



## Virtual Pulmonary Rehabilitation

### Getting started:

1. Visit [www.imasterhealth.com](http://www.imasterhealth.com) to learn more about the virtual pulmonary rehabilitation program and apply to be apart of the LungNSPEI & iMaster Health Living Well with Lung Disease Pilot Program: <https://www.lungnspei.ca/livingwellwithlungdisease>
2. Once your application is approved, you will receive an email from iMaster Health inviting you to the virtual pulmonary rehabilitation application. Follow the link in the email to set your password, and then you will have access to the platform's resources.
3. Download the app on your device (computer, phone, or tablet) for easy access.
4. Start exploring the program! Enroll in exercise programs, try resources such as breathing techniques, educational materials, lung-friendly recipes, journaling, and water tracking. Plus, connect with others in the community.

### Common Questions:

#### How do I join an exercise program?

Navigate the platform using the left sidebar menu on desktop or the bottom menu if using a tablet or phone. Click on the 'Exercise' tab, where you will find all the pulmonary rehabilitation programs. These programs are divided into three levels: Beginner, Intermediate, and Experienced. Choose the one that interests you and click 'Join Program'. You can start immediately or select the date you wish to begin. Follow the weekly sessions, and make sure to press 'Complete' after each session to stay updated on your progress.

#### How do I join the live exercise classes?

Using the sidebar menu located on the left, select 'Live Class'. To join the session, click 'Join Class', and your browser will redirect to the Zoom meeting link. Sessions are held on the first and third Wednesday of every month from 2pm to 3pm AST.

#### What is the 'Discover' tab?

On the left sidebar menu or the bottom menu when viewing on a tablet or phone, you'll notice a tab labeled 'Discover'. The Discover page offers the following features:

1. Workout Library: Access 5-20 minute on-demand exercise videos, including yoga, stability exercises, strength training, and cardio sessions.
2. Breathing Techniques: Explore a guide to breathing techniques and a library of exercises organized by lung condition.
3. Nutrition: Discover lung-friendly recipes for breakfast, lunch, dinner, and snacks. Each recipe includes ingredients, health benefits, and directions.
4. Education: Listen to educational podcast episodes by experienced practitioners covering various topics. Listen while in the car, on a walk, or during rest.
5. Journaling: Write about emotions, symptoms, environmental triggers, and more to track changes in health from day to day.
6. Water Intake: Track your daily water intake to ensure you stay hydrated.

Should you have any questions or require assistance, feel free to reach out to iMaster Health's founder, Amanda, at [amanda.holyk@imasterhealth.com](mailto:amanda.holyk@imasterhealth.com) or via the in-app messenger located in your profile.