Recovery built around your diagnosis – not a generic protocol

The 30 days after a cardiac event are the highest-risk window of your recovery. Where you go matters.

Our Cardiac Program was engineered to close the gap between hospital discharge and full heart health, with physician-led oversight from day one.

24/7
CARDIAC NURSING OVERSIGHT

30%
AVG. READMISSION REDUCTION

"Many avoidable rehospitalizations can be reduced. We designed this program to eliminate the vulnerabilities in that critical post-discharge window."

- Dr. Hakim Uqdah, Cardiologist

READY TO GET STARTED?

Ask your hospital discharge planner about **Vivid Recovery™** or call any Vierra location directly.

VIVID™ RECOVERY

CARRIAGE HILL BETHESDA Health & Rehab — A VIERRA COMMUNITY
5215 W Cedar Lane
Bethesda, MD 20814
(301) 897-5500
carriagehillbethesda.com

ST. ELIZABETH Rehab & Nursing — A VIERRA COMMUNITY
3320 Benson Avenue
Baltimore, MD 21227
(667) 600-2600
stelizabethnursing.com

VIERRA FALLS CHURCH HEALTH & REHAB
2100 Powhatan Street
Falls Church, VA 22043
(703) 538-2400
vierrafallschurch.com

ADMIRAL Health & Rehab — A VIERRA COMMUNITY
1785 S. Hayes Street
Arlington, VA 22202
(703) 920-5700
admiralrehab.com

WOODSIDE Rehab & Nursing — A VIERRA COMMUNITY
9101 Second Avenue
Silver Spring, MD 20910
(301) 588-5544
woodsidenursing.com

vierracommunities.com

CLEAR CARE. STRONGER OUTCOMES.

VIVID™ CARDIAC

Specialized Cardiac Care

Supporting Every Beat of Your Recovery

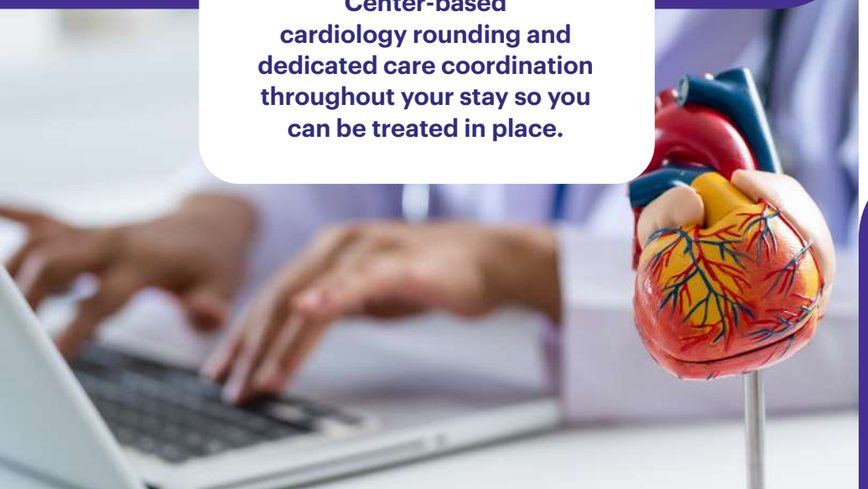
Powered by VIERRA COMMUNITIES

Conditions We Manage

- Heart Failure (CHF)
- Post-CABG Recovery
- Myocardial Infarction
- Post-TAVR / Valve Repair
- Atrial Fibrillation
- Cardiomyopathy
- Pacemaker / ICD Placement
- Peripheral Artery Disease

Physician Access

Center-based cardiology rounding and dedicated care coordination throughout your stay so you can be treated in place.



The VIVID Recovery Difference

Weekly Heart Failure Rounds

Cardiac Consultation Available 24/7 via phone or Telehealth

EKG's & Echo's (in-house)

24/7 Diagnostic & Laboratory Capabilities

IV Therapy / IV Lasix Push Capability

48-Hour Holter Monitor (in-house)

Life Vest

Medication Management

Heart-Healthy Nutrition

Pain Management

Chronic Condition Management

Respiratory Therapy Services

7 Day a Week Therapy Services (PT, OT, Speech)

Restorative Nursing Care

Wound Care

Patient & Family Disease Specific Education

Your Recovery JOURNEY

Stabilization & Assessment
Cardiologist evaluation upon admission. Baseline diagnostics, medication review, and a personalized care plan established immediately.

Active Cardiac Rehabilitation
As your cardiac function improves, your program advances. PT, OT, and cardiology collaborate to maximize functional recovery and independence.

Onsite Provider Presence
Allows for medical optimization and medication regimen review and adjustment onsite, and helps to avoid unnecessary transfers to the hospital.

Discharge & Transition Planning
Full continuity package: follow-up scheduling, home health coordination, medication management, and education for patient and family.

Luxurious, Healing Environment
With many private rooms, concierge-style service, and thoughtfully designed amenities that are the hallmark of Vierra Communities, we believe the right setting is an integral part of your recovery.

"We don't hand patients a pamphlet and wish them luck. Our cardiologists remain engaged throughout the stay — adjusting, watching, and advocating for each patient's best possible outcome."

– Dr. Tavneer Malik, Cardiologist