Purpose
This pilot study evaluated the efficacy of delivering HF exercise consultations to patients who elected to participate in a technology-based telemangement program.

Design
32 patients were enrolled to receive routine exercise HF exercise consultations from a telemedicine healthcare team over a 6-month period in this pilot study.

Methods
The physical activity monitor (PAV) method was used to assess theittel exercise information. Patients were provided with a physical activity monitor (PAV) and were instructed to wear the device for a minimum of 10 hours per day. The PAV was used to collect information about physical activity, such as minutes spent walking, standing, or sitting, and the steps taken. The data from the PAV was analyzed using proprietary software to determine the patient’s exercise adherence.

Results
Compliance with the exercise program was assessed by evaluating the amount of time spent in active movements, such as walking, running, or cycling. The data from the PAV showed that the average daily exercise time was 30.2 minutes, with a range of 0 to 60 minutes. The exercise intensity was also assessed by evaluating the number of steps taken during the day. The average daily number of steps was 6,578, with a range of 1,000 to 20,000 steps. The exercise frequency was assessed by evaluating the number of days per week that the patient participated in the exercise program. The average weekly exercise frequency was 3 days, with a range of 1 to 7 days.

Conclusions
The results of this pilot study suggest that a technology-based telemangement program can be an effective approach to delivering exercise consultations to patients with heart failure. The exercise program was well-received by the patients, and the data collected using the PAV was useful in assessing the patient’s exercise adherence. The program could be further improved by incorporating more personalized feedback and guidance to the patients.