Cardiac Rehab has two major parts. These include:

**Exercise Training**
- To help the patient learn how to exercise safely, improve stamina, strengthen muscles and develop an individualized exercise program to help prevent future heart problems. Each person’s exercise plan is based on their unique abilities, needs, and interests.

**Education, Counseling and Training**
- To help participants understand their heart condition and learn ways to reduce their risk of future heart problems.
- Includes education, counseling, and training to help the patient learn how to:
  - **Manage their medications.**
  - **Assess their own exercise capacity.**
  - **Improve their eating habits.**
  - **Maintain a healthy weight.**
  - **Improve their stress management skills.**
  - **Increase their level of physical activity.**

**When will I have Phase II Cardiac Rehabilitation?**
- The Phase II Cardiac Rehab program usually begins anywhere from one to six weeks after discharge, depending on your medical condition and the hospital’s discharge criteria.

**Who delivers the therapy?**
- The Phase II Cardiac Rehab team at J.C. Blair Memorial Hospital consists of highly skilled healthcare professionals.

**How do I enroll and get started?**
- A physician’s referral and insurance pre-authorization are needed to start the Cardiac Rehabilitation Program. J.C. Blair Memorial Hospital’s Cardiac Rehabilitation service is covered by Medicare, Medicaid, and most private insurance plans. We will verify your insurance coverage before you enroll.

**HOW IS THE PROGRAM COVERED?**
- Most insurances, including Medicare, cover all or most of the cost of the Phase II program. Some insurances may cover additional diagnoses not listed above. We will verify your insurance coverage before you enroll. If your insurance does not cover all or any costs of your stay, you may be responsible for some or all costs.

**When will I have Phase II Cardiac Rehabilitation?**
- The Phase II Cardiac Rehabilitation program usually begins anywhere from one to six weeks after discharge, depending on your medical condition and the hospital’s discharge criteria.

**Who delivers the therapy?**
- The Phase II Cardiac Rehab team at J.C. Blair Memorial Hospital consists of highly skilled healthcare professionals.

**How am I monitored?**
- Your Phase II Cardiac Rehab team will monitor your heart rhythm, heart rate, blood pressure, and weight each day you attend. They will also monitor your progress in smoking cessation, weight loss, and exercise adherence.

**How do I enroll and get started?**
- A physician’s referral and insurance pre-authorization are needed to start the Cardiac Rehabilitation Program. J.C. Blair Memorial Hospital’s Cardiac Rehabilitation service is covered by Medicare, Medicaid, and most private insurance plans. We will verify your insurance coverage before you enroll. If your insurance does not cover all or any costs of your stay, you may be responsible for some or all costs.
WHAT IS PHASE II CARDIAC REHAB?
Phase II Cardiac Rehabilitation is a medically monitored exercise program designed for those who have had a recent heart illness or surgery/procedure. This program combines physical exercise with risk factor modification to help with recovery and strengthen your body.

Risk factors are those things that put you at high risk for having another cardiac event. High blood pressure, smoking, high cholesterol, and being overweight are all examples. It is important in this stage of rehab to control those risk factors that can be controlled. This plays a major role in the health of your heart and body, preventing future heart problems.

BENEFITS FROM CARDIAC REHAB
People benefit from Cardiac Rehab if they have recently been diagnosed with:
• Heart Attack
• Stable angina
• Coronary artery bypass surgery
• Heart valve repair or replacement
• Angioplasty, atherectomy, rotablation, stenting
• Heart transplant

Can cardiac rehab really make a difference?
Cardiac Rehab is proven to be a safe and effective way to help those with heart conditions:
• Get stronger
• Feel better faster
• Return to former activities
• Reduce the risk of future heart problems
• Live healthier and longer
• Improve quality of life

Where is Cardiac Rehab located?
J.C. Blair’s Cardiac Rehab Program is conducted from a newly-renovated area in the Cardiopulmonary Department, conveniently located on the ground floor of the Hospital near the Main Entrance.