Cardiac Rehabilitation

General Information and Facts:
• Cardiac Rehabilitation is a customized exercise and lifestyle education program that helps people recover after a heart attack or other heart related issue
• Linked to higher survival rates
• Research shows it lowers your probability of needing a long-term hospital stay
• It is covered by Medicare and most insurance plans
• Women and elderly people are less likely to attend a cardiac rehab program when referred by their doctors
• Only 14-35% of heart attack survivors and 31% of bypass patients decide to participate
(“Cardiac Rehab After,” 2014)

Services Provided
• Teaches and supports healthy lifestyle changes such as weight control, dieting, quitting smoking, etc.
• Monitors blood pressure, cholesterol, and blood sugar levels
• Develops a personal exercise plan
• Psychological evaluation to look at depression and anxiety and provide counseling based on these needs
• Improves people’s communication with their doctors and other health care providers
(“Don’t Skip,” 2013)

Choosing a Program
A good Cardiac Rehab program will include the following...
• It is accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation
• Close to home
• Provides a thorough evaluation of your exercise routine, diet, blood pressure, and medications
• Keeps tabs on your medications and reviews them frequently to make adjustments
• Includes an exercise program with an emphasis on calorie burning exercises that are supervised by a physician
• Counsels you on nutrition and helps you develop a plan based on your individual goals
• Assigns a case manager to coordinate all your services and keep track of your progress
(“Cardiac Rehab: The Road,” 2010)