



Cardiac Wellness & Risk Reduction Program

POWERED BY
 nudj health

Dear Valued Patient,

We are excited to announce the launch of our program focused on your overall health. Welcome to the Southwest Cardiovascular Associates Cardiac Wellness & Risk Reduction Program.

Your physician at Southwest Cardiovascular Associates has partnered with Nudj Health to improve your care by focusing on lifestyle and emotional health improvements. Clinical evidence shows that your lifestyle choices and emotional health have a direct impact on your overall physical and mental well-being. By making healthy choices you reduce your risk for chronic disease, like heart disease and other illnesses.

We have included a brief description of the program in the following link: [program info](#). If you are interested in getting started, there is contact information in the brochure to connect with our team today.

We are excited to be part of your health journey and look forward to your success. Please don't hesitate to reach out with any questions or concerns.

In good health,

Your Care Team

Southwest Cardiovascular Associates & Nudj Health



Cardiac Wellness & Risk Reduction Program

POWERED BY
 nudjhealth



Introducing the Cardiac Wellness and Risk Reduction Program.

At Southwest Cardiovascular Associates, our commitment to improving your overall health begins by extending our care for you beyond the walls of our office and into the comfort of your own home.

This program is designed to increase your healthspan. Not simply how long you live but **how well you live**. And it's tailored specifically around your needs and goals as defined by the American Heart Association (AHA) and the American College of Lifestyle Medicine (ACLM).



Join a community of others like you and take advantage of these program benefits:

-  • device monitoring
-  • group support
-  • tools for healthier habits
-  • personalized care plans
-  • multi-disciplinary care team
-  • virtual wellness classes including nutrition, fitness and more

Why join the Cardiac Wellness & Risk Reduction Program?

- 80% of chronic disease is related to lifestyle choices and stress. Learn the signs and how to make change
- Improve your heart health and reduce risk
- Reduce your risk for other chronic illnesses
- Build, practice, and sustain healthy habits
- Stay connected to our teams from the convenience of your home

How is my doctor Involved with Nudj?

- Nudj is an extension of your doctor and providers
- Nudj stays connected to both you and your doctor to optimize health benefits
- Your doctor reviews your device data, health progress, and treatment plans with Nudj

Patients from the Risk Reduction Program continue to share their positive outcomes

Medicare patients enrolled in the Lifestyle Medicine program experienced clinically significant improvements in all of Lifestyle Medicine's pillars of health including stress management, sleep, nutrition, physical activity, social connectedness, and high risk behavior change.

52%

DECREASED DEPRESSION
AND ANXIETY

34-41%

DECREASE IN INSOMNIA

5-14%

WEIGHT LOSS

54%

INCREASE IN
PHYSICAL ACTIVITY

64%

LOWER BLOOD PRESSURE



BECKY K.
patient since 2022



"I was still having bouts of depression from my husband's passing from 5 years ago. I wasn't able to move forward on my own so a Care Manager suggested I attend a grief group class where I was able to meet others going through similar situations. Since addressing my mental health, I've been sleeping better and I feel more motivated to live a healthier life. I truly believe Nudj saved my life."

TOMMY F.
patient since 2022



"I lost 41 lbs in 3 months which allowed me to cancel a bone spur surgery. I'm able to walk 40 minutes on the treadmill without breaking a sweat and I still get to enjoy my Taco Tuesdays and Catfish Fridays. Nudj has completely changed the way I look at life and my health."

BONNIE T.
patient since 2021



"My cardiologist prescribed the Nudj Wellness Program to improve my heart health. My depression, anxiety, and blood pressure scores have all gone down because Nudj has made me think about and act on my lifestyle differently."

Ready to get started ?

We have 2 convenient ways you can activate your enrollment for the Cardiac Wellness & Risk Reduction program:

1

You can complete the enrollment form here: <https://nudj.health/sca-intro>

2

You can also call our Nudj Health staff directly at (602) 962-3528 to enroll.

** Data rates may apply.*

NEED MORE INFO?

Please call our call center today at (833) 411-6835 and speak to one of our Nudj Health staff.

To find out more or to enroll you can also go online to the Southwest Cardiovascular Associates webpage. With a phone or tablet scan the QR code below or visit: <https://nudj.health/sca>



