optimize your lung function and help improve your overall health so you can enjoy the things you like to do!

