An Active Partnership for the Health of Your Heart

Incorporates Updated Prevention Guidelines

Silver Award, National Health Information Awards

Our popular cardiac rehab workbook and DVD include updated prevention guidelines issued by the American Heart Association and the American College of Cardiology.

Use Active Partnership to enhance your cardiac rehab program or give to patients unable to attend a formal program. It offers encouragement, knowledge and resources to help participants make lasting lifestyle changes.

Topics include:

- Risk factor management
- Understanding CAD
- Communication skills
- Taking medications
- Diet, physical activity, weight loss
- Stress management
- Smoking cessation
- Dealing with depression

Order Active Partnership as a set or individually:

Workbook/DVD Set
Item #50-1711
- 208-page workbook featuring personal quotes, charts, checklists and visual cues to support learning
- 90-minute DVD brings learning to life with personal stories and practical solutions

Workbook Only
Item #50-1708

DVD Only
Item #50-1710

“The Active Partnership Workbook and DVD set is a valuable and consistent educational tool for our cardiac and stroke patients. Our patients and families love it and so does our staff.”

Kimberly S. Finney, RN, BSN
Cardiac Rehabilitation Specialist
Maui Memorial Medical Center, Wailuku, HI

“(Patients) have found it informative without being too technical. It’s been a valuable contribution to our program.”

Jan Bennett, RN
PeaceHealth Southwest Medical Center
Vancouver, WA

Order American Heart Association patient education at www.kramesstore.com/AHA or call 800-333-3032 today.
Help Patients Change Behavior

The workbook and DVD offer the encouragement, knowledge and resources participants need to communicate with their healthcare team, manage their medications and make lasting lifestyle changes.

Checklists and visual cues speed comprehension

Exercise tips encourage patients to increase physical activity safely

Tools and logs help patients collect and record vital information

Save with Quantity Discounts!

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