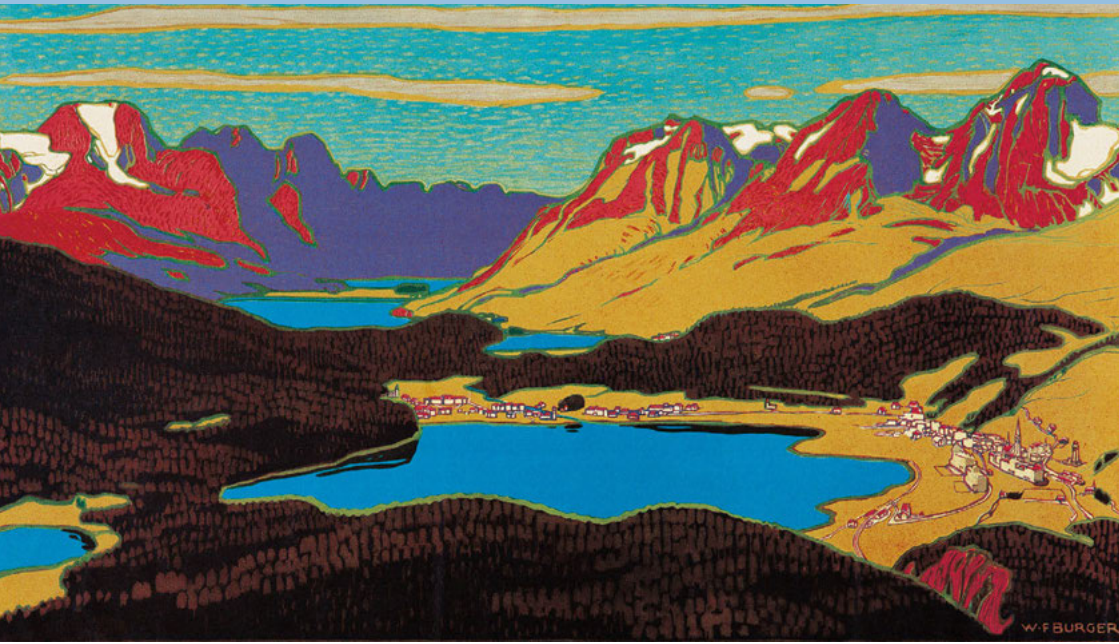


SANTASANA

*St. Moritz*<sup>®</sup>



“A merry heart  
lives long.”

William Shakespeare

Rehabilitation and prevention  
of cardiovascular disease  
in the Engadin

## The experience that sparked the idea

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Zurich entrepreneur Viktor F. Fässler suffered a heart attack. After being discharged from hospital, he decided to spend the outpatient rehabilitation period prescribed by his doctor in the high-altitude resort of St. Moritz, where clean air, sunshine and breathtaking scenery aid swift recovery.

However, at that time there were no cardiac rehabilitation facilities in the Engadin – even though all the necessary resources were available. So Fässler compiled his own rehabilitation programme in St. Moritz – with resounding success. Driven by his own experience and his professional expertise in the healthcare sector, he decided to create a comprehensive range of services for outpatient cardiac rehabilitation and prevention of cardiovascular disease in the Engadin. Thus the idea for **Santasana St. Moritz AG** was born.



## Tradition of curative spas in St. Moritz

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The Heilbad St. Moritz and its mineral springs (discovered in 1411 BC), together with the Alpine moors, the spectacular lake-strewn landscape, the Upper Engadin's bracing climate and its legendary sunshine, have made St. Moritz a popular health spa destination, particularly also among people with cardiovascular problems.

In order to draw up customised programmes for outpatient cardiac rehabilitation and prevention of cardiovascular disease, Santasana utilises the existing capacities offered by medical institutions, hotels and related guest accommodation, as well as sports and fitness facilities, in St. Moritz and the Engadin by means of contractually agreed partnerships and under the supervision of its own team of medical specialists. These work in close collaboration with University Hospital Zurich (UHZ). On doing so, the quality guidelines issued by the Swiss Association of Cardiovascular Prevention and Rehabilitation (SAKR) are strictly adhered to. **In addition, St. Moritz's high altitude, sun and ferrous, carbonated mineral water promote rapid recovery.**







## Elements of the Santasana concept

### 1. Adopt a heart-healthy lifestyle

A stay in the beautiful Engadin provides the necessary distance from an often stressful and unhealthy lifestyle. Participate in a structured and efficient cardiac training programme, whereby the Engadin's high altitude at 1,856 metres above sea level – south of the Alps with an average of 322 days of sunshine a year (Swiss record) – enhances performance and thus also the potential for recovery.

### 2. Curative stay with a free choice of accommodation outside a clinic

Patients with cardiovascular diseases who are undergoing outpatient treatment feel more comfortable staying in a hotel or holiday apartment than in a clinic. Enjoy the many benefits offered by a beautiful hotel or holiday apartment, coupled with the highly efficient training programme provided by a rehabilitation clinic.

### 3. Dealing with your illness

Being able to deal with your illness is a fundamental requirement for adopting a heart-healthy lifestyle. Psychocardiology is also included in our programme and helps patients to manage their illness in the long-term.

### 4. Healthy nutrition

Besides exercise, a permanent health-conscious diet is a key element for rehabilitation.

### 5. Counselling on returning to everyday life

There is a wide range of advisory options regarding family support and reintegration into professional life on offer.

### 6. Emergency concept

The emergency concept covers all conceivable incidents.

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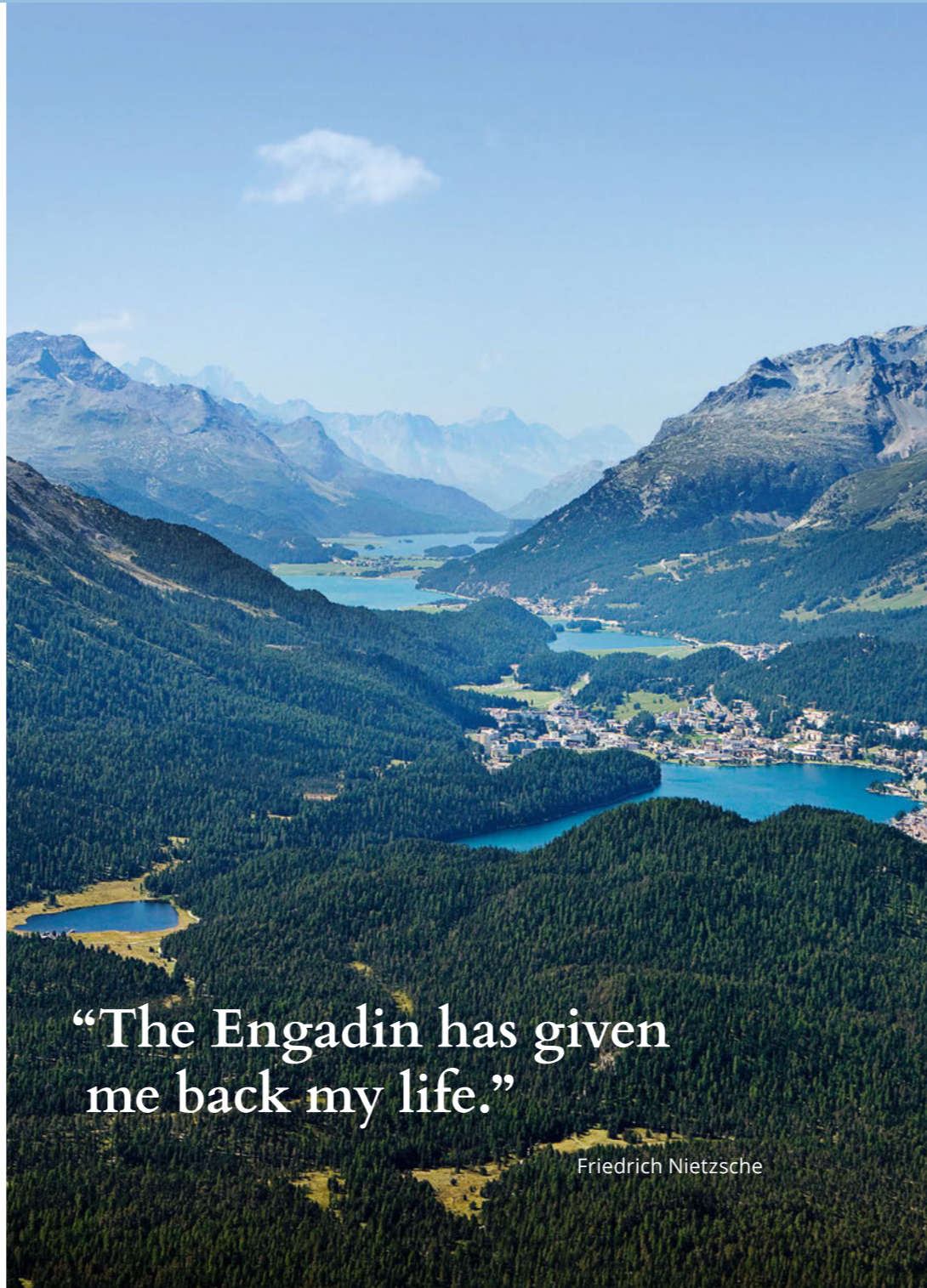
*St. Moritz*

## Rehabilitation

Phase I of cardiovascular rehabilitation begins in hospital directly after the acute event has occurred. Phase II comprises participation in a medically prescribed outpatient training and rehabilitation programme. Finally, phases III and IV involve continuing and maintaining a healthy lifestyle. The Santasana concept is implemented during the rehabilitation phase II and optimally prepares you for your future life. Following your stay, you can benefit from training tips and health updates for the rest of your life as a member of the **Santasana Heart Support Group**.

## Indications and contraindications

The referral for cardiac rehabilitation is made by the attending physician on location, who assesses the indications and contraindications. A tailor-made programme is then compiled based on a comprehensive evaluation on admission.



“The Engadin has given me back my life.”

Friedrich Nietzsche

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*St. Moritz*

## Outpatient treatment

Santasana's one- to three-week outpatient rehabilitation and prevention programmes encompass:

- Medical evaluation on admission
- Individualised physical activity
- Management of risk factors
- Healthy diet, with instruction in a cookery course
- Life tracking
- Stress management
- Guidance on achieving a heart-healthy lifestyle
- Mental support
- Medical evaluation on discharge
- Customised offers for accompanying persons

## Specialist team



**PD Dr. med. Christian Schmied**  
Head of Medicine, UHZ Zurich



**Dr. med. Donat Marugg**  
Regional Coordination and Support, St. Moritz



**Dr. med. Robert Eberhard**  
Senior Consultant at the MTZ Heilbad St. Moritz



**Dr. med. Andi Grünenfelder**  
Head of Sports and Emergency Medicine, St. Moritz



**Britta Ahlden**  
Head of Therapy Programme, St. Moritz



**Christoph Schlatter**  
CEO, Administration and Accommodation, St. Moritz

The **Advisory Board** comprises experienced heart specialists who are responsible for the quality of the medical services and can draw on a broad international network.



**Prof. Dr. med. Thomas F. Lüscher**  
Chairman of the Advisory Board, UHZ Zurich

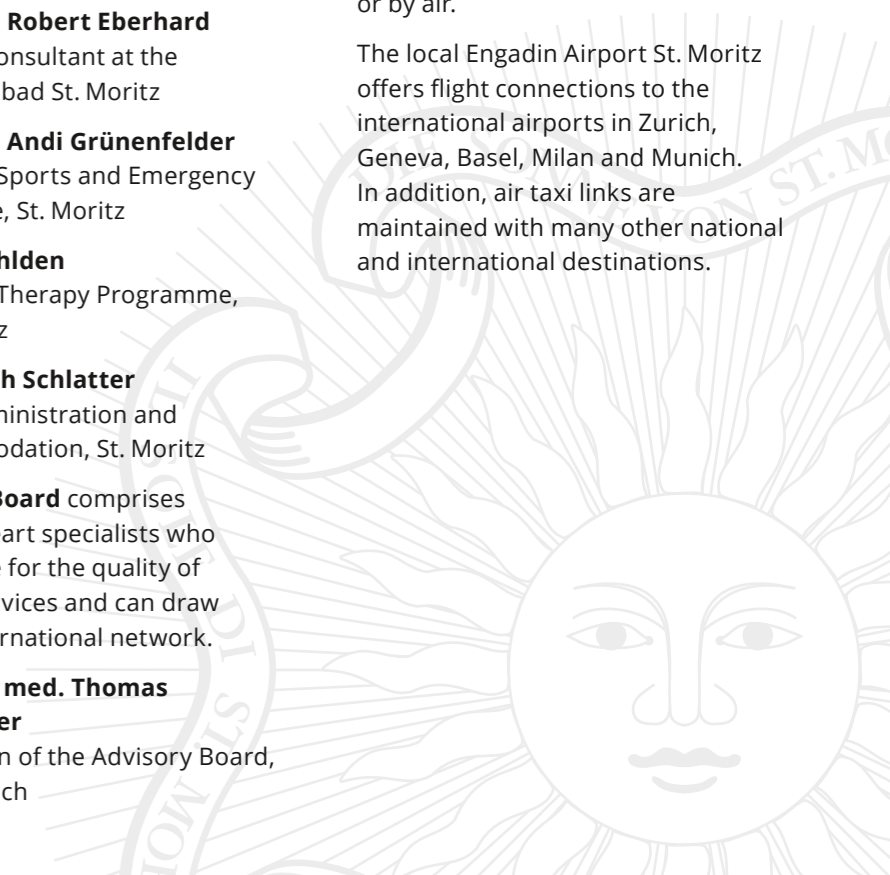


## St. Moritz

St. Moritz lies in the triangle between Zurich, Milan and Munich.

Santasana's partner hotels can be quickly and easily reached by rail, via the well-developed road network, or by air.

The local Engadin Airport St. Moritz offers flight connections to the international airports in Zurich, Geneva, Basel, Milan and Munich. In addition, air taxi links are maintained with many other national and international destinations.



SANTASANA

*St. Moritz*<sup>®</sup>

Do something for  
yourself and your heart!  
Contact us. We will  
be pleased to advise you.

**Santasana St. Moritz AG**  
**Centre for outpatient rehabilitation**  
**and prevention of cardiovascular disease**

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Partners

MTZ **HEILBAD**  
MEDICAL WELLNESS ST. MORITZ


**KLINIKGUT**  
Kliniken und Gesundheitszentren

 **UniversitätsSpital**  
**Zürich**

**HOTEL LAUDINELLA**  
*St. Moritz*

**HOTEL**  
**REINE VICTORIA**  
*St. Moritz*  
**by LAUDINELLA**

  
**Kempinski**  
**Grand Hotel des Bains**  
ST. MORITZ

 Amt für Wirtschaft und Tourismus Graubünden  
Ufficio per economia e turissem dal Grischun  
Ufficio dell'economia e del turissem del Grigioni