What do I get?

8 weeks of close tuition and instruction in a small group following the exercise class, drop-in to Cardiac Rehab+ for rest of life and the loan of Activ8rlives Self-Care monitoring equipment for 6 months:

- **Blood Pressure Monitor**
- **BuddyBand2 Waterproof Activity and Sleep Tracker**
- **Smart Scales**
- **Pulse Oximeter**
- **Peak Flow Monitor**

(as appropriate to your condition).

When and where?

Exercise class (1 hr) followed by tuition and instruction on Self-Care (30 minutes).

Monday: 16:30-17:30 +30 minutes

One Leisure Huntingdon
St Peters Road, Huntingdon,
Cambridgeshire, PE29 7DA.

Tuesday: 16:30-17:30 +30 minutes

One Leisure St Ives
Westood Road, St Ives,
Cambridgeshire, PE27 6WU.

Thursday: 14:30-15:30 +30 minutes

One Leisure St Neots
Barford, Eynesbury, St Neots,
Cambridgeshire, PE19 2SA.

For more information about joining Cardiac Rehab+

Speak to your Instructor

01480 388 469

activelifestyles@huntingdonshire.gov.uk

Huntingdonshire
DISTRICT COUNCIL

Cardiac Rehab+

Powered by Activ8rlives

Self-Care Education and Loan Monitoring Equipment

Funded and supported by Eastern AHSN

eahsn
Eastern Academic Health Science Network

Take care of your cardiac health

www.activ8rlives.com

Bookings can be made via One Leisure on 01480 388 111

www.huntingdonshire.gov.uk/activelifestyles

Participants can purchase the Activ8rlives
self-care monitoring equipment at a 20% Discount

What is Self-Care?

If you attend One Leisure Right Start or the Cardiac Rehabilitation programme, you are already doing Self-Care.

Self-Care is a series of simple actions which help you stay well, especially if you have one or more long-term health conditions.

Being active is the best form of Self-Care in action. Eating a balanced diet to maintain a healthy weight is also an element of Self-Care.

Simple health monitors can also help you track your vital signs and symptoms. Knowing when to act and acting early are key to keeping well and can be used to avoid hospitalisation in the future.

What does it involve?

Over 8 weeks and for just 30 minutes after your Cardiac Rehabilitation exercise class at One Leisure, you will be taught how to use the latest technology to record your own vital signs at home.

You will need to bring a Bluetooth 4.0-enabled Smartphone or Tablet (iOS 10 or Android 5.0 or later) which can connect to WiFi. Full instruction will be provided.

Who is this for?

This programme is especially designed for those people with cardiovascular, respiratory or diabetes diagnosed long-term conditions.

Is it complicated?

Not at all.

Anyone can learn to Self-Care, measure their own vital signs and symptoms. If you are between 8-88 yrs and have a Smartphone or Tablet, we can teach you.
Activ8rlives is based in Huntingdon and will support you with training. We have a 7-day-a-week Telephone Support 01480 352 821.

Do I have to pay or buy anything?

No. This is completely free.

For the duration of the 6 months of the Cardiac Rehab^{+} programme, Huntingdonshire District Council will loan you the monitoirng equipment.

At the start of the 6 months your One Leisure Account will hold a subscription as guarantee for the cost of the loan equipment and will only be charged if you fail to return the loan equipment at the end of the 6 months.

You will be instructed how to use the monitoring equipment and the Activ8rlives^{4} App, how to connect them to your Smartphone or Tablet, what the information means and how to share your data with your Doctors.

If you want to keep the equipment after the programme, you will be able to purchase these at a 20% discount. If you don't want to continue to self-monitor, simply return the loan equipment and we will remove the payment guarantee on your One Leisure Account.

www.activ8rlives.com

**Bookings can be made via
One Leisure on 01480 388 111**

www.huntingdonshire.gov.uk/activelifestyles