

Cardiac Rehab Classes.

Our Cardiac Education Classes are held twice monthly and last approximately three hours each. In keeping with our commitment to “team,” we strongly encourage you to invite family members to attend these classes with you. There are no additional fees for their attendance.

How Your Heart Works/Emergency Planning

Stress Management

Exercise for Life

Fat and Fiber

Risk Factor Modification

Medications

Emotional Aspects of Heart Disease

Eating Out/Reading Labels



Commonly asked questions.

What do I need to do before exercise class?

Dress in loose fitting clothes and shoes with good support. Do not smoke or drink caffeinated beverages two hours prior to exercise class. Nicotine and caffeine can increase your heart rate. Make sure you eat 1-2 hours before your exercise class. Take all medications as prescribed by your doctors.

Commonly asked questions.

What kind of exercise will I be doing?

You will be using your larger muscle groups of the arms and legs to gain more endurance and strength. This is called aerobic exercise. We'll select a special group of exercises on machines that best suit your needs. You may exercise on treadmills, sitting stair steppers, bicycles, arm machines, or use free weights and stretching bands.

I'm exercising at home. Why should I come to Cardiac Rehab?

You will be connected to an EKG monitor while you exercise, so your heart rate and rhythms are closely watched. Your blood pressure and work load are also tracked. You will be closely supervised and any concerns about your body's response to exercise, or to your medications will be relayed by our staff to your doctors. We also help you learn what you can do to decrease your risk of a future heart problem.

How long will I have to attend Cardiac Rehab?

Most people come three times a week for 6-12 weeks, or 24 visits. The length of the program is based on your own rate of progress; and sometimes can be limited by insurance coverage.

How much will my insurance cover?

Most insurance providers have some coverage for Cardiac Rehab services if you've had a heart attack or heart surgery. Medicare covers 80% if you've had a heart attack, stent, or coronary bypass surgery in the last 12 months. Your Medicare supplement will usually pay the other 20%.

Well into the future



 **COLUMBUS**
COMMUNITY HOSPITAL

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Cardiac Rehab
SERVICES



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Well into the future



Cardiac Rehab. It's more than just exercise.

Unique individuals. Unique program.

Our Cardiac Rehab experts will work with you to create an individualized, step-by-step program designed to get your heart back in shape and improve the overall quality of your life. By building strength and endurance, you can safely and effectively overcome some of the physical complications associated with certain types of heart disease. Our medically supervised program of exercise and education will also help you reduce your risk of developing additional heart problems.

Every aspect of our program is designed to speed your recovery. So whether you've had a heart attack, bypass surgery, angioplasty or angina, we'll develop a program that's perfect for you. Before you know it, you'll be back doing the things you value most. We want to help you live your life to the fullest.

Improving your health. Step by step.

Ours is a multi-step process that involves input from an entire team of professionals. Depending upon your needs, your team can include your physician, registered nurses, physical therapists, an occupational therapist, respiratory therapists, a dietician, a diabetes education coordinator, pharmacists and a social worker.

Our process includes:

- *A medical evaluation to assess your physical abilities, medical limitations, and other relevant conditions.*
- *A medically supervised exercise program that includes monitoring of your heart rhythm, heart rate, and blood pressure. Remember, exercise increases blood flow to your heart*

and strengthens your heart's contractions so that it pumps more blood with less effort.

- *Lifestyle education. When appropriate, you will work one-on-one with registered nurses, a dietician, pharmacists and a diabetes education coordinator to help improve your overall wellbeing. Healthy lifestyle changes can reduce your risk of experiencing another life-threatening event, such as a heart attack or a stroke.*
- *We'll provide you with continuous and ongoing support to help you achieve your individual goals. We'll also create a plan for continued progress with your lifestyle and exercise changes after your program is complete.*

We'll help you stay on the road to living a longer and fuller life.

**Call the Columbus Community Hospital
Rehabilitation Department at
920-623-1432.**

The way you live your life can play a big part in keeping your heart healthy. At Columbus Community Hospital, our medically supervised Cardiac Rehab Program helps people just like you develop healthier lifestyles and recover from heart disease or a heart attack.

Most people think Cardiac Rehab is like a trip to the fitness center for a good workout. Actually, that's only part of it. We combine exercise with education to help rebuild your strength, endurance, emotional well-being and self-confidence. We'll help you learn how to make wiser food choices, cope with stress, manage your diabetes and even quit smoking.

You'll learn how to make healthy lifestyle changes. Talk to your doctor today to see how you could benefit by enrolling in our Cardiac Rehab Services. A medical referral is required. Medicare and most private insurance companies do cover Cardiac Rehab. However, some providers may require prior authorization.

Connected

TO YOU AND THE COMMUNITIES WE SERVE

