

Transforming AFib Care with Whole-Person Solutions

Nudj is transforming AFib care through whole person care by addressing the physical, mental, and social factors that drive better health and real outcomes.

277

AFib patients
across all programs*

AVG. AGE: 75

Meaningful improvements across all dimensions of health.

WEIGHT (n=141)



↓6.4%
average
loss

SYSTOLIC BP (n=203)



↓2%
average
reduction

DIASTOLIC BP (n=263)



↓3%
average
reduction

RESTING HR (n=127)



↓3%
average
reduction

TOTAL CHOLESTEROL (n=62)



↓19%
average
reduction

LDL CHOLESTEROL (n=62)



↓27%
average
reduction

HDL CHOLESTEROL (n=62)



↑2%
average
increase

TRIGLYCERIDES (n=62)



↓27%
average
reduction

Lifestyle Medicine Programs for AFib Patients



Fitness

Improve strength,
endurance, and
overall function



Nutrition

Build healthier
eating patterns
and habits



Stress Mgmt

Reduce stress and
build emotional
resilience



Sleep

Improve sleep
quality and
restorative rest



Social Support

Strengthen
connection and
reduce isolation



Behavioral Risks

Support healthy
choices & reduce
substance use

DASI (Functional Capacity) n=29

54%
improvement
average

PHQ-9 (Depression) n=277

54%
improvement
average

STC (Nutrition Quality) n=173

22%
improvement
average

SIT-TO-STAND (30s) n=117

42%
improvement
average

SIT-TO-STAND (5x) n=117

24%
improvement
average

STEPS PER DAY n=85

22%
improvement
average

GAD-7 (Anxiety) n=301

30%
improvement
average

ISI (Sleep Quality) n=75

29%
improvement
average

Social Connection n=23

12%
improvement
average

EXERCISE MIN/DAY n=85

22%
improvement
average

EXERCISE DAYS/WEEK n=85

39%
improvement
average