



# Cardiac Rehab Program

*A Lifetime of  
Benefits*



“Excellent Health Care Close to Home”



20733 North Broad Street  
Carlinville, IL 62626



## Benefits of CAH's Cardiac Rehab Program:

- *Dedicated staff with over 15 years experience*
- *State-of-the-art equipment*
- *Educational Materials*
- *One-on-one consultations*
- *Individualized to meet each patients' own needs*
- *Hometown Physicians*
- **Close to Home**

**Choose Carlinville  
Area Hospital for your  
Cardiac Rehab needs.**

“Excellent Health Care Close  
to Home”

## What is Cardiac Rehab?

Cardiac Rehab services are designed to help patients with heart disease recover with more confidence and knowledge, and help them return to a fuller, more productive life. Cardiac rehab includes exercises, education and counseling regarding ways to live a healthier life. It is a safe and effective way to help patients:

1. Gain Strength and improve stamina after heart events and procedures.
2. Learn about their heart disease and reduce the risks of future heart problems.
3. Build confidence to live with their heart disease.



Most people with heart disease can benefit from Cardiac Rehab. No one is too old or too young.

## Who should consider Cardiac Rehab?

Individuals who can benefit from Cardiac Rehab are those who:

1. Have heart disease, such as stable angina or heart attacks.
2. Have had coronary bypass surgery
3. Balloon angioplasty, including stent placements.
4. Have had heart valve replacements
5. Have had a heart transplant

## What does Carlinville Area Hospital's (CAH) Cardiac Rehab Program offer?

The CAH Cardiac Rehab offers a Phase 2 and Phase 3 program:

**Phase 2:** Is a 12-18 week program, which meets 3 times a week (Monday, Wednesday, & Fridays) for 1 hour sessions. It does require a Physicians order to enroll. Phase 2 has 2 major components:



1. Exercise training to help patients learn how to exercise safely, strengthen muscles and improve stamina after a heart event. These patients wear a heart monitor during their exercise so the staff can evaluate their hearts tolerance to increased activity.
2. Education, counseling and support to help patients and their families understand their heart condition and find ways to reduce the risks of future heart problems. Also help patients learn how to cope with the stress of adjusting to a new lifestyle and deal with fears about the future.

**Phase 3:** Is a maintenance exercise program that continues to support what is taught in Phase 2. The patients do not wear heart monitors during exercise, but they will have assessments of their blood pressure and heart rate periodically as needed.

## Who is involved in Cardiac Rehab?

Cardiac Rehab services involve different health care providers. The team can include doctors (the patient's family doctor as well as the heart specialist), cardiac rehab nurses, dietitians and family members. The patient is the most important member of the team...no one else can make them do the exercise, eat a healthy diet, or quit unhealthy habits such as the use of tobacco.

## Is Cardiac Rehab covered by insurance?

Most insurance companies and Medicare provide coverage for the Phase 2 program. When necessary, the CAH staff can help assist with coordinating billing and payments if no insurance coverage exists. Phase 3 program is usually not covered by insurance, and a small fee is required with each session.

## How do I enroll in CAH's Cardiac Rehab Program?

For more information about the program or to enroll, contact the Cardiac Rehab Department at **217-854-3141, ext. 498**. If you qualify for the program, CAH staff will contact your physician for a referral.

**217-854-3141, ext. 498**

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