



Welcome Home

Support and Education for Patients Who Have Hypertrophic Cardiomyopathy (HCM)



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Agenda



- About the Program
- Program Components
- How to Participate
- Questions



About the Program

Welcome



- Welcome Home provides support and education to patients who have been recently diagnosed with hypertrophic cardiomyopathy or who have been recently hospitalized.
- The goals of Welcome Home are to assist patients in their recovery, improve patient outcomes, increase quality of life, and reduce hospital readmissions.

Benefits of Peer Support

- ✓ Reduces feelings of isolation and depression in people managing chronic conditions.
- ✓ Improves physical health including decreasing visits to the hospital and emergency room.
- ✓ Increases disease knowledge, understanding of disease education, ability to manage heart disease and reduce risks.
- ✓ Improves understanding of medications and why it's so important to take them as directed.
- ✓ Creates more confidence in making decisions, communicating with healthcare professionals and problem solving.
- ✓ Provides social support so patients are more likely to stick to lifestyle changes and treatment plans.
- ✓ Creates meaningful connections that improve health and increase a sense of belonging and well-being.
- ✓ Helps patients recognize and address family and community health issues.
- ✓ Increases access to health information and resources for ALL people—reducing disparities.



Program Overview



Welcome Home Hypertrophic Cardiomyopathy (HCM)

Welcome



In this 6-week program, you will receive:

- Weekly emails with helpful information, tools, tips and resources.
- Peer support calls every other week from a trained patient who has HCM.
- Ongoing support through our Heartline peer support line.



Get home and stay home with support and education from those who have been there.

With Mended Hearts® you are not alone!

Get support now!

Register at:
<https://www.myheartvisit.org/hcm-visit-form>



SCAN ME

Or Call:
The Mended Hearts, Inc.
1-844-HEART87
(1-844-432-7887)

This program is made possible by educational grants from:



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Educational Emails



- **Week 1:** Welcome and connect to resources
- **Week 2:** Tips for managing your condition
- **Week 3:** Identifying and building your support network
- **Week 4:** Incorporating healthy habits
- **Week 5:** Becoming an empowered patient
- **Week 6:** Thank you and survey



Emotional Support Emails



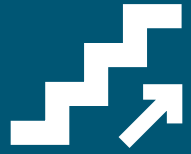
- **Week 1:** You are not alone
- **Week 2:** Introducing healthy habits
- **Week 3:** Tips for maintaining emotional health
- **Week 4:** Becoming an empowered patient
- **Week 5:** Communicating with your healthcare team
- **Week 6:** On your way!



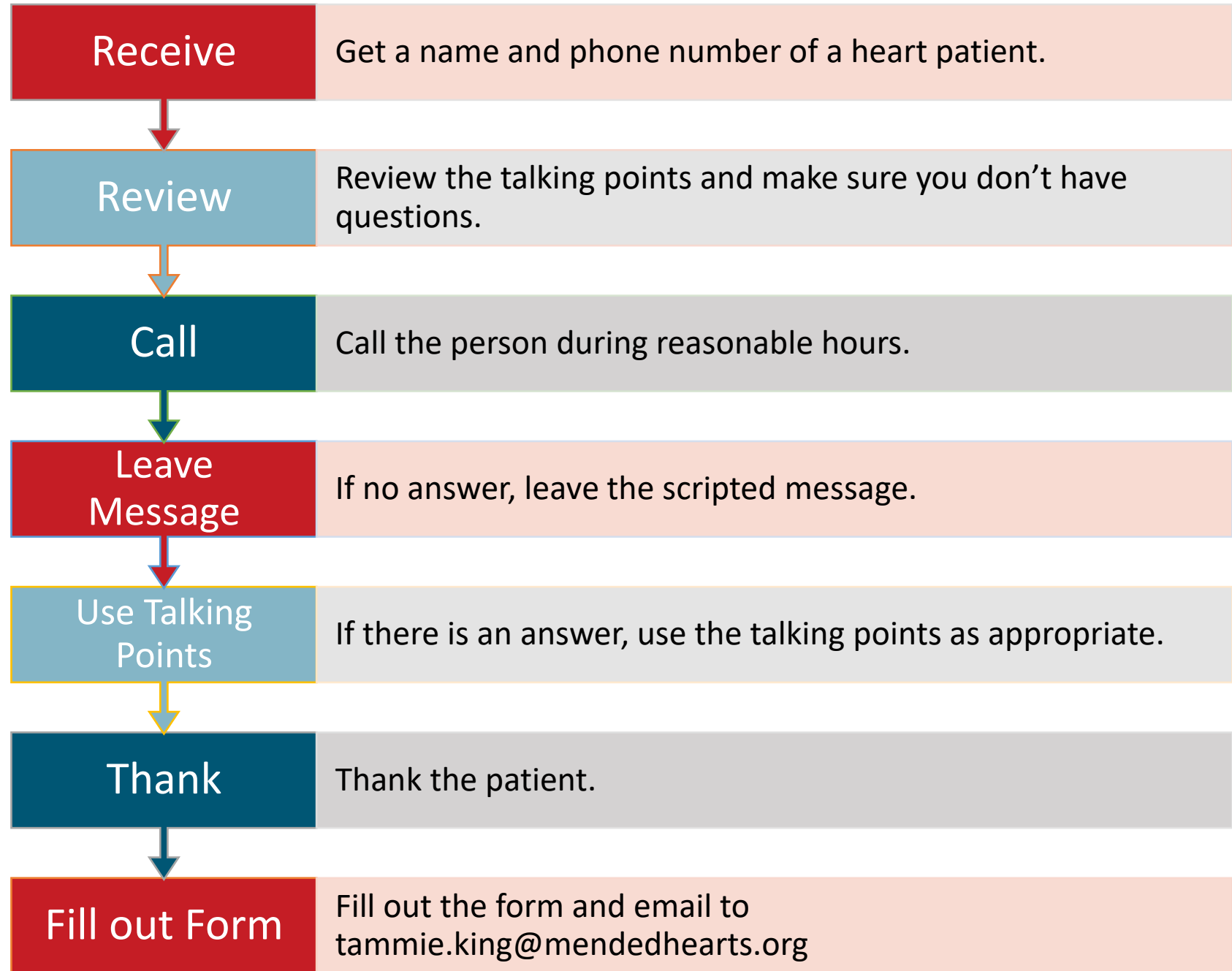
Bi-Weekly Peer Support Calls



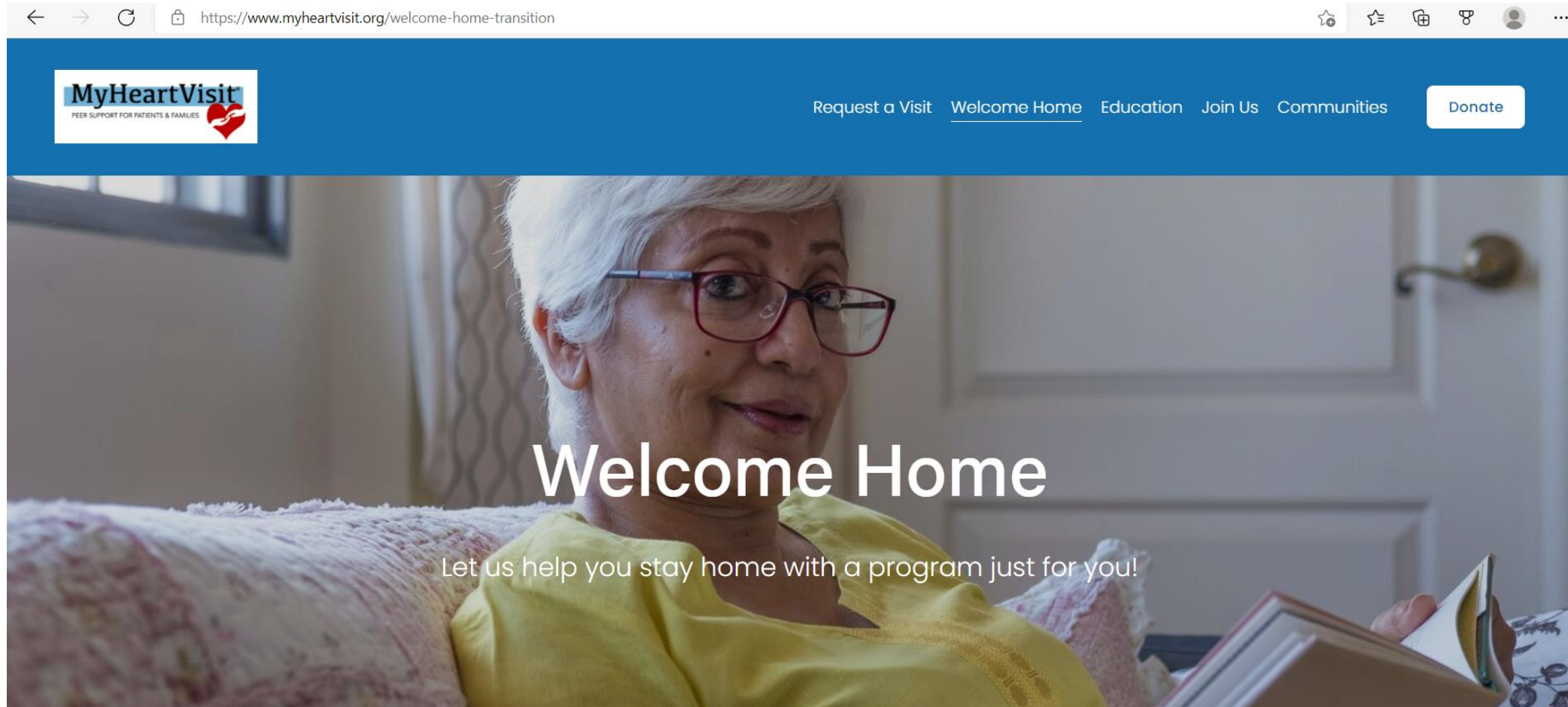
- **Week 1:** Welcome, more about the program, how to identify their support network.
- **Week 3:** Things they may be feeling, resources they can connect with, lifestyle changes.
- **Week 5:** Communicating with their healthcare team.
- **Week 6:** Thank them for participating, encourage them to take the survey, let them know how to get ongoing support.



Peer Support Call Steps



How to join Welcome Home

A screenshot of a web browser displaying the 'Welcome Home' page on the MyHeartVisit website. The browser's address bar shows the URL 'https://www.myheartvisit.org/welcome-home-transition'. The website's header is blue and contains the MyHeartVisit logo on the left, which includes the text 'MyHeartVisit' and 'PEER SUPPORT FOR PATIENTS & FAMILIES' next to a red heart icon. To the right of the logo are navigation links: 'Request a Visit', 'Welcome Home' (which is underlined), 'Education', 'Join Us', and 'Communities'. A white 'Donate' button is positioned on the far right of the header. The main content area features a large photograph of an elderly woman with short white hair and red-rimmed glasses, wearing a yellow top and sitting on a couch. She is looking towards the camera with a slight smile. Overlaid on the bottom half of the photograph is the text 'Welcome Home' in a large, white, sans-serif font, and below it, in a smaller white font, is the text 'Let us help you stay home with a program just for you!'.

www.myheartvisit.org



Welcome Home HCM

Welcome home! We know you're happy to be out of the hospital, but coming home can feel a little scary. There's a lot to remember about your health, medicines, and treatment, and it can feel like too much. But don't worry, we're here to help.

Our MyHeartVisit® Welcome Home Program gives you helpful emails each week, along with emotional support. Plus, a friendly supporter will call you every other week for 6 weeks to check on you as you recover. And the best part? It's totally free for heart patients, parents, and caregivers!

[Sign Up Today](#)



How to Join Welcome Home

www.myheartvisit.org

Application

Welcome Home - HCM

Welcome to our 6-week MyHeartVisit® Welcome Home program for patients who have Hypertrophic Cardiomyopathy. This program is designed to provide education and peer-support while you recover from your hospital stay. Let us be your partner in your recovery, working to keep you healthy and at home where you belong.

[Learn About HCM](#)

Name (required)

First Name

Last Name

Email (required)

Phone (required)

Zip Code (required)

Would you like to be connected with a trained volunteer for peer support?

(Support calls are every 2 weeks.)

(required)

Select an option



Are you a patient or a caregiver?

Select an option



How did you learn about Mended Hearts (required)

Select an option



Hospital or Clinic

Please let us know which hospital or clinic you were last treated at for HCM.

[Sign Me Up](#)



Contact us at 1-888-HEART99
or info@mendedhearts.org if
your hospital or practice is
interested in learning more
or for additional resources
and services.

