



EXPERIMENTAL STUDY ARM

FOUR STUDY VISITS:

(~2 hours)

- Health History Interview
- Questionnaires
- Blood Sample
- 7-day activity monitoring

INTERVENTION:

- Each participant in the HEART-PLAY Condition will be assigned to a small group and a peer Health Coach.
- **Weeks 1-8:** Meet at the clinic twice per week to receive Health Tips and participate in Group Sharing discussions immediately before or after the 8:30A exercise appointment.
- **Weeks 8-12:** In addition to Health Tips and Group Sharing, begin group walks twice weekly.
- **Weeks 12-52:** Continue twice weekly group walks and begin resistance band training as a group.
- **Throughout:** Meet regularly with peer Health Coach for health tips, group discussions, resistance band training, group walks, as well as individually to discuss barriers and progress towards weekly physical activity goals. Wear pedometer and record steps in daily step log.

Provide Informed Consent

1st Study Visit
Baseline

2nd Study Visit
3 months later

3rd Study Visit
6 months later

4th Study Visit
12 months later

12 Weeks
Cardiac
Rehabilitation

HEART-PLAY INTERVENTION
HEART-PLAY INTERVENTION

Compensation:

\$25

\$50

\$75

Total up to:
\$75 = \$225

**Peer Health Coaches will also receive \$75 per month for the first 2 months, then \$100 per month for the remaining 10 months for a total of \$1,150.*



STANDARD STUDY ARM

RESEARCH OPPORTUNITY:

- Funded by National Institutes of Health
- Support UCSD research investigating ways to make cardiac rehabilitation more effective and sustainable
- Earn up to \$225 for participation

FOUR STUDY VISITS ACROSS 12 MONTHS:

- Health History Interview
- Questionnaires
- Blood Sample
- 7-day activity monitoring

