

# Cardiac Rehabilitation

Certified by AACVPR since 2005

Making a difference, one step at a time, with exercise, education and support.

## Who Can Participate?

Patients who may benefit from Cardiac Rehabilitation include individuals with coronary artery disease, or have had a heart attack, angioplasty or stents, congestive heart failure, coronary artery bypass surgery, heart valve repair or replacement, heart transplant, chronic stable angina, peripheral artery disease (PAD) and other health problems as determined by your physician.

## What is Involved in the Program?

*There are three main components:*

■ **Exercise** An important part of any Cardiac Rehabilitation program is exercise. A Cardiac Rehab team member will design an individualized exercise program to meet your activity goals. Your heart rate, rhythm, blood pressure and exertion levels will be monitored throughout the program to ensure the safe progression of activity. In addition, you will learn how to apply self-monitoring concepts to fit your lifestyle.

■ **Education** One-on-one and group educational sessions will provide you and your family members with information on how to reduce and prevent cardiac risk factors. Education includes activity guidelines, emergency preparation and cardiac warning signs, dietary and cholesterol instruction, stress management, blood pressure management, weight loss, tobacco cessation, diabetes education, and additional information on your specific heart condition.

The Cardiac Rehabilitation team includes a Medical Director, Supervising Physician, Exercise Physiologists, Registered Dietitians, and Respiratory Therapists who will work with you to set goals and provide support and encouragement as you progress.

■ **Support Network** You and your family will have the opportunity to network with other participants, share experiences and support and motivate one another.

## How Does the Program Work?

■ **Orientation** During your first visit, a Cardiac Rehab team member will review your medical history, risk factors and lifestyle habits. Together, you will set goals on how to reduce your risk factors for heart disease.

■ **Group Exercise Sessions** Following your initial visit you may choose an exercise class time. The group exercise sessions are offered Monday, Wednesday and Friday. The program duration is based on your individual needs and goals.

## Phase III

Upon program completion, participants are invited to join the Cardiac Rehab maintenance program (Phase III). Phase III is a continuation of supervised exercise with the Cardiac Rehab team that emphasizes long-term lifestyle modification. This program is not reimbursable by health insurance companies and is self pay.

## How Much Does the Program Cost?

Cardiac Rehabilitation is a medically prescribed and supervised therapy. Medicare, Medicaid and the majority of health insurance companies recognize Cardiac Rehabilitation as a covered service. Please contact your insurance carrier to determine coverage under your specific plan or ask the Cardiac Rehabilitation staff to assist you in this matter.

## The Cardiac Rehab Program

The program is designed to help you, the cardiac patient, take an active role in your recovery process. Research has proven that people who maintain an active lifestyle, eat healthy foods, manage stress and quit tobacco products can reduce their chances of dying from heart disease.

The Cardiac Rehabilitation team can help you learn how to make important lifestyle changes—changes that will improve your quality of life while preventing the chance of future heart complications.

If you may be a candidate for the program,  
contact your physician to obtain a referral

or contact the

Cardiac Rehabilitation Department

608-768-6250



Reedsburg  
AREA MEDICAL CENTER