**Supplemental Digital Content**

**ONLINE SURVEY**

SECTION 1: About You

1. Choose the sentence that best describes you\*:

1. I am a current or former patient in the hybrid program (4 onsite classes and 12 virtual classes)
2. I am a current or former patient in the fully virtual program (all 16 classes are virtual)

*\*For each description, we had a set of questions.*

2. Please select your age group:

1. Between 18 to 34 years old
2. Between 35 to 44 years old
3. Between 45 to 54 years old
4. Between 55 to 64 years old
5. Between 65 to 74 years old
6. Between 75 to 84 years old
7. More than 85 years old

3. Please select your gender:

a. Female

b. Male

c. Transgender Male

d. Transgender Female

e. Gender-Variant/ Non-Conforming

f. Not listed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Are you filling this survey out on behalf of another person?

1. Yes
2. No

**SURVEY for Patients from the Hybrid Model**

SECTION 2: Satisfaction

Q1: Overall, how satisfied were you with the hybrid cardiac rehab program (4 classes onsite and 12 virtual classes)?

1. Very satisfied
2. Somewhat satisfied
3. Neither satisfied nor dissatisfied
4. Somewhat dissatisfied
5. Very dissatisfied

Please explain the reasons for your answer:

Q2: Would you recommend this hybrid model of cardiac rehab care (a mix of onsite and virtual classes) to your family and friends?

1. Definitely would
2. Probably would
3. Probably not
4. Definitely not

Please explain the reasons for your answer:

Q3: Do you think you would have had a better experience with your exercise program if you were able to come onsite more often?

1. Definitely would
2. Probably would
3. Probably not
4. Definitely not

Please explain the reasons for your answer:

Q4: Do you think you would have had better support from the other patients in your group if you were able to see them in person more often?

1. Definitely would
2. Probably would
3. Probably not
4. Definitely not

Please explain the reasons for your answer:

Q5. Do you think you would have had a better experience with the education provided if it was in person?

1. Definitely would
2. Probably would
3. Probably not
4. Definitely not

Please explain the reasons for your answer:

SECTION 3: Preferences for onsite classes

*If patients chose alternatives a-g we will ask them the following:*

Q6. In the hybrid program, there were 12 group classes and 4 self-learning weeks. Out of the 12 group classes, how many do you think should be held onsite?

1. 5 onsite
2. 6 onsite
3. 7 onsite
4. 8 onsite
5. All onsite
6. It would not be improved

Please explain the reasons for your answer:

Q7. When do you think the added onsite classes should be offered?

1. Near the start of the program
2. Near the end of the program
3. Spread throughout the program
4. Other. Please explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q8. What do you think the added onsite classes should focus on?

1. Exercise only
2. Exercise and education
3. Education only

Q9. Which education topic do you think you would learn better if it was delivered in person (compared to online or by phone)? Select all that apply.

1. How your heart works
2. Your heart medicines
3. Your risk factors for cardiovascular disease
4. Healthy eating
5. Emotional wellbeing
6. Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. I don’t think I would learn better in person

Q10. Is there anything else we should consider if we offer more than 4 onsite visits in the hybrid model?

**SURVEY for Patients from the Fully Virtual Model**

SECTION 2: Satisfaction

Q1: Overall, how satisfied were you with the fully virtual cardiac rehab program (all 16 classes were virtual)?

1. Very satisfied
2. Somewhat satisfied
3. Neither satisfied nor dissatisfied
4. Somewhat dissatisfied
5. Very dissatisfied

Please explain the reasons for your answer:

Q2: Would you recommend this fully virtual model of cardiac rehab care (no onsite classes) to your family and friends?

1. Definitely would
2. Probably would
3. Probably not
4. Definitely not

Please explain the reasons for your answer:

Q3: Do you think you would have had a better experience with your exercise program if you were able to come onsite?

1. Definitely would
2. Probably would
3. Probably not
4. Definitely not

Please explain the reasons for your answer:

Q4: Do you think you would have had better support from the other patients in your group if you were able to see them in person?

1. Definitely would
2. Probably would
3. Probably not
4. Definitely not

Please explain the reasons for your answer:

Q5. Do you think you would have had a better experience with the education provided if it was in person?

1. Definitely would
2. Probably would
3. Probably not
4. Definitely not

Please explain the reasons for your answer:

Q6. Do you think you would choose the hybrid program in the future (4 onsite classes and 12 virtual classes) if more than 4 onsite classes were offered?

1. Yes
2. No

SECTION 3: Preferences for onsite classes

*If patients selects yes on Q6,*

In the 16-week hybrid program, how many classes do you think should be onsite?

1. 4 onsite (stays the same)
2. 5 onsite
3. 6 onsite
4. 7 onsite
5. 8 onsite
6. All onsite

Please explain the reasons for your answer:

*If patients selects no on Q6,*

Please explain why you would not choose the hybrid program if more than 4 onsite classes were offered.

Q7. If you would come onsite for cardiac rehab classes, when would you prefer these classes to be delivered?

1. Near the start of the program
2. Near the end of the program
3. Spread throughout the program
4. Other. Please explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q8. If you would come onsite for cardiac rehab classes, what do you think these onsite classes should focus on?

1. Exercise only
2. Exercise and education
3. Education only

Q9. Which education topic do you think you would learn better if it was delivered in person (compared to online or by phone)? Select all that apply.

1. How your heart works
2. Your heart medicines
3. Your risk factors for cardiovascular disease
4. Healthy eating
5. Emotional wellbeing
6. Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. I don’t think I would learn better in person

Q10. Is there anything else we should consider if we offer more than 4 onsite visits in the hybrid model?