

Theme	Subtheme	Illustrative quotes
Safety	Exercise monitoring	1. "I think the thing that kept me going was you know, once you get there, they hook you up to the EKG and they're monitoring you the whole time when you're exercising... It was kind of a fear-based thing that I got over after 36 sessions, just knowing that you're being monitored and that it's okay for your heart rate to get up, to be breathing heavy, and sweat a little bit..." (Participant 11, FG 2) 2. "I think that the confidence you build by being attached to equipment and [EPs] are with you while you're exercising and can monitor you... to me that's huge, that's one of the most important reasons I felt good about going." (Participant 11, FG 4) 3. "When I start doing the exercises, I know that the questions come up... well I start to feel like my chest starts to hurt or other little symptoms... So, from my experience... you're on a treadmill or stationary bike and they're actively monitoring your HR and taking your BP after so many minutes of activity. Would those types of things be done? Or how are they being done with folks that are doing this virtually?" (Participant 10, FG 4)
	Monitoring devices	1. "I'm finding that for me in my condition, I struggle with weight management. And it's not just the weight from eating, it's the water weight as well. And I'll just give you an idea, between yesterday and today there was a 5-pound swing. Which of course has to do with water retention... So, I weigh myself and I find that managing the weight is crucial... So, part of the tools I think should be an accurate scale." (Participant 8, FG 2)
Social support	Importance of social support	1. "If there's a group, I can easily connect with them. When I was going to inpatient rehab, I couldn't wait to get there because there were people there with the same goals or similar goals that I had that was just the social aspect of exercising and we all the same goal of getting healthier. But when you're doing it by yourself, it's kind of hard." (Participant 17, FG 4)
	Real-life meetups of VWCR participants	1. "I think finding a workout buddy or partner is very important because I know he's going to be waiting for me in the parking lot at 7:30 and vice versa. So, I think having somebody to workout with makes a big difference. Just having someone to motivate you." (Participant 1, FG 2)
NC and EP visits	Adequate visit time	1. "The length of that conversation between the two of you was probably as short as one can be with a cardiac patient. Because when we have someone's ear, we tend to really want to take advantage of that. We don't want to go around talking about our heart issues with everybody. But when someone asks, it's our opportunity to talk. So, allotting a little more time is probably not a bad idea." (Participant 14, FG 3)
	Focus on nutrition	1. "The nurses ask, 'how is your salt intake?' and the patients say, 'oh it's pretty good' instead of saying this, [they should be saying] how many milligrams of sodium per day you should be having. So, your BP is 180/100 mmHg and they probably need a little more direction about how much sodium." (Participant 14, FG 3) 2. "It would be great to have concrete examples for diet". (Participant 16, FG 3) 3. "I didn't realize how noncompliant I was with a heart healthy diet. I think I'm going to start logging my actual food intake and that'll give me more insight and more motivation." (Participant 2, FG 3)
	Integrated diet log	1. "Inside the app for the Fitbit, there is the diet diary portion in there. So definitely using the Fitbit and using the tools that are in there, that would be definitely something to do." (Participant 10, FG 3)
VWCR platform	Platform availability on tablets and smartphones	1. "It's not always practical to travel with a laptop and I travel a lot. I very often take my big iPad and just fold it and I can work... I can work on everything. With that platform, as opposed to other things, I would have to take my [laptop]. What is the future for it to be an an iOS platform for example?" (Participant 8, FG 5)
	Positive feedback	1. "...When I was in [the VWCR] a few days ago and I went into the restaurant and I was doing the whole menu order thing...it came up with a text box in the corner that said well this is what you would have eaten calorie-wise and this is what it takes to burn that off in the gym and it was huge numbers. I was really shocked... But to get that feedback on you know, I ordered way too much at the Chinese restaurant and I should have probably ordered only a quarter of what I ended up... That to me is what is going to be very empowering and very helpful going forward in trying to avoid being back in the hospital again later on." (Participant 11, FG 5) 2. "Using the gym was exciting because it was virtual reality... like you said, that's what it is. And I had a chance to do exercises that I don't think I could do otherwise. Because my joints are not that limber and I'm not that strong. But it made me feel like I could do it. Especially like the Pilates. I think I did an advanced way of doing the Pilates, and that was exciting. I would love to be able to get into Pilates more than just stretching movements. But that was exciting to do." (Participant 2, FG 5)

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