

Cardiac Rehabilitation

Take Care of Your Heart!



What is Cardiac Rehabilitation?

Cardiac Rehabilitation is a program to improve heart health for people who have had a heart attack, heart surgery or procedure, and certain other heart problems. Check with your doctor to see if you are eligible for Cardiac Rehabilitation.



Cardiac Rehabilitation Programs Include:

- Exercising (walking on a treadmill, riding a stationary bike) and strength training (lifting free weights, using resistance bands)
- Education on healthy eating, healthy weight and help with managing medications
- Ways to manage stress
- Help to quit smoking



Benefits of Cardiac Rehabilitation

- Increase overall strength and energy
- Get back to the activities you enjoy
- Recover faster and help lower your chances of having another heart attack
- Control heart disease symptoms, such as chest pain and shortness of breath



What it Will Cost

- Medicare Part B, Medicaid and most insurance companies will cover Cardiac Rehabilitation
- Check your plan or call your insurance company to find out if you have co-pays, coinsurance or deductibles
- Visit the Medicare-Cardiac Rehab coverage website to learn more about Medicare coverage: [Cardiac Rehabilitation Program Coverage | medicare.gov](https://www.medicare.gov/cardiac-rehab-coverage)



Getting Started

- Cardiac Rehabilitation Programs can be located in an outpatient hospital setting or doctor's office and some programs even offer virtual or home sessions.
- If you were given information about Cardiac Rehabilitation during a hospital stay, contact that Cardiac Rehabilitation Program and make an appointment.
- If you did not get a referral to Cardiac Rehabilitation, ask your Cardiologist or Primary Care doctor to refer you to a Cardiac Rehabilitation Program.



Supporting References: Million Hearts/AACVPR Cardiac Rehab Change Package, AHRQ TAKEheart, Centers for Disease Control and Prevention, Medicare.gov, American Heart Association.

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