

Today's Learning Objectives

- Provide an understanding of what it means to offer Intensive Cardiac Rehab (ICR) at your facility.
- Provide overview of program content and delivery in the Pritikin model
- Present newly published data from Journal of Cardiopulmonary Rehabilitation related to ICR

Evolution of Cardiac Rehabilitation



CMS Approval Criteria

ICR supplier must demonstrate that it has accomplished one or more of the following:

- Lowered risk factors for coronary artery disease
- Slowed disease progression
- Reduced the need for coronary bypass surgery



CMS Approval Criteria

There must be a statistically significant reduction in five or more of the following:

- Low density lipoprotein
- Triglycerides
- Body mass index
- Systolic blood pressure
- Diastolic blood pressure
- The need for cholesterol, blood pressure, and diabetes medications



Prospective ICR Sites

- Prospective Supplier means any entity specified in the definition of “supplier” in 42 CFR §405.802 that seeks to be approved for coverage of its services under Medicare.
- **All sites desiring to furnish ICR services may do so via a CMS-approved program:**
 - Benson-Henry
 - Ornish
 - Pritikin



Traditional CR vs. ICR

CR

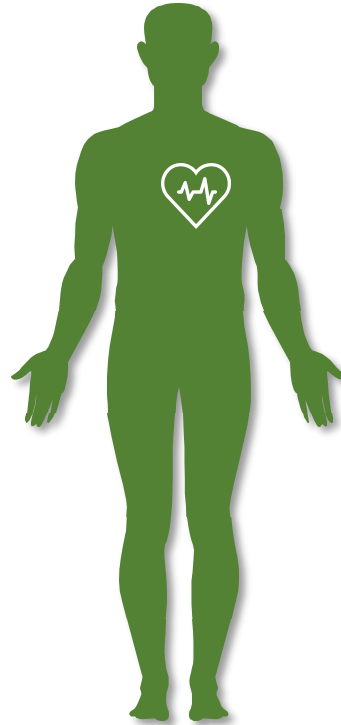
- Supervising physician required
- Individualized treatment plan
- Monitored exercise
- Outpatient setting
- 36 sessions
- 36-week time limit
- 2 session limit per day
- Limited lifestyle education

ICR

- Supervising physician required
- Individualized treatment plan
- Monitored exercise
- Outpatient setting
- **72 sessions**
- **18-week time limit**
- **6 session limit per day**
- **Comprehensive** lifestyle education
- **Financially sustainable**

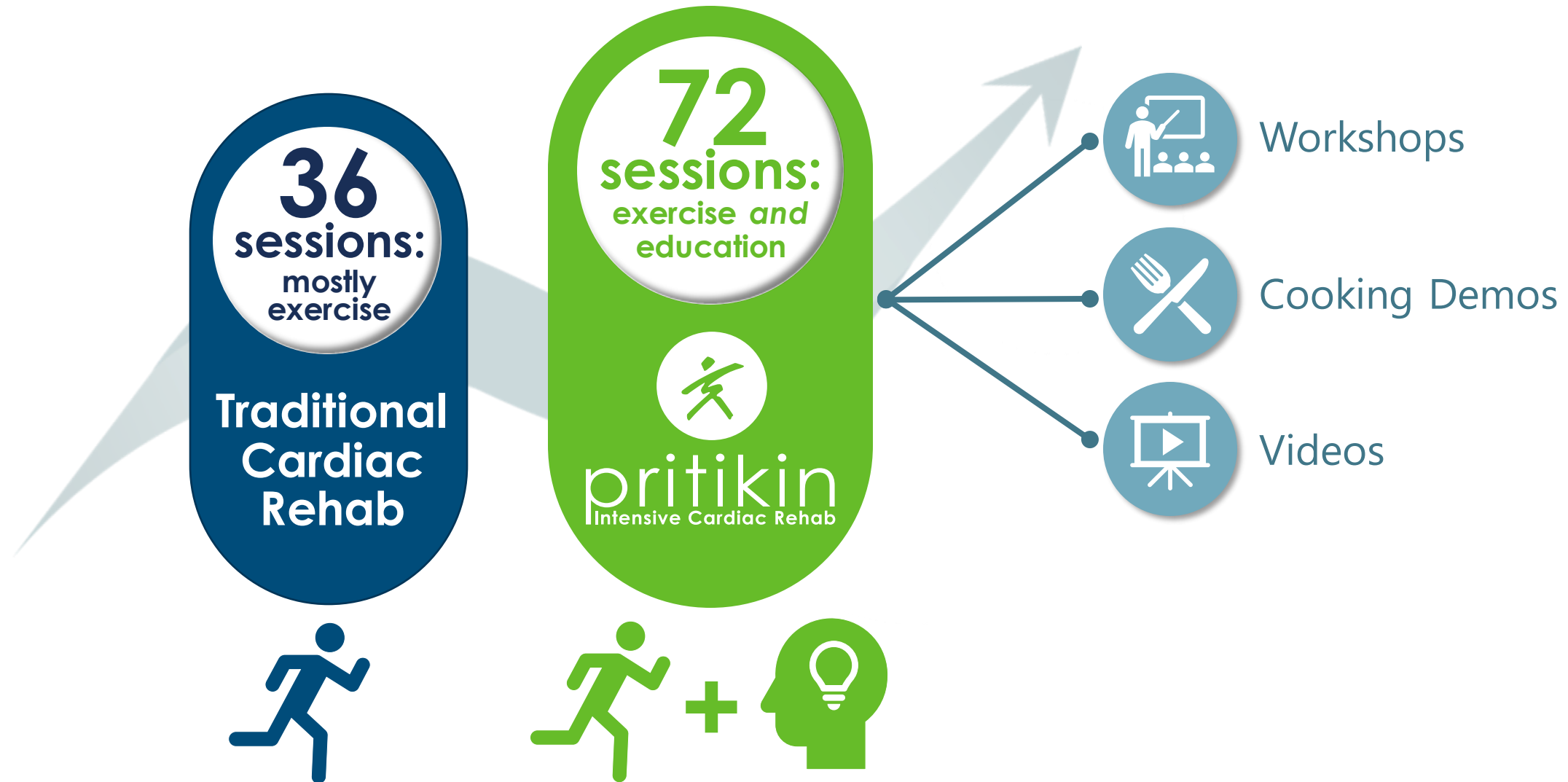
ICR Qualifying Events: Same as CR

- **Acute myocardial infarction**
(within the preceding 12 months)
- **Coronary artery bypass surgery**
(no time limit)
- **Current stable angina pectoris**
(no time limit)
- **Heart valve repair or replacement**
(no time limit)



- **Percutaneous transluminal coronary angioplasty / stenting**
(no time limit)
- **Heart or heart-lung transplant**
(no time limit)
- **Chronic heart failure**
(no time limit)

Traditional CR vs. Pritikin ICR



Sample Program Structure

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Exercise + Workshop	2	3	4 Exercise + Video	5 Cooking School	6
	8 Exercise + Workshop	9	10	11	12 Exercise + Cooking School	13
	15 Exercise + Workshop	16	17 Exercise + Video	18	19	20
	22 Exercise + Workshop	23	24 Exercise + Video	25	26	27
	29 Exercise + Workshop	30	31			

Monday

Exercise
Workshop

Wednesday

Exercise
Video

Friday

Exercise
Cooking School

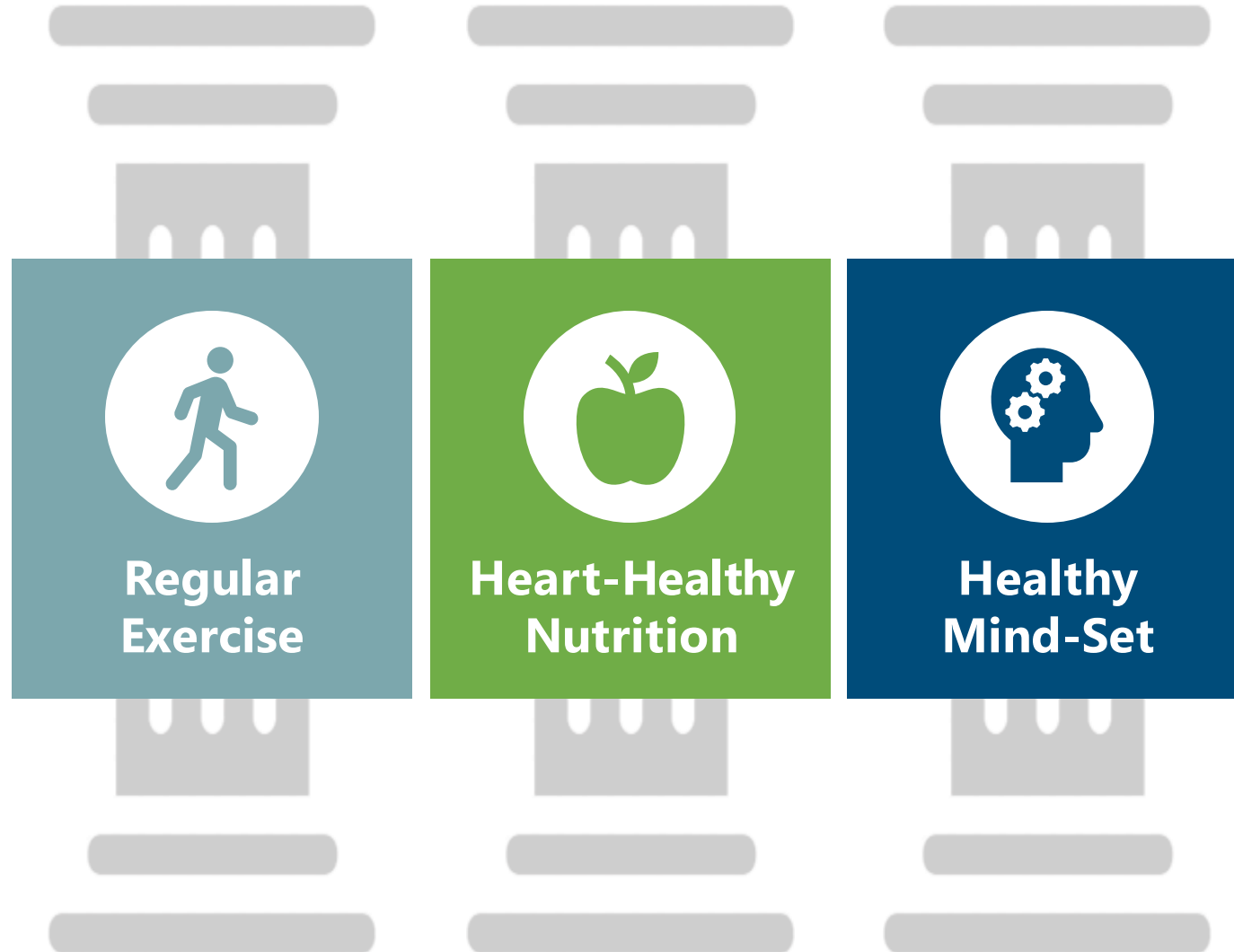
February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise + Video	2 Exercise + Cooking School	3	4
	5 Exercise + Workshop	6	7 Exercise + Video	8 Exercise + Cooking School	9	10
	12 Exercise + Workshop	13	14 Exercise + Video	15	16	17
	19 Exercise + Workshop	20	21 Exercise + Video	22	23	24
	26 Exercise + Workshop	27	28			

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise + Video	2	3 Exercise + Cooking School	4
	5 Exercise + Workshop	6	7 Exercise + Video	8	9 Exercise + Cooking School	10
	12 Exercise + Workshop	13	14 Exercise + Video	15	16 Exercise + Cooking School	17
	19 Exercise + Workshop	20	21 Exercise + Video	22	23 Exercise + Cooking School	24
	26 Exercise + Workshop	27	28 Exercise + Video	29	30 Exercise + Cooking School	31

Pritikin Program Pillars



Complete Workshop Content



Exercise

- Exercise Basics: Building Your Action Plan
- Exercise Biomechanics
- Balance Training and Fall Prevention
- Managing Heart Disease: Your Path to a Healthier Heart



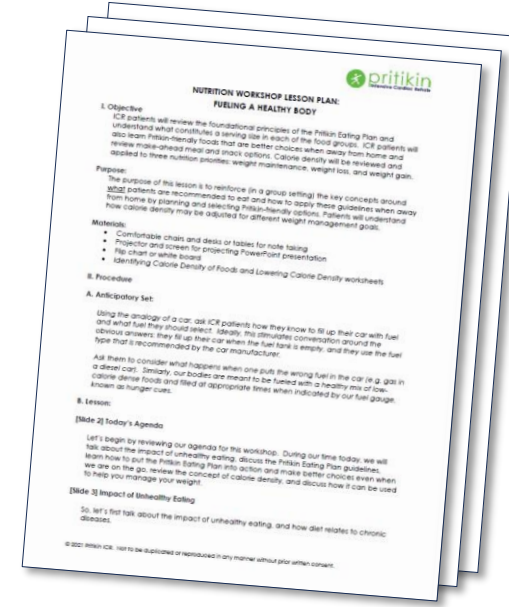
Nutrition

- Fueling a Healthy Body
- Mindful Eating
- Targeting Your Nutrition Priorities
- Dining Out Detective: Making the Most of a Menu
- Label Reading



Healthy Mind-Set

- New Thoughts, New Behaviors
- Managing Moods and Relationships
- Healthy Sleep for a Healthy Heart
- Recognizing and Reducing Stress



Pritikin Eating Plan

Key Components

5	5	4	2	1
Unrefined Complex Carbohydrates	Vegetables	Fruit	Calcium-Rich Foods	Animal Protein

Label Reading Guidelines

Summary

- 1) **Serving Information**
- 2) **Calorie Density** – 1:1 ratio of calories to grams, or fewer calories than grams.
- 3) **Sodium** – 1:1 ratio of sodium to calories, or less sodium than calories.
- 4) **Ingredient List**
 - Make sure there are no **saturated fats or dietary cholesterol sources**.
 - Limit foods with **added sugars** and other sweeteners in the first 3-5 ingredients.
 - Select products with **100% whole grains**.

Top Sources of Sodium

Bread/roll: 120 mg/slice	Cheese pizza: 776 mg/slice	Cold cuts: 400 mg/2 oz.
Sandwiches: 960 mg/6-inch sub	Tomato Soup: 410 mg/serving	

Lesson Plans and PowerPoint Presentations

Engaging Cooking Demos



- Adding Flavor – Sodium-Free
- Fast and Healthy Breakfasts
- Powerhouse Plant-Based Proteins
- Satisfying Salads and Dressings
- Simple Sides and Sauces
- International Cuisine – Spotlight on the Blue Zones
- Delicious Desserts
- Savory Soups
- Efficiency Cooking – Meals in a Snap
- Tasty Appetizers and Snacks
- Comforting Weekend Breakfasts
- One-Pot Wonders
- Fast Evening Meals
- Easy Entertaining
- Personalizing Your Pritikin Plate





Pritikin Eating Plan: A Mediterranean-Style Eating Plan

- Largely **plant-based** intake
- Modest amounts of **fish and seafood**
- Minimal intake of red meat, animal products, full-fat dairy, and added sugar
- Scientifically proven to **reduce the risk factors** for major chronic diseases

Video Library



Exercise

Biomechanical Limitations
Body Composition
Exercise Action Plan
Move It

Improving Performance
Introduction to Yoga



Nutrition

Calorie Density
Dining Out – Part 1
Facts on Fats
Label Reading
Nutrition Action Plan
Overview of the Pritikin Eating Plan

Cooking School – Becoming a Pritikin Chef
Cooking School – Breakfast and Snacks
Cooking School – Healthy Salads and Dressings
Cooking School – Dinner
Cooking School – Sides, Soups, and Desserts
Planning Your Eating Strategy
Fueling a Healthy Body
Dining Out – Part 2
Vitamins and Minerals
Menu Workshop
Targeting Your Nutrition Priorities

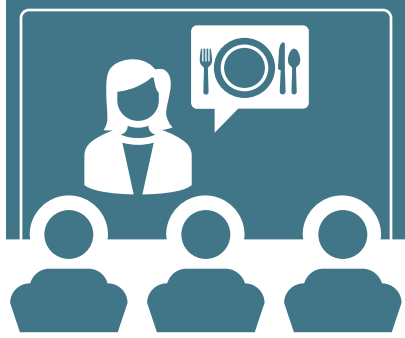


Healthy Mind-Set / Medical

Diseases of Our Time – Focusing on Diabetes
Healthy Minds, Bodies, Hearts
Heart Disease Risk Reduction
How Our Thoughts Can Heal Our Hearts
Hypertension and Heart Disease
Metabolic Syndrome and Belly Fat

Smoking Cessation
Diseases of Our Time – Overview
Biology of Weight Control
Decoding Your Labs
Aging- Enhancing Your Quality of Life
Sleep Disorders

pritikin**LIVE**) Overview



Workshops



1:1 Consults

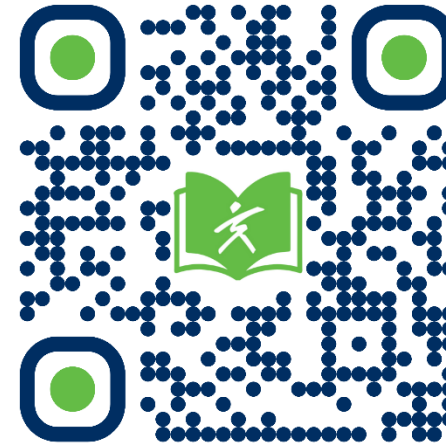
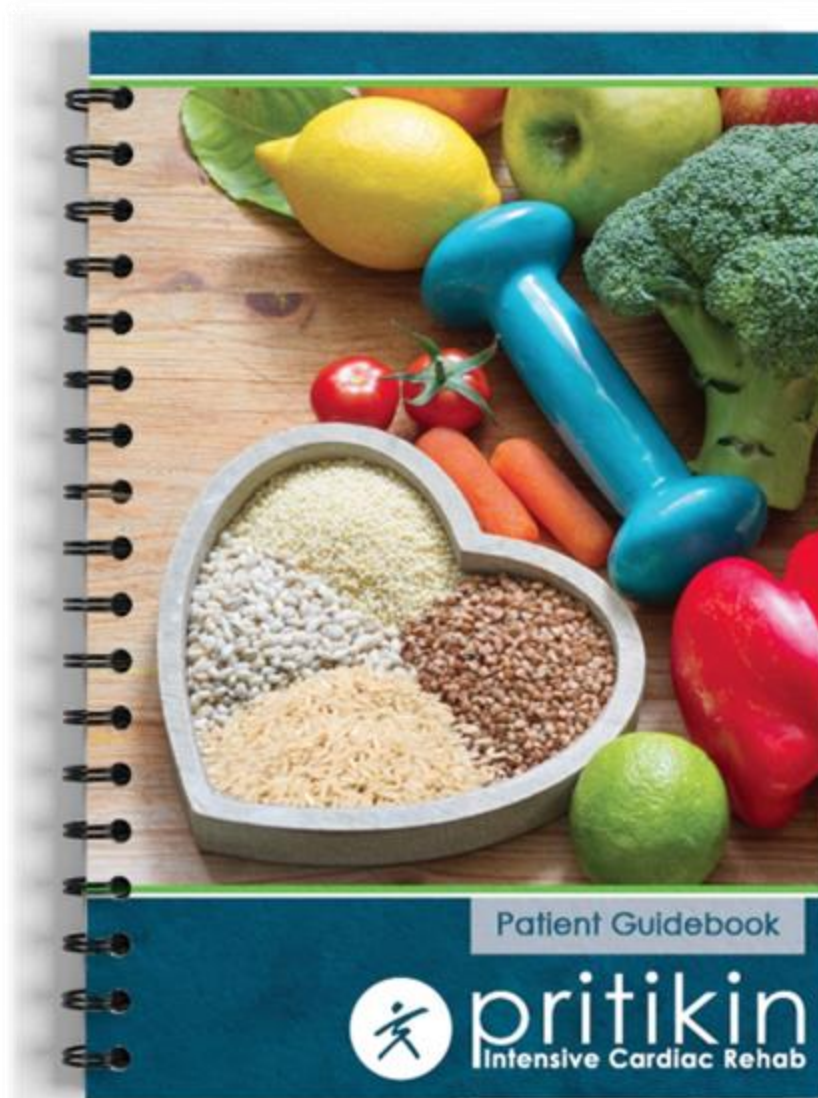
Your CR Team:

- Determines how much PritikinLIVE time is needed each month, and when it takes place
- Coordinates workshops and patient 1:1 consults based on your schedule
- Enters PritikinLIVE workshops and 1:1 consults into Pritikin portal

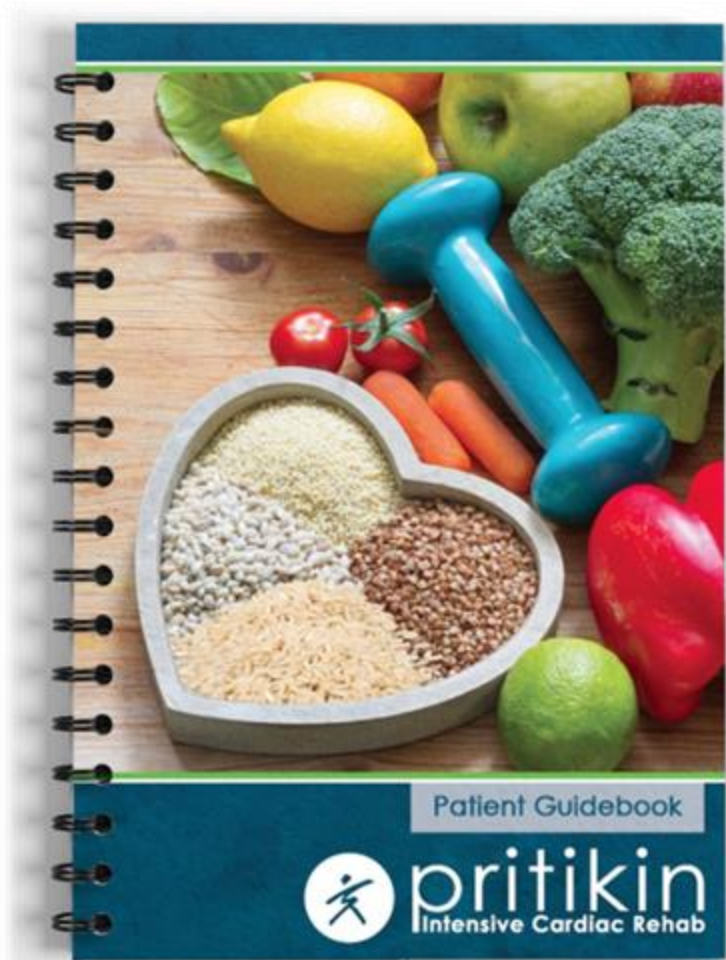
PritikinLIVE Educator:

- Provides patient notes for 1:1 consults

Patient Guidebook Preview



Patient Guidebook



- 1 Welcome
- 2 Pritikin's Three Pillars
- 3 Getting Started
- 4 Cooking School Recipes and Workshop Resources
- 5 1:1 Consult Resources
- 6 Video Notes



Benefits of the First Pritikin Outpatient ICR Program

*Journal of Cardiopulmonary
Rehabilitation and Prevention*

Presentation **Outline**



Purpose and
Methods



Research
Results



Key Takeaways

Research Purpose and Methods



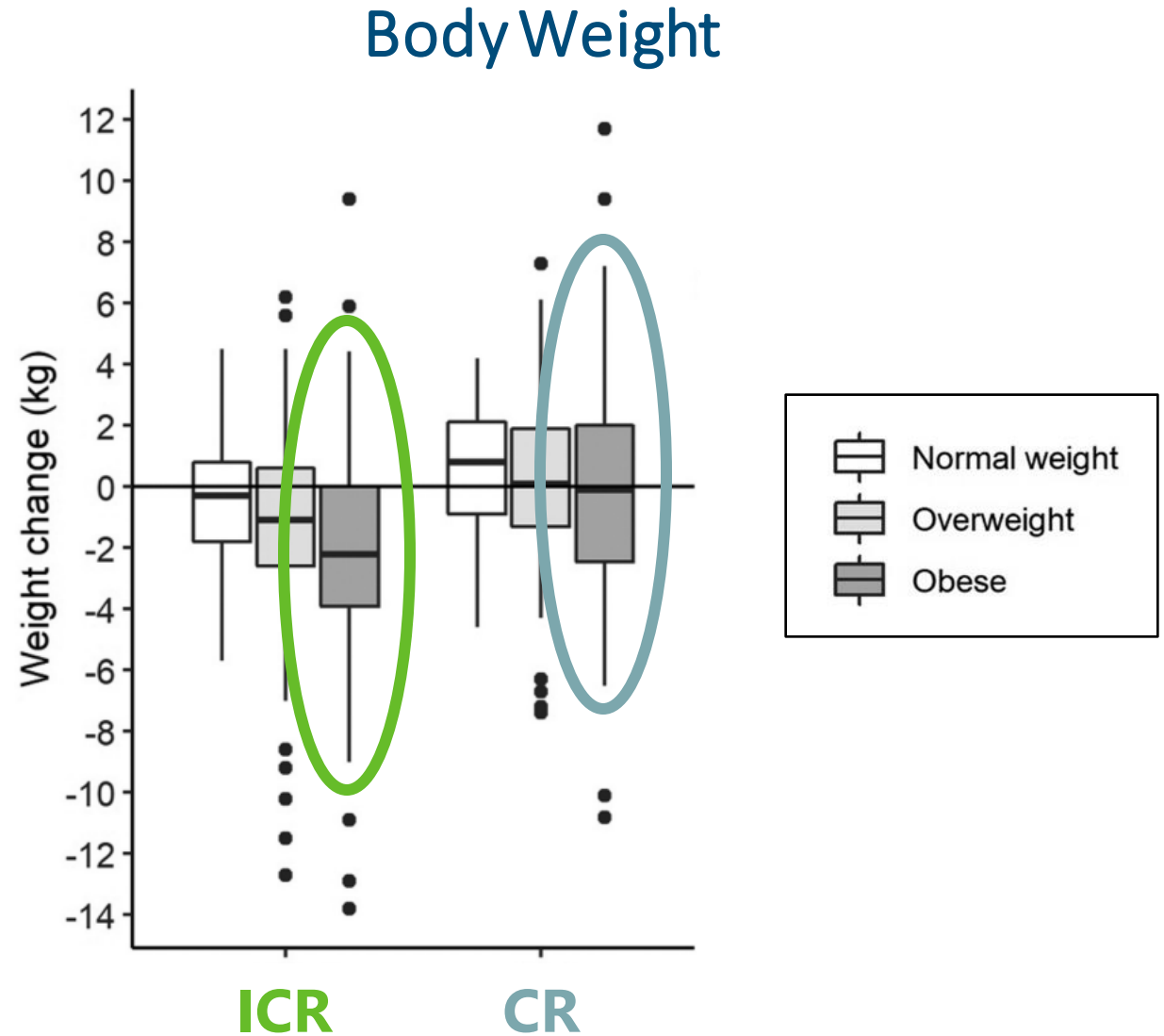
- **Purpose:** To determine the benefits of Pritikin ICR and traditional CR
- **Method:** Retrospective analysis of 1,963 patients referred to Pritikin ICR or traditional CR from 2013-2019
- **Assessments:**
 - Anthropometrics (*weight, BMI, waist circumference*)
 - Dietary Patterns (*Rate Your Plate*)
 - Physical Function (*6-MWT, SPPB, hand-grip strength*)
 - Health-Related QOL (*Dartmouth COOP, 36-item SFS*)

Research **Results**

- ✓ **ICR resulted in improvements for all pre/post assessments.**
 - *Includes anthropometrics, dietary, physical function, and QOL*
- ✓ **Body weight and BMI decreased significantly in ICR, but *not* in CR.**
- ✓ **Grip strength increased significantly in ICR, but *not* in CR.**
 - *Reflects whole-body strength and health status*
 - *Predictive of mortality*

Changes in body weight: ICR vs. traditional CR

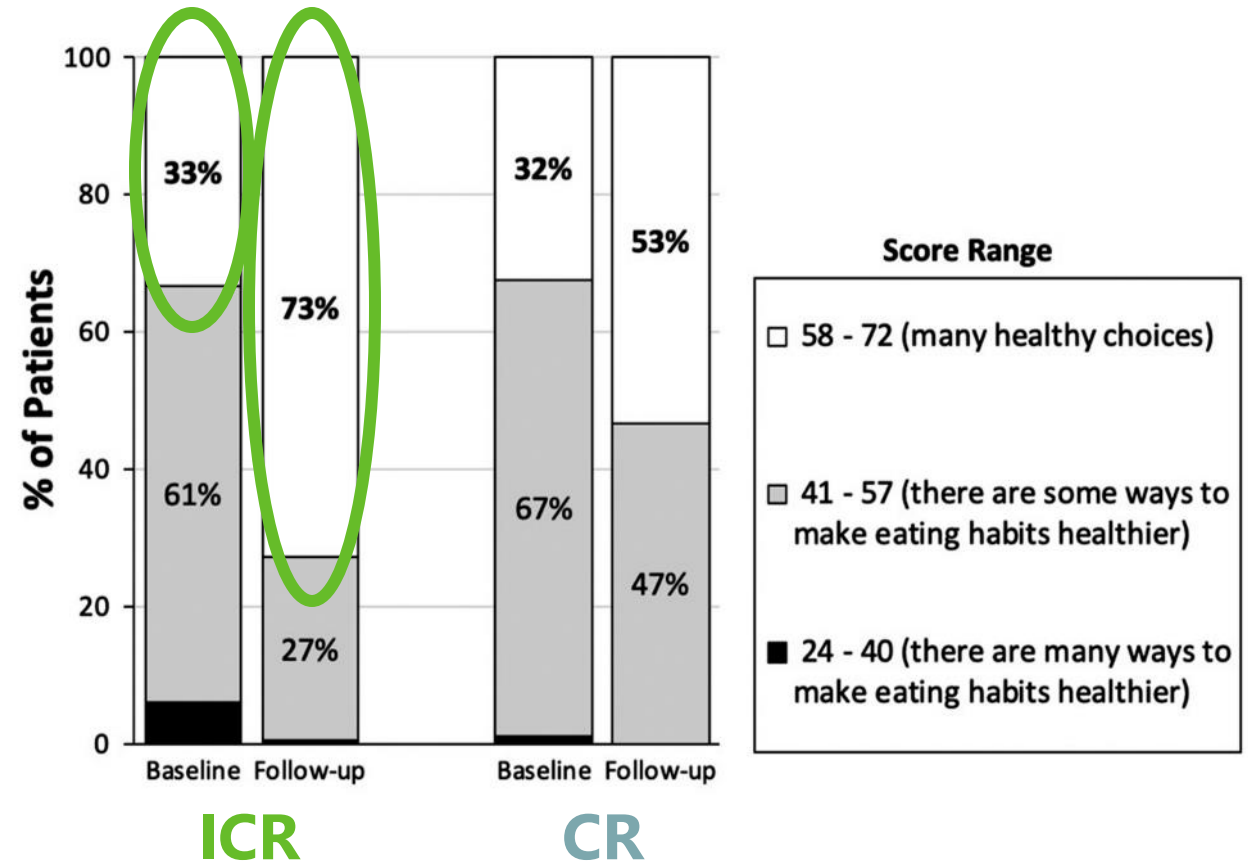
More weight was lost in all three ICR groups ($p < .0001$)



Rate Your Plate at baseline and follow-up: ICR vs. traditional CR

Absolute scores increased more in ICR than in CR
($p < .0001$)

Rate Your Plate



Key Takeaways

■ Strengths:

- Large study population
- Long study period

■ Limitations:

- Retrospective design
- Some Pritikin ICR patients may not have received a full 72-session prescription

■ Improvements in **anthropometrics** and **dietary patterns** were greater in Pritikin ICR than in traditional CR

■ Pritikin ICR patients had more than **double the sessions** of CR patients

- *Session dose-response*

■ **Grip strength** only improved in the Pritikin ICR group

Flexibility: Cooking School Workshops



Portable Carts



Simple Set-Ups



Full Demo Kitchens

Flexibility: Education Space



Small



Mid-Sized



Large



pritikin
Intensive Cardiac Rehab

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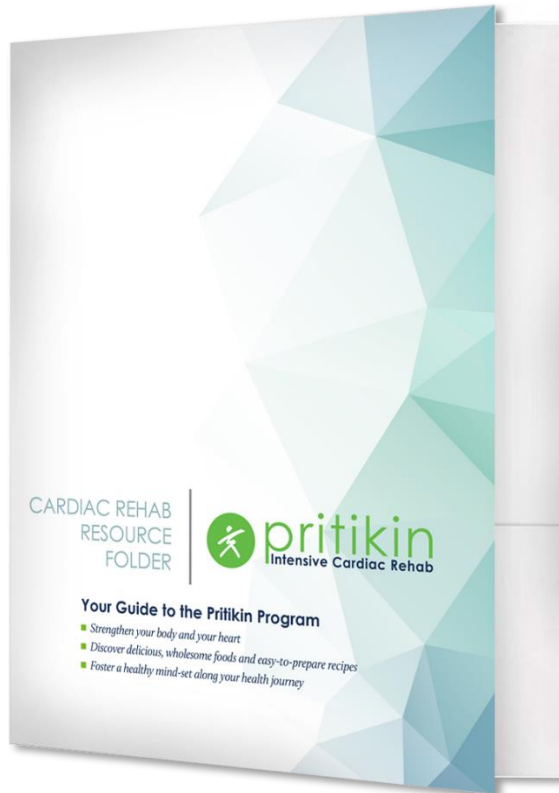
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References

- Decision Memo for Cardiac Rehabilitation Programs (CAG-00089R2) Social Security Act for ICR:
https://www.ssa.gov/OP_Home/ssact/title18/1861.htm#ft536
- https://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/ClinicalLabFeeSched/Downloads/405_803.pdf
- <https://www.cms.gov/Regulations-and-Guidance/Guidance/Transmittals/downloads/R269PI.pdf>
- <https://www.cms.gov/Medicare/Medicare-General-Information/MedicareApprovedFacilitie/ICR>

Intake Folder



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SIMPLE BEGINNING STEPS

Having a serious heart event can be both emotionally and physically challenging, but committing to Pritikin's comprehensive cardiac rehab program is an important first step towards your recovery. In fact, actively participating in your cardiac rehab program may be just as essential to your long-term recovery as your medical treatment or medications.

It may seem overwhelming right now, but we assure you that developing healthy lifestyle habits is even easier than you might think. Pritikin's comprehensive cardiac rehab program is based on three key pillars, which are simple yet powerful:

<p>REGULAR EXERCISE</p> <ul style="list-style-type: none"> Improved cardiovascular endurance Increased strength Improved flexibility Enhanced overall health 	<p>HEART-HEALTHY EATING PLAN</p> <ul style="list-style-type: none"> Affordable and satisfying foods Successful weight management Label reading guidelines Simplified cooking and dining out 	<p>HEALTHY MIND-SET</p> <ul style="list-style-type: none"> Stress and anxiety management Communication skills improvement Effective goal-setting Smoking cessation
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Your team of dedicated cardiac care professionals will be by your side throughout this entire journey, providing guidance as you take your health into your own hands. Ultimately, choosing to fully embrace the Pritikin program, and putting into practice the principles you will soon learn through cardiac rehab, can lead to a life that is much healthier and happier than the one you were leading before your heart event.

PRITIKIN EATING PLAN

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KEY RECOMMENDATIONS

Do take charge.
Always remember that you are in charge. Only you can pull yourself out of bed every morning and lace up your walking shoes. Only you can make sure your pantry is well-stocked, your grocery cart is full of fresh fruits and veggies, and you're ordering healthy meals at restaurants. Only you can begin adding healthy mind-set activities. Be yoga into your life.

Do think, "progress, not perfection."
Each step or change you can take to improve your health is progress. If you can enjoy Pritikin living 100% of the time, that is fabulous! If 50% works best for you, go for it. If 25% helps you move in the right direction, pat yourself on the back and focus on your progress.

Do develop your own list of daily Pritikin motivators.
For instance, you can say to yourself:

- "I'm a success today because every time I sat down to eat, I asked myself, 'Is everything I'm about to eat improving my health?'"
- "I'm a success if I carved out enough time to meet my step-a-day goal."
- "I'm a success if I'm taking charge of my thoughts, and doing my best to replace negative ones with positive, rational ones."

 All the above, far more than the bathroom scale, are true markers of success.

Do practice patience.
Habits are learned behaviors, and science tells us that it takes time (about three weeks) for a behavior to turn into a habit. So, practice patience. Allow yourself, day by day, to get into the rhythm of your healthy new life. The more you immerse yourself in the Pritikin program, the easier it gets.
 Before long, you'll likely find your attitude shifting from "I should" to "I want." You'll look forward to eating wholesome foods, trying new recipes, and incorporating exercise into your daily routine. Pretty soon, you'll be feeling fantastic and wonder, "Why did I ever live any other way?"

Do be careful of old habits.
We know that old habits may sneak back. For example, you may be tempted to add a teaspoon of olive oil to your salad. Before you realize it, that teaspoon of oil could gradually increase to five tablespoons.
 It's these sneaky setbacks that can get you into trouble. Every night before falling asleep, assess the day. Ask yourself, "What worked? What seemed a bit challenging? What can I do tomorrow to steer myself onto a better track?"

Do identify a support system.
Your support system may include friends, family, co-workers, and other patients - individuals who are there to motivate you and encourage your positive efforts.

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7-DAY MENU AND HEART-HEALTHY RECIPES

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ROAD MAP TO A HEALTHIER LIFESTYLE: SETTING EFFECTIVE GOALS

As you begin your journey towards a healthier lifestyle, it's important to spend time thinking about where you're headed, and to identify what specific steps you need to take to get there. A Pritikin lifestyle embraces three key pillars:

REGULAR EXERCISE	HEART-HEALTHY EATING PLAN	HEALTHY MIND-SET
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Develop at least one short-term goal for each of the three pillars of the Pritikin program. Read and repeat these goals to yourself daily, and challenge yourself to set new short-term goals as you succeed in accomplishing these initial goals in each area of the Pritikin program.

REGULAR EXERCISE SHORT-TERM GOAL

Think about your current exercise habits. "To improve my health, I want to..."

HEART-HEALTHY EATING SHORT-TERM GOAL

Think about your current eating habits. "To improve my health, I want to..."

HEALTHY MIND-SET SHORT-TERM GOAL

Think about your current state of mind. "To improve my health, I want to..."

Today's Date: _____

EFFECTIVE GOALS CHECKLIST

Are your goals S.M.A.R.T.?

- Specific:** Do you know exactly what you are going to do?
- Measurable:** Can you track your progress?
- Action-Oriented:** Does your goal require energy on your part? Something you're going to do?
- Realistic:** Is your goal challenging, but doable and sustainable?
- Timely:** Do you know when you've reached your goal, and when you're ready to set a new one?

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STOCK YOUR PRITIKIN PANTRY

You will learn much more about effective shopping strategies in the weeks ahead as you participate in your Pritikin ICR program, but in the meantime, stop by the grocery store today and pick up a few essentials...

<p>Produce</p> <ul style="list-style-type: none"> Vegetables (focus on in-season choices) Fruits (focus on in-season choices) 	<p>Animal Protein</p> <ul style="list-style-type: none"> Seafood (fresh, frozen, or canned, packed-in-water, no-salt-added) Egg whites Chicken breasts (skinless)
<p>Canned and Dried Foods</p> <ul style="list-style-type: none"> Beans (no-salt-added) Vegetable stock (no-salt-added) Tomatoes (no-salt-added) Oats (plain old-fashioned or steel-cut, no-salt-added, no-sugar-added) Whole grains (such as brown rice, wild rice, quinoa, barley (whole, hulled, or hull-less), and whole grain cornmeal) Pasta (100% whole grain) 	<p>Condiments</p> <ul style="list-style-type: none"> Vinegars (no-salt-added and no-sugar-added) Salt-free all-purpose seasoning Mustard (no-salt-added) Ketchup (no-salt-added or no-sugar-added) Calorie-free sweetener (choose sucralose (e.g. Splenda®) or stevia (e.g. Truvia® or PureVia®) because they have the best safety records)
<p>Frozen Foods</p> <ul style="list-style-type: none"> Vegetables (in-season) Fruits (unsweetened) 	<p>Calcium-Rich Foods</p> <ul style="list-style-type: none"> Milk (nonfat) Milk alternatives (unsweetened) Yogurt (plain or Greek, nonfat, no-sugar-added) Leafy greens (such as collard greens, lump greens, bok choy, kale, and broccoli)

Patient Engagement Kit



Kit Includes:

- *Patient Guidebook*
- Pens for Note-Taking
- Water Bottle
- Resistance Band
- Tote Bag with Luggage Tag