

# CARDIAC REHABILITATION



## Payment for Services

Monitored Cardiac Rehabilitation services are reimbursed by most third party payors such as Medicare, Blue Cross/Blue Shield, and other commercial insurance plans.

## For More Information

For more information on class times, enrollment, and insurance, please contact the Cardiopulmonary Services Department at Newman Regional Health at 620-343-6800, ext. 1309 or 1300. If you would like to observe a session, please contact us to arrange a time.



Cardiopulmonary Services  
620-343-6800, ext. 1300



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Cardiac Rehabilitation is just one of the quality services provided by Newman Regional Health. For more information on one of our many services, please visit our web site at [www.newmanrh.org](http://www.newmanrh.org).

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# OUTPATIENT CARDIAC REHABILITATION

## Program Purpose

The Outpatient Cardiac Rehabilitation program is designed to help patients with heart disease recover faster and return to full and productive lives. Cardiac Rehabilitation includes exercise, education, counseling, and learning ways to live a healthier life.

### You can benefit from Cardiac Rehabilitation if you:

- Have stable angina or have had a heart attack
- Have had coronary bypass surgery, heart valve replacement, coronary artery stent, or a balloon catheter (PTCA) procedure
- Have had a heart transplant



## Cardiac Rehabilitation consists of two major components:

1. Exercise training improves your cardiovascular fitness. Your heart rate and rhythm will be watched on a cardiac monitor by registered nurses.
2. Education and counseling help you understand your heart condition and find ways to reduce your risk of future heart problems.



## Our Program

- **Pre-Assessment:** Prior to beginning your exercise program, a member of the Cardiac Rehabilitation team will meet with you to evaluate and discuss your needs. An exercise and education plan will be developed to fit your needs.
- **Monitored Exercise:** The Cardiac Rehabilitation classes meet three days a week on Monday, Wednesday, and Friday at regularly scheduled class times for approximately one hour. You will wear a cardiac monitor during these classes for 6 to 12 weeks.
- **Education and counseling sessions** are held each week. Patients, family, and friends are encouraged to attend. A schedule of all classes is posted in the exercise area.

After completing the monitored exercise program, patients are encouraged to continue attending exercise session for a nominal charge with our Maintenance Program. The Cardiac Rehabilitation team will continue to assist you in monitoring your progress.



## Enrollment

You are encouraged to talk with your physician to see if this program is right for you. You will need your doctor's approval to get started in Cardiac Rehabilitation. You may need to take a treadmill test before starting the exercise program so that your physician knows your exercise tolerance.

All sessions are held in the Cardiopulmonary Services Department at Newman Regional Health. This program meets the standards set forth by the American Heart Association, American Association of Cardiovascular and Pulmonary Rehabilitation, and Medicare.