

# Digital platforms to support cardiac rehabilitation: early value assessment

Information for the public

Published: 4 December 2025

[www.nice.org.uk](http://www.nice.org.uk)

NICE has said that the following digital technologies can be used in the NHS to support cardiac rehabilitation for adults with cardiovascular disease:

- Activate Your Heart
- D REACH-HF
- Digital Heart Manual
- Gro Health HeartBuddy
- KiActiv
- myHeart
- Pumping Marvellous Cardiac Rehab Platform.

A trained healthcare professional will check that the technology is suitable for the person having cardiac rehabilitation.

The NHS is collecting more evidence for these technologies. You might be asked if details of your treatment can be collected as evidence. You can ask your healthcare professional about how your information will be stored and used.

NICE has said that the following digital technologies can be used only as part of a research study to support cardiac rehabilitation for adults with cardiovascular disease:

- Beat Better
- Datos Health
- Get Ready
- Luscii vitals
- R Plus Health.

## About the technologies

Cardiac rehabilitation usually includes:

- suitable physical activities
- information about managing the condition, taking medicines and other practical advice on lifestyle changes such as diet and smoking
- techniques for relaxation and managing stress
- psychological support for anxiety and low mood.

Digital technologies to support cardiac rehabilitation can be used on mobile phones, tablets or computers. They allow some elements of cardiac rehabilitation to be done remotely, so people can manage their own care at a time and place that works for them. The technologies may mean that more eligible people can take advantage of cardiac rehabilitation, and people may find it easier to stick to their cardiac rehabilitation programmes. The technologies may also reduce unplanned hospital visits.

## Are these technologies right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See our [webpage on shared decision making](#).

## Questions to think about

- How well do the technologies work compared with face-to-face programmes?
- What are the risks or side effects? How likely are they?
- How will the technology affect my day-to-day life?
- What happens if the technology does not work?
- What happens if I do not want to use the technology? Are there other options available?
- How will my information be used, if it is collected?

## Information and support

The [NHS webpage on recovery from coronary heart disease](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Cardiomyopathy UK](#), 0800 018 1024
- [Somerville Heart Foundation](#), 01473 252007

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

ISBN: 978-1-4731-7670-6