



## Cardiac Rehabilitation

A heart attack can be scary and confusing. You may find it difficult to adjust to a new lifestyle. Will it happen again? You can't change the past, but you can improve your heart's future. And you don't need to face this alone. There are programs that partner patients with doctors, nurses, pharmacists, dietitians, family, and friends to help you reach your goals and make heart-healthy choices. These programs are called cardiac rehabilitation.

### Changing habits in your life

Cardiac rehabilitation can help you in 3 ways:

- Your team will help create an exercise routine that fits your heart-healthy needs
- You will learn how to lead a healthier life, such as choosing the right foods and quitting smoking
- You will begin to know the types of stress in your life and how you can control them

### Patient education

In cardiac rehabilitation, you will learn how to:

- Manage your heart health
- Take your medication
- Get the most out of your visits with your doctors
- Create a plan that will help you reach your heart-healthy goals

**Medicare and most other insurers can help patients afford covered conditions. Speak with your care team to see if you are eligible for cardiac rehabilitation.**

## Getting started

The first step is to find out if you are eligible for cardiac rehabilitation. Ask your care team for help in finding out if you are. Once you determine that you are eligible:

1. There are many cardiac rehabilitation programs available. Register for a program to take advantage of this support.
2. Cardiac rehabilitation requires a referral from a physician. Speak to your health care professional to find out which program would work best for you.
3. If you are not able to afford your copays, or do not have health insurance, financial help is available. Speak to your health care professional for more information.
4. Work with your cardiac rehabilitation team to set some heart-healthy goals and create a plan.
5. Stay active in your rehabilitation plan.
6. Keep on your medication regimen.
7. Call 911 if you notice new or worsening symptoms.