

CARDIAC REHAB



Cardiac Rehabilitation – Cardiac rehabilitation is recommended for patients with heart disease to assist them in returning to an optimal quality of life and to help minimize the effects of heart disease. This flyer has been prepared to help you understand our program and how it can help you reach your goals.

Participation – Successful rehabilitation depends on you. The rehab staff is here to assist you in establishing and reaching your goals and help you accept and adjust to the realities and risks of your heart condition. Positive changes and new approaches are essential to your success in the program.

The Rehabilitation Program – Cardiac Rehabilitation is a comprehensive program for patients who have recently experienced a cardiac event or procedure. Our Phase II program offers patients the opportunity to establish an appropriate exercise program in a medical environment. The LIFE program gives those patients the opportunity to continue their program here in the Watson Clinic. Both programs include exercise and education to identify and modify their cardiac risk factors. You must have a doctor's order and a stress test prior to beginning either program.

PHASE II – During Phase II, recently discharged heart patients participate in a closely supervised and individualized exercise and education program. The program lasts for 12 weeks, during which time the patient will progress in their exercise time and intensity level to achieve their exercise goals.

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Maintenance – Our LIFE program (Lives Improved through Fitness and Education) is an exercise program for patients who do not have a cardiac history or have already graduated from the Phase II program. The rehab team will assist you in beginning and progressing with an appropriate exercise program.

The Rehabilitation Team – The Watson Clinic Rehabilitation Team consists of highly trained professionals. Registered nurses supervising the exercise program have been certified in advanced cardiovascular life support through the American Heart Association. The team also consists of exercise specialists, a dietician, and our medical director, a cardiologist specializing in cardiac exercise and education.

Insurance Reimbursement – Insurance companies and Medicare will cover the majority of charges for Cardiac Rehabilitation for eligible patients.

Cardiac Rehabilitation improves the quality of life by...

- Enhancing the patient's ability to carry out daily activities
- Helping to control weight and risk factors
- Improving stress management
- Providing improved cardiovascular fitness
- Providing support from staff and other patients who have experienced similar diagnosis and procedures
- Helping identify patients who have ongoing medical problems and initiating referrals to specialists as needed

Services:

Phase II Cardiac Rehabilitation	LIFE program
One-on-One Smoking Cessation	Exercise Consultant
Stress Management Class	Nutrition Class



WATSON CLINIC LLP

Setting The Pace... One Heart At A Time

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