

WELCOME TO SANOVA HEALTH

# Your Roadmap to Heart Health

We know that navigating medical tests can feel overwhelming. This guide is built completely for you—showing exactly what to expect at every step of your journey, from your initial referral to your follow-up plan.

## Your 7-Step Journey with Us



### Step 1: Your Referral is Received

Your journey begins when your regular family doctor or a local walk-in clinic sends us an official request for testing.

- Our team reviews your paperwork right away so we can welcome you into our care loop without delay.



### Step 2: Booking Your Visit

We work to find the right date, time, and specific heart test to match your needs perfectly.

- One of our team members will call you directly to set up your appointment at a time that works for you.
- We will guide you through simple instructions so you know exactly how to prepare and what to bring.
- Have questions? This is the perfect time to ask—we want you to feel entirely at ease before your visit.



### Step 3: Your Visit & Testing Day

You will come to our clinic for your test. Everything we do is completely safe, gentle, and non-invasive:

- **ECG:** A fast, painless check that takes a simple picture of your heart's resting rhythm.
- **Holter Monitor:** We gently set you up with a small, lightweight device to track your heart at home for a few days.
- **Stress Test:** A completely supervised test where we see how beautifully your heart works while you exercise.
- **Echocardiogram:** A simple, comfortable ultrasound scan to view clear images of your heart chambers.



### Step 4: Living Your Normal Life

If you are wearing a home monitor, you simply head back to your normal daily environment.

- We want you to keep doing all your usual activities so your monitor gets an accurate picture of your normal routines.
- If you ever feel a little skip or flutter, just write it down in your symptom diary so our doctors can look closely at that exact moment later.



### Step 5: Our Expert Review

Your data is packaged up safely and looked over thoroughly by our expert care team.

- Our heart specialists (cardiologists) carefully read your rhythm maps alongside your personal diary notes.
- Rest assured: if our team ever spots anything that needs urgent care, we fast-track it to get you immediate help.



### Step 6: Sharing Your Results

We make sure your tests are translated into a clear medical report and sent out directly to close the loop.

- Your results are sent safely back to the original family doctor who requested the test for you.
- If your heart needs a little extra attention, we will also route the report directly to a specialist heart doctor right away.



## Step 7: Your Follow-Up Plan

We wrap up your journey by connecting you with a clear, personalized plan to keep you feeling your best.

- You and your regular doctor will meet to talk through the findings and discuss the best next steps.
- Your plan might include adjusting your daily medications, talking about lifestyle improvements, or booking a friendly visit with a specialist.

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Thank you for trusting Sanova Health with your care. We are with you every step of the way.