

Core Components of Cardiac Rehabilitation Program

Graphic from *Circulation*

[Core Components of Cardiac Rehabilitation Programs: 2024 Update: A Scientific Statement From the American Heart Association and the American Association of Cardiovascular and Pulmonary Rehabilitation \(ahajournals.org\)](https://ahajournals.org)

[Core Components of Cardiac Rehabilitation Programs: 2024 Update: A Scientific Statement From the American Heart Association and the American Association of Cardiovascular and Pulmonary Rehabilitation | Circulation \(ahajournals.org\)](https://ahajournals.org)

Downloaded from <http://ahajournals.org> by on November 1, 2024

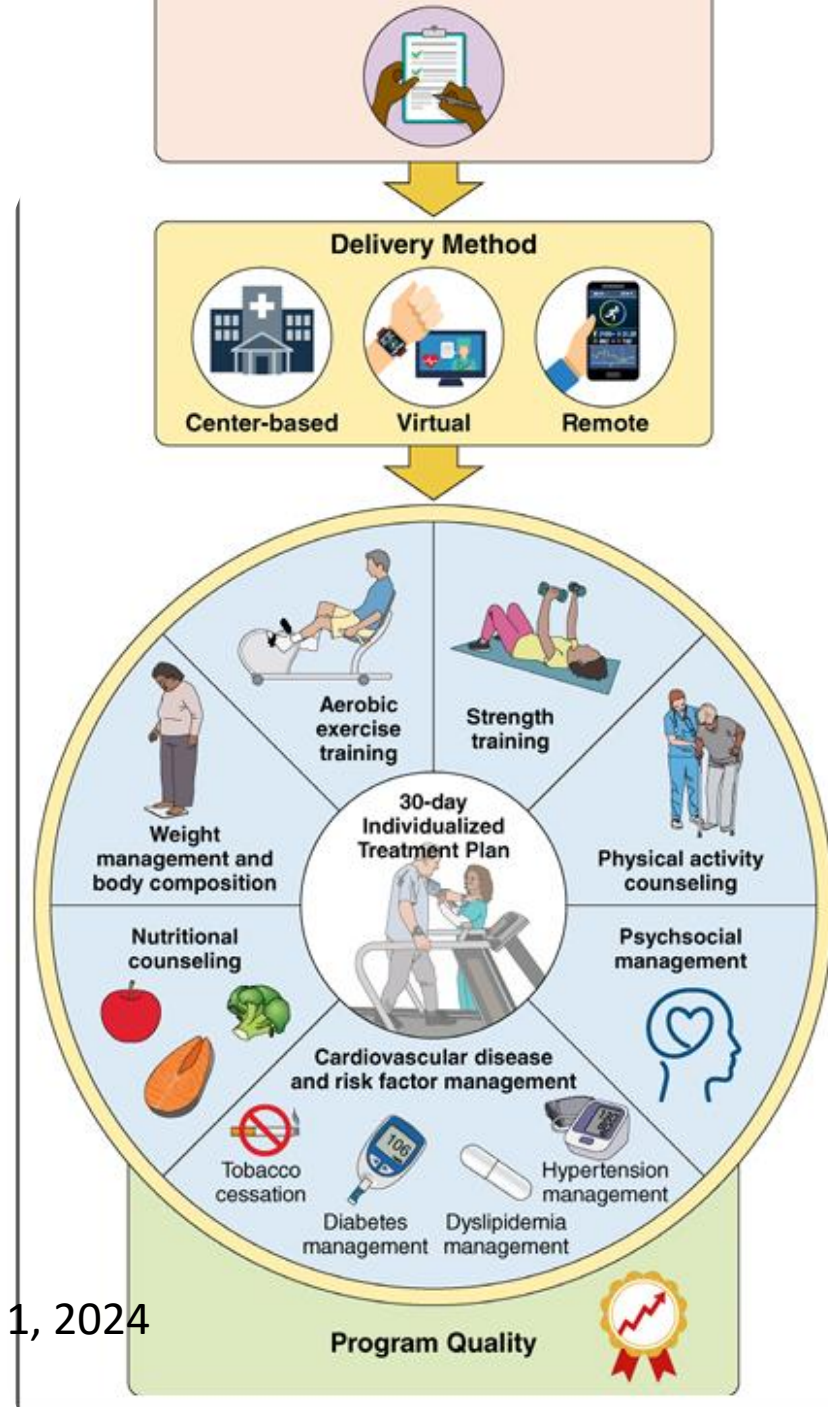


Figure. Delivery methods and core components of cardiac rehabilitation programs.

The individual core components of cardiac rehabilitation programs surround the central component of patient assessment and rest on a foundation of high program quality. These components can be delivered in person, virtually (using synchronous audiovisual communications technology), remotely (asynchronously with no real-time interaction), or using a hybrid of these methods to meet the individual needs of the patient.