



Do It For You! Do It For Your Heart!

SAY YES TO CARDIAC REHABILITATION

Who couldn't use a little heart health right now?



A healthier heart will help you:

- Increase your independence
- Spend more time doing what you enjoy
- Learn ways to pace and adjust your physical activities to help you do more and recover faster
- Be less winded or short of breath as you go about your daily routine

Getting started is simple

Make the call!

- ✓ Call the cardiac rehab program your care team referred you to.
- ✓ If you can't find your referral paperwork or did not get a referral, call your primary care provider or cardiologist and tell them you are interested in cardiac rehab. You can go to an outpatient clinic or hospital rehab center. You may also be able to do virtual or home sessions.

Cardiac rehab is more than exercise! Here's what to expect:

An initial evaluation to tailor a program just for you. The evaluation may include:

- Medically supervised heart-healthy exercises, like walking, riding a stationary bike or using a step trainer
- Activities to strengthen your muscles, like lifting free weights or resistance bands.
- Strategies for healthy eating and information about programs that can help you get healthy food within your budget
- Help with quitting smoking
- Help with managing stress

It's better than your regular exercise routine

- Cardiac rehab provides a **team of experts** who will ensure you progress toward your goals and support you if you feel you're doing too much or not enough. Continuing at-home exercises is important, but cardiac rehab is the first step to improving your heart health.

What will it cost?

Most insurance companies, Medicaid and Medicare Part B will pay for cardiac rehab to help you safely exercise and learn heart-healthy habits. Call the number on the back of your insurance card to find out if you have co-pays or deductibles. Some hospitals and community agencies have staff to help you understand your benefits or arrange transportation.

Sources:

American Heart Association, Centers for Disease Control, CardioSmart.org, TAKEHeart Program, Medicare.gov

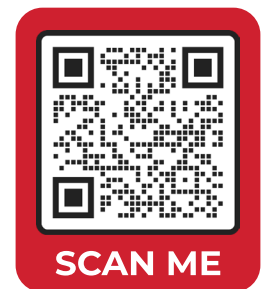
“Cardiac Rehab changed my life!”

At 75, Joyce was working full time and walking eight miles a day when her heart problems happened and “all of a sudden,” she “couldn't do anything.”

When Joyce started cardiac rehab, she could only walk 660 steps in six minutes. After completing her program, she could walk 1100 steps in that same amount of time.

Joyce says that cardiac rehab gave her **confidence**. Her message to you?

“JUST GIVE IT A TRY!”



Watch Joyce share her story about how cardiac rehab has changed her life.