

# CARDIAC REHAB

A FRESH START TO A HEALTHIER HEART



Cardiac rehab is a comprehensive program to support individuals recovering from heart-related conditions. It helps patients regain strength and confidence, allowing them to lead a healthier and more active life.

**Cardiac rehab is the next step in your care after a cardiac event.**

## GETTING STARTED CHECKLIST

Ready to enroll in a cardiac rehab program?  
Review the steps below to help you get started.

### ❑ Get a referral from your doctor

Ask your cardiologist or primary care provider if you are a good candidate for cardiac rehab. If yes, you may have already received a referral, or you can ask them to send one for you.

### ❑ Find a rehab program near you

Search for the closest rehab program to you by searching online or using the linked map  
[MichiganCR.org/find](https://MichiganCR.org/find)



### ❑ Complete an initial call

The rehab facility will usually call you within two weeks, but if you haven't heard from anyone, **give the facility a call.**

### ❑ Check your health insurance

Find out if you will have any out-of-pocket costs by calling the phone number on the back of your insurance card.

### ❑ Get ready for your first session!

Make sure to bring a water bottle and gym shoes. Arrive a few minutes early so you can find parking and fill out any required paperwork.

*Mampuya, W. M. (2012, March). Cardiac Rehabilitation Past, Present and Future: An Overview. Cardiovascular Diagnosis and Therapy.*

## WHY CARDIAC REHAB?

Individuals who attend 36 sessions of cardiac rehab have a **47% lower risk of death** than those who attend only 1 session.



Improves  
your quality  
of life



Builds  
confidence  
and it's fun!



Can reduce  
the need for  
medication

## IS CARDIAC REHAB COVERED BY INSURANCE?

Medicare and most insurance providers cover the cost of cardiac rehab if you meet the medical criteria.

Depending on the plan, participants may be responsible for some out-of-pocket costs, such as a per session copay. Rehab facility staff can work with participants to understand their insurance coverage.



Want to learn more or get help?  
Visit [MichiganCR.org/patients](https://MichiganCR.org/patients)

## YOU SHOULD ATTEND CARDIAC REHAB EVEN IF YOU ARE ALREADY ACTIVE AT HOME.

Cardiac rehab is NOT just exercise. Participating, even if you are already active at home, improves quality of life and longevity after a cardiac event.

### USUAL ACTIVITIES

Exercising, dog walking, mowing the lawn, etc.



Eating your standard diet



Returning to your previous schedule



Keeping the same sleep habits



Relying on existing social network for mental health support



### CARDIAC REHAB

Medically supervised exercise that prepares you to safely return to these activities

Heart healthy nutrition support from registered dietitians

Stress management techniques and support navigating your responsibilities

Help adjusting your sleep habits to improve your cardiac and overall health

Counseling from medical professionals who understand the emotional and mental impact of a cardiac event

## WHAT IS CARDIAC REHAB?

### 9 TO 12 WEEKS

Patient Counseling

Supervised Exercise

Nutrition & Lifestyle Education

Cardiac rehab programs typically consist of 24 to 36 1-hour sessions at a rehab facility that are customized to meet patient's needs.

The cornerstone of these programs is monitored exercise, which aids in rebuilding strength and fostering confidence in a safe environment.

Additionally, cardiac rehab offers education and counseling on nutrition, stress management, medication usage, risk factor modification (like quitting smoking), and mental health.

## WHO IS ELIGIBLE?

Individuals who have one of the following may be a good fit for cardiac rehab:

- Heart attack
- Angina
- Cardiac surgery
- Coronary artery angioplasty or stents
- Heart failure
- Heart transplant
- Transcatheter valve replacement

## DO YOU NEED A RIDE?

Getting to and from cardiac rehab can be a challenge. If you need help getting to your cardiac rehab sessions, ask your insurance if they cover rides. Many plans provide free transport as long as you schedule a ride a few days in advance.

Find resources, hear from other patients, and learn more at [MichiganCR.org/patients](https://MichiganCR.org/patients).

