

thrive ▶▶

PERSONALIZED MEDICAL REHABILITATION



**PERSONALIZED MEDICAL REHABILITATION**  
BECAUSE NOT EVERYONE HEALS THE SAME



## A GIANT LEAP FORWARD IN SHORT-TERM CARE

Thrive is strictly a short-term care center that's at the forefront of helping our patients recover sooner. Our advanced healthcare method using "personalized care teams" combined with welcoming hospitality separates us and makes Thrive the better, smarter choice.



We start by settling you into a deluxe private suite where you'll meet your personal care team, which typically includes a registered nurse, a licensed therapy specialist and a dietitian. Together with your physician, you will develop your personalized plan with a tentative release date.

**PROVEN TO HELP OUR GUESTS HEAL FASTER AND GET HOME SOONER**



## WHAT SETS US APART?

Our processes – and our results – cannot be replicated by long-term, skilled-nursing care facilities that offer short term care, because we specialize in:



### Optimal nursing care

- Higher clinical staff-to-patient ratio
- Higher ratio of Registered Nurses per shift
- Licensed nurses and nursing assistants available 24-hours daily



### Advanced therapies

- In-house licensed therapists
- First session including evaluation typically within first 24 hours
- Intensive physical and occupational therapy sessions, available 7 days a week including holidays, to help avoid potential setbacks



### Deluxe private suites

- En-suite bathrooms for private bathing
- Comfortable, oversized beds- 6" wider than the normal standard
- Secured medicine cabinets en-suite for faster care
- Piped-in oxygen available in all rooms, enabling immediate care if needed



### Exquisite dining

- Customized dietary plan
- Restaurant-style dining, made-to-order meals and flexible hours
- Dedicated hostess and waitstaff provide a relaxed and friendly atmosphere
- Guest Favorite. Create your own pizza in our brick oven.



## COMPREHENSIVE CARE

### Nursing

Our licensed nurses and nursing assistants are efficient and compassionate and provide care 24-hours a day. They know firsthand that not everyone heals the same. Our nurses provide vital monitoring, lab monitoring, medication management and more.

Daily, they coordinate with physicians and other healthcare practitioners to accurately implement the team's plan of care. Our nursing team is available to educate guests and their family members about individual progress.

### Therapy

Our in-house Thrive therapy team provides physical therapy, occupational therapy and speech therapy by licensed professionals. Specialty therapy services such as lymphedema therapy or respiratory therapy are also available to guests, if needed. Depending on your individual need and evaluation, therapy can take place up to 7 days a week including holidays and weekends. Guests are typically evaluated and begin services in less than 24 hours of arrival.

### Discharge Planning

Our No. 1 goal is the same as yours—determine the earliest date you can return home. Within 48-hours of admission you'll meet with your Personalized Care Team to set goals and establish a tentative discharge date. Identifying a date inspires guests and helps us evaluate your progress in order to prepare you for a successful transition back home. We make all necessary arrangements, including: Ordering home-health services, equipment or any additional home support needed.

### Dietary Management

A registered dietitian will conduct a complete dietary evaluation and nutritional assessment to determine the best diet plan to support your recovery, establish a baseline weight, and ensure any necessary nutritional supplements are ordered.





## HOSPITALITY

At Thrive, we married both healthcare and hospitality, which we feel are equally crucial to a positive recovery experience.



### ▶▶ Deluxe Private Suites

- Extra wide beds (six-inches larger than the standard)
- Private bathing en-suite
- Walkers and wheelchairs in each suite (each guest has their own equipment)
- HDTVs with cable
- Individual climate control
- Bedside USB ports
- Secured medication and linen cabinets located in each suite for faster care
- Safety light available for guests to contact your care team
- Services available at the push of a button.



### ▶▶ Cuisine Care

- Made-to-order meals. Our Cuisine Care restaurant features a commitment to quality and flavor. House-made soups, sauces and dressings, fresh vegetables, herbs, seasonings and ample selections often have guests asking for seconds.
- Nutritious food heals. Our registered dieticians work with guests on any special requirements they may have to keep them safe and healthy during their stay.
- Restaurant-style dining. Guests are greeted by our hostess. Dining orders are taken by our waitstaff so you can relax and enjoy the atmosphere.
- Open dining times. While most rehab facilities provide specific times for eating, we give our guests a wider timetable to dine and enjoy our restaurant.
- Guest favorite. Create your own pizza in our brick oven.



### ▶▶ State-of -the-art Therapy Gym

- LiteGait® - Partial Weight-Bearing Gait Therapy Device (up to 500 pounds for bariatric guests) that includes a treadmill
- Life Fitness Equipment - double pulley, compound row, knee extension and leg press
- Kinesio Taping (a PT and OT intervention)
  - E-Stim (Omni Stim) (used for pain control and muscle strengthening)
  - Ultrasound
  - Diathermy for pain control and edema management
- Includes simulation of a kitchen and bathing suite (includes bathtub, shower) to work on activities of daily living
- Out of gym therapy (i.e., outdoor activities such as practicing getting in and out of a car, walking on uneven surfaces, etc.)
- Step and stair training available



## CLINICAL CAPABILITIES

What sets Thrive apart from other short-term care facilities are experienced personalized medical-care teams who are highly equipped to work with a wide range of clinical needs.



### CARDIAC:

Congestive Heart Failure (CHF) recovery  
Left Ventricular Assist Device (LVAD) Placement recovery  
CABG recovery  
Valve replacement recovery  
Pacemaker recovery  
Whipple recovery  
MI recovery  
Arrhythmia recovery  
Aortic aneurism recovery



### POST-SURGICAL:

Wound care (including wound vac)  
Ostomies (Colostomy, Ileostomy)  
Amputation recovery  
Plastic surgery recovery  
Hysterectomy recovery



### ORTHOPEDIC:

Joint replacements recovery  
Fractures recovery



### PULMONARY:

COPD recovery  
Pneumonia recovery  
Optiflo recovery



### ONCOLOGY:

Post Tumor Removal Care



### NEUROLOGICAL:

Stroke CVA recovery  
TIA recovery  
Cerebral Bi-Pass recovery



### MEDICALLY COMPLEX:

Diabetes  
Hypertension  
Trachs  
TPN (Total Parental Nutrition)

We have clinical liaisons that can evaluate and assess your needs prior to your admission to our center. If you are being treated for something that is not listed, we encourage you to call or visit Thrive.



## FREQUENTLY ASKED QUESTIONS

**Q: How does insurance coverage work?**

**A:** Insurance plans can cover much of the expense associated with your stay at Thrive, however each insurance plan is different. As a care provider, not an insurer, we do our best to confirm and communicate to you your insurance benefits. Prior to admission, we secure a pre-authorization for care and services from your insurance company. Once approved for admission, we communicate with insurers weekly and provide updates on your progress and continued needs. We, however, do not play a decision-making role in what costs are covered and what costs are not covered. It is important to understand your own insurance coverage and that you will most likely have a deductible, co-pay and/or other out-of-pocket costs that are your responsibility.

**Q: What are your visiting hours?**

**A:** Our center operates 24 hours a day, but our preferred visitor hours are from 8:00am to 8:00pm.

**Q: How does my insurance cover my stay?**

**A:** Each person's insurance coverage varies according to their plan and provider. Most insurances cover a stay at Thrive, but we always check insurance benefits prior to admission. This allows us to verify if our center is in network and if there are any fees that would need to be met before admission (i.e. deductibles or co-pays).

**Q: What is your Medicare Star Rating?**

**A:** We do not have a star rating just yet because we are a new center. For newly constructed buildings, the ratings will be available in the coming months. If you are interested in feedback about our care, we are happy to connect you with former guests who can tell you about their experience.

**Q: Can my doctor come to see me here?**

**A:** We have a group of physicians credentialed here to see guests on a regular basis (each affiliated with a local hospital system) that could communicate to your community doctor. The goal is to have you see your physician following your stay with us.

**Q: What if my insurance no longer covers my stay and I want to stay longer?**

**A:** We offer a private pay rate for those wanting to extend their stay or for those who are in the hospital and do not qualify for inpatient rehab insurance coverage. Rates can be provided by calling our Hospital Transitions department.

**Q: As a visitor, could I eat in your restaurant?**

**A:** Visitors are welcome to join guests in our restaurant, but will need to make a reservation with our CuisineCare crew beforehand. Guests staying in our center receive complimentary breakfast, lunch and dinner, but visiting family members and/or friends are required to pay for meals. We accept credit card for payment.





**THRIVE IS A BEAUTIFUL PROMISE THAT MARRIES  
PERSONALIZED HEALTH CARE AND HOSPITALITY.  
IT'S A PLACE WHERE GUESTS CAN FEEL POSITIVE,  
HEAL FASTER AND GET HOME SOONER.**



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