



CNA EXAM PREP PROGRAM

STARTER KIT



STARTER KIT INDEX

Welcome to the CNA Program Starter Kit!

Congratulations on taking the first step toward a rewarding career in healthcare! This Starter Kit has been carefully designed to give you all the essential information you need to succeed. Whether you're exploring our program or already enrolled, this resource will guide you through every detail, from our curriculum to tuition options.

Our mission is to help you achieve your goals with confidence and ease. Let's get started!

NEXT STEPS: After reviewing your starter kit, the next step in our admissions process is to book your free call with an admissions advisor!

1. **Ask Questions:** Get personalized answers about the CNA program, tuition options, and career paths.
 2. **Plan Your Journey:** Receive tailored guidance on how to achieve your certification and career goals.
 3. **Explore Your Options:** Learn about scholarships, payment plans, and scheduling flexibility.
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PROGRAM OVERVIEW

Program Title: Certified Nursing Assistant (CNA) Exam Prep

Program Description

The CNA Exam Prep Program at Gabriel Health Institute is a 50-contact hour course designed to fully prepare students—regardless of prior experience—to confidently pass the Florida State Certified Nursing Assistant (CNA) Exam, administered by Prometric.

This comprehensive program equips students with the knowledge and hands-on skills necessary for employment in a variety of healthcare settings, including acute care facilities, nursing homes, and extended care facilities. The program includes a clinical component conducted at local healthcare facilities, providing real-world experience under the supervision of skilled instructors.

Program Objective

Upon successful completion of the course, students will be eligible to challenge the State Certified Nursing Assistant Examination and begin their careers in one of the most rewarding fields in healthcare.



PROGRAM CURRICULUM

Our **CNA Exam Prep Program** is designed to equip you with the essential skills and knowledge needed to excel on the Florida State CNA Exam and thrive in healthcare facilities. The curriculum focuses on the critical areas required for certification and employment, including hands-on clinical skills, traditional CNA subjects, and comprehensive exam preparation.

1. Master the 22 Clinical Skills

Learn and practice the 22 essential clinical skills tested in the CNA certification exam. These skills are critical for providing safe and effective patient care in any healthcare setting. Examples include:

- **Assisting with Activities of Daily Living (ADLs):** Bathing, grooming, and toileting.
- **Measuring Vital Signs:** Blood pressure, temperature, pulse, and respiration.
- **Mobility Assistance:** Transferring patients, proper lifting techniques, and ambulation.
- **Infection Control:** Handwashing, PPE usage, and maintaining a clean environment.
- **Patient Positioning:** Techniques like Fowler's position, side-lying, and supine.

Students will have hands-on opportunities to perform these skills in a simulated clinical environment, receiving personalized feedback to build confidence and accuracy.

2. CNA Exam Preparation

Prepare for both the written and practical portions of the CNA exam with:

- **Mock Exams:** Realistic practice exams mirroring the Prometric CNA test format.
- **Study Guides:** Comprehensive resources to reinforce your knowledge of CNA topics.
- **Exam Strategies:** Insider tips to navigate test questions and skill demonstrations effectively.

3. Traditional CNA Subjects for Employment

Gain the foundational knowledge needed to succeed as a CNA in any healthcare facility:

- **Patient Safety and Rights:** Learn to advocate for and protect patients in various settings.
 - **Basic Anatomy and Physiology:** Understand the human body and its systems.
 - **Communication and Professionalism:** Develop skills to communicate effectively with patients, families, and healthcare teams.
 - **Ethics and Confidentiality:** Training in HIPAA compliance and patient dignity.
 - **Infection Control and Hygiene:** Master protocols to prevent the spread of illness.
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What You'll Achieve

By the end of this program, you will:

1. Confidently perform all 22 clinical skills required for certification.
 2. Be fully prepared to pass both the written and practical CNA exams.
 3. Possess the foundational knowledge and skills needed for immediate employment in nursing homes, hospitals, and other healthcare facilities.
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Learn by Doing

Our curriculum is hands-on and focused, blending practical skill development with exam-focused instruction. You'll leave this program ready to challenge the CNA exam and start your healthcare career with confidence.



REQUIREMENTS FOR ADMISSION

At Gabriel Health Institute, we strive to make our programs accessible while ensuring that students meet essential eligibility criteria to begin their CNA journey. Below are the requirements for admission to our CNA programs:

1. Age Requirement

- **18 Years or Older:** Students must be at least 18 years old to enroll in our program independently.
- **17 Years with Parental Permission:** Students who are 17 may be eligible to enroll with signed consent from a parent or legal guardian.

Why This Matters:

Ensuring students meet the age requirement reflects the maturity and responsibility expected in healthcare roles and aligns with state regulations for CNA certification.

2. Background Check

- **No Felony Convictions:** Applicants must not have felony convictions related to:
 - **Negligence:** Crimes involving harm or risk to others.
 - **Drugs or Fraud:** Violations that compromise ethical standards.

Why This Matters:

Healthcare employers and certification boards prioritize safety, ethics, and trust. This requirement ensures all graduates meet state and employer standards for patient care.

3. Valid Social Security Number (SSN)

A valid Social Security Number (SSN) is required to enroll in the program and to register for the Florida State CNA Certification Exam.



Why This Matters:

Your SSN is essential for verification and certification processes, ensuring compliance with state and federal regulations.

Additional Recommendations (Not Required):

- **High School Diploma or GED:** While not mandatory, having a high school diploma or equivalent is beneficial and preferred by some employers.
- **Immunizations and TB Test:** These are typically required for clinical placements. However, they are not required for enrollment.



FLEXIBLE CLASS SCHEDULES

Class Schedules

At Gabriel Health Institute, we offer a variety of class schedules to fit your lifestyle and availability. Whether you're balancing work, family, or other commitments, our flexible options make it easy for you to start your CNA journey.

Schedule Options

Monday – Thursday:

- **Morning Classes: 10:00 AM – 1:00 PM**
- **Afternoon Classes: 2:00 PM – 5:00 PM**
- **Evening Classes: 6:00 PM – 9:00 PM**

Sunday:

- **Full-Day Class: 9:00 AM – 3:00 PM**
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Flexibility to Meet Your Needs

We understand that life can be unpredictable, and we're here to help. If your schedule is complicated, let us know—we can work with you to create a customized schedule that ensures you get the training you need without disrupting your other commitments.



PROGRAM MISSION

At Gabriel Health Institute, our mission is to improve the quality of patient care by training and empowering the next generation of Certified Nursing Assistants (CNAs) with the skills, knowledge, and values necessary to make a positive impact in healthcare.

How We Fulfill Our Mission

1. Comprehensive Training

- **We provide a curriculum that combines classroom instruction, hands-on practice, and real-world clinical experience. This ensures our graduates are well-prepared to deliver exceptional care in any healthcare setting.**

2. Focus on Patient-Centered Care

- **Our programs emphasize empathy, communication, and professionalism to instill the values needed to prioritize patient dignity, safety, and comfort.**

3. Skilled and Experienced Instructors

- **Our educators are healthcare professionals with extensive experience, bringing real-world insights and practical expertise to every lesson.**

4. Exam-Ready Preparation

- **By focusing on the 22 essential clinical skills and providing robust exam preparation, we ensure our students are fully equipped to excel in certification testing and beyond.**

5. Ongoing Support

- **From career advisors to job placement assistance, we support our students at every step, helping them transition seamlessly into rewarding CNA roles.**

Our Vision for Patient Care



We believe that improving the quality of patient care starts with equipping CNAs—the backbone of the healthcare system—with exceptional training and a commitment to excellence. Our graduates leave Gabriel Health Institute prepared not only to pass their certification exams but to bring compassion and competence to every patient they serve.



PROGRAM TUITION & COSTS

Package Descriptions:

Deal 1: \$400 – Perfect for Recertifying CNAs

- ***Savings of 50%***
- **Includes:**
 - CNA Exam Prep Course
 - CNA Training Book
 - 2 Practice Weeks – DOUBLE PACK
 - Scrubs (Single Pack)
 - Online Distance Learning
- ***Insurance Not Included***

This package is ideal for those who already have some CNA experience and are recertifying their skills.

Deal 2: \$500 – Recommended for Some Experience

- ***Savings of 55%***
- **Includes:**
 - CNA Exam Prep Course
 - CNA Training Book
 - 3 Practice Weeks – TRIPLE PACK
 - Scrubs (Single Pack)
 - Online Distance Learning
- ***Insurance Not Included***

Perfect for students who need a refresher or want extra hands-on practice to build confidence.

Deal 3: \$600 – Best for Beginners (Gold Package)

- ***Savings of 65% – Our Best Value!***
- **Includes:**
 - **CNA Exam Prep Course**
 - **CNA Training Book**
 - **4 Practice Weeks – QUAD PACK**
 - **Scrubs (Single Pack)**
 - **Online Distance Learning**
 - **Insurance Included**
 - **CPR & First Aid – BUNDLE PACK**

Ninety percent of our students choose this package because it's designed for beginners with no prior experience. It provides maximum practice time, all essential materials, and extra coverage to ensure success.

Why Our Pricing Stands Out:

- 1. All-Inclusive: *Each package includes everything you need to complete your CNA training—from prep courses to scrubs and insurance.***
- 2. No Hidden Fees: *What you see is what you pay. We believe in total transparency so you can focus on your training, not surprise costs.***
- 3. Flexible Options: *Choose the package that fits your experience level and budget.***

What's Not Included:

While our packages are comprehensive, you'll need to budget for:

- **Level 2 Background Check (Livescan): \$100**
- **FL CNA State Exam Application (Prometric): \$155**



Choose the path that fits your goals and experience level. Join thousands of successful graduates who've trusted Gabriel Health Institute to launch their healthcare careers. Ready to start? Enroll today in our Gold Package for the ultimate CNA training experience!

Gabriel Health Institute DEALS PACKAGES

DEAL 1	DEAL 2 RECOMMENDED	DEAL 3
\$400 SAVINGS OF 50%	\$500 SAVINGS OF 55%	\$600 SAVINGS OF 65%
<ul style="list-style-type: none">✓ CNA Exam Prep Course✓ NON-REFUNDABLE Registration Fee✓ CNA Training Book✓ Insurance - NOT INCLUDED✓ Online Distance Learning✓ 2 Practice Weeks - DOUBLE PACK✓ SCRUBS - SINGLE PACK	<ul style="list-style-type: none">✓ CNA Exam Prep Course✓ NON-REFUNDABLE Registration Fee✓ CNA Training Book✓ Insurance - NOT INCLUDED✓ Online Distance Learning✓ 3 Practice Weeks - TRIPPLE PACK✓ SCRUBS - SINGLE PACK	<ul style="list-style-type: none">✓ CNA Exam Prep Course✓ NON-REFUNDABLE Registration Fee✓ CNA Training Book✓ Insurance - INCLUDED✓ Online Distance Learning✓ 4 Practice Weeks - QUAD PACK✓ 1 Scrubs - SINGLE PACK✓ CPR & First Aid - BUNDLE PACK
RECERTIFY	SOME KNOWLEDGE	NO EXPERIENCE

A smiling female nurse in blue scrubs, holding a stethoscope and a black backpack, standing next to the deal packages.



PROGRAM PAYMENT PLANS

You can choose from flexible payment options to suit your needs.

1. Upfront Payment (Most Affordable)

- If you pay upfront, you save money because there are no financing fees.
 - The total amount depends on the plan:
 - Basic: \$400
 - Silver: \$500
 - Gold: \$600
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2. Payment Plans (Installments)

- Start with a \$150 non-refundable deposit to secure your spot.
- The remaining amount is split into weekly payments.
- Weekly payments are made every Monday (for weekday classes) or Sunday (for Sunday classes).
- Late or missed payments may result in being denied entry to class.

Options by Plan

1. Basic Plan

- Total: \$425
- Payments: \$150 deposit + \$275 balance

2. Silver Plan

- Total: \$525
- Payments: \$150 deposit + \$375 balance

3. Gold Plan

- Total: \$625



- **Payments: \$150 deposit + \$475 balance**

Extended Payment Options

- **For some plans, you can spread the payments over additional weeks.**
 - **Example for Silver Plan (3 Payments):**
 - **\$150 deposit, then \$200 per week for the next two weeks.**
 - **Example for Gold Plan (4 Payments):**
 - **\$150 deposit, then \$200 per week for three weeks and \$125 for the final payment.**

GABRIEL HEALTH INSTITUTE

Start Your CNA Journey Today



DESCRIPTION	BAISC	SLIVER	GOLD
PAYMENT PLAN 1			
TOTAL PAYMENT	\$ 400	\$ 500	\$ 600
AVAILABILITY	✓	✓	✓
PACKAGE TYPE	One Time Payment	One Time Payment	One Time Payment
PAYMENT 1	\$400	\$500	\$600

PAYMENT PLAN 2

TOTAL PAYMENT	\$ 425	\$ 525	\$ 625
AVAILABILITY	✓	✓	✓
PACKAGE TYPE	Subscription	Subscription	Subscription
PAYMENT 1	\$150	\$150	\$150
PAYMENT 2	\$275	\$375	\$475

PAYMENT PLAN 3

TOTAL PAYMENT	-	\$ 550	\$ 650
AVAILABILITY		✓	✓
PACKAGE TYPE		Subscription	Subscription
PAYMENT 1	X	\$150	\$150
PAYMENT 2		\$200	\$250
PAYMENT 3		\$200	\$250

PAYMENT PLAN 4

TOTAL PAYMENT	-	-	\$ 675
AVAILABILITY			✓
PACKAGE TYPE			Subscription
PAYMENT 1	X	X	\$150
PAYMENT 2			\$200
PAYMENT 3			\$200
PAYMENT 4			\$125



PROGRAM PERFORMANCE STANDARDS

The Nursing Assisting program at Gabriel Health Institute requires students to meet essential cognitive, sensory, emotional, and motor performance standards. These standards ensure that students are prepared to perform the duties of a Certified Nursing Assistant (CNA) effectively and safely, with or without reasonable accommodations.

Applicants should use these standards as a guide to evaluate their ability to meet program requirements and assess whether accommodations may be necessary. Students with documented disabilities are encouraged to contact the appropriate resources to determine reasonable and appropriate accommodations on an individual basis.

Performance Standards

1. Critical Thinking

- **Standard: Ability to handle multiple priorities, apply reasoning, and make sound decisions in a fast-paced environment.**
- **Examples of Activities:**
 - Prioritize patient care tasks efficiently.
 - Recognize and respond to emergency situations promptly.

2. Interpersonal Skills

- **Standard: Ability to display patience, empathy, and professionalism; maintain composure in challenging situations.**
 - **Examples of Activities:**
 - Communicate effectively with patients who may be fearful, confused, or hostile.
 - Collaborate with healthcare teams in stressful environments.
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3. Communication

- **Standard:** Ability to convey information clearly, accurately, and promptly in verbal and written forms.
 - **Examples of Activities:**
 - Document patient care details accurately in records.
 - Explain procedures and provide instructions to patients and their families.
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4. Mobility

- **Standard:** Physical ability to respond promptly to patient needs and maneuver in clinical settings.
 - **Examples of Activities:**
 - Assist patients in moving, transferring, or positioning.
 - Perform tasks requiring bending, squatting, kneeling, and reaching.
 - Walk or stand for extended periods.
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5. Tactile and Motor Skills

- **Standard:** Sufficient manual dexterity and motor skills to handle equipment and provide safe patient care.
 - **Examples of Activities:**
 - Perform tasks such as bathing, feeding, and dressing patients.
 - Use medical equipment, such as blood pressure cuffs and thermometers.
 - Perform fine motor tasks like taking vital signs or administering basic care.
-



6. Hearing

- **Standard: Auditory ability to monitor and assess health needs with or without assistive devices.**
 - **Examples of Activities:**
 - **Hear and respond to patient calls or alarms.**
 - **Listen to instructions and health concerns communicated by patients or team members.**
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7. Visual

- **Standard: Visual ability to observe and assess patients and monitor equipment effectively, with or without assistive devices.**
 - **Examples of Activities:**
 - **Observe changes in patient conditions, such as skin color or behavior.**
 - **Monitor medical equipment displays and patient vitals.**
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Ensuring Success in the Program

Students should assess their ability to meet these performance standards and discuss any concerns with an advisor. Gabriel Health Institute is committed to supporting all students in achieving their educational and career goals by fostering an inclusive and accommodating learning environment.

If you have questions about accommodations or program requirements, please contact our admissions team for guidance.



COMPARISON: CNA EXAM PREP PROGRAM VS. TRADITIONAL 120-HOUR CNA COURSE

CNA Exam Prep Program (Fast Track)

Best for:

- **Students who want a faster, more affordable path to certification.**
- **No prior experience required**

Key Features:

- **Duration: 50 contact hours (complete in 2 - 4 weeks).**
 - **Cost: \$400 - \$600**
 - **Focus: Intensive exam preparation, practical skills, and mock exams.**
 - **Benefits:**
 - **Accelerated path to certification.**
 - **Ideal for those with prior knowledge or self-study experience.**
 - **Perfect for career changers or those re-entering the workforce quickly.**
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Traditional 120-Hour CNA Course

Best for:

- **Beginners with no prior exposure to healthcare or CNA duties.**
- **Students looking for a slower-paced, comprehensive introduction to the CNA profession.**

Key Features:

- **Duration: 120 contact hours (typically completed over 2 – 4 months).**
- **Cost: \$1500-\$2000 - Higher tuition due to the extended length and additional training.**



- **Focus:** Detailed instruction on CNA duties, including extensive classroom and clinical training.
 - **Benefits:**
 - Ideal for those starting from scratch.
 - Provides in-depth coverage of the CNA role and responsibilities.
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Why Choose the CNA Exam Prep Program?

1. Save Time:

- Complete your training in a fraction of the time, allowing you to earn your certification and start working faster.

2. Save Money:

- Lower tuition compared to traditional programs, making it a cost-effective option for motivated students.

3. Focused Learning:

- Focus solely on what's required to pass the exam, and what's necessary for employment in a variety of healthcare settings, including acute care facilities, nursing homes, and extended care facilities.

4. Flexibility:

- With fewer hours and a shorter duration, the Exam Prep Program is perfect for busy schedules.

5. Career-Ready:

- Prepares you to challenge the CNA exam confidently and begin working immediately in acute care, nursing homes, or home healthcare.



NEXT STEPS: BOOK YOUR FREE CALL WITH AN ADVISOR!

We're here to support you every step of the way. A free consultation with one of our experienced advisors is the perfect opportunity to:

- 1. Ask Questions:** Get personalized answers about the CNA program, tuition options, and career paths.
- 2. Plan Your Journey:** Receive tailored guidance on how to achieve your certification and career goals.
- 3. Explore Your Options:** Learn about scholarships, payment plans, and scheduling flexibility.

Take the Next Step Today:

Click the button below to schedule your free call. Together, we'll make sure you're ready to start your journey toward becoming a certified nursing assistant with confidence!

[Book Your Free Call Now!](#)