



# What's Holding You Back From Going to Cardiac Rehab?

**Cardiac rehab can be life-changing! We've compiled some tips to help you overcome any obstacles you may have. Scan the QR codes with your phone to access the websites listed below.**

## I need a way to get to cardiac rehab!



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Enter your zip code into the [Area Office on Aging Eldercare locator](#) or call 1-800-677-1116 to find transportation services in your area. Ask if your hospital or physician's office has a patient navigator or case manager who can offer additional recommendations.

## I need to find a cardiac rehab program in my area!



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Check for programs in your area using the [Cardiac Rehab search](#). Search by zip code or county.

## I need help with my caregiver duties!



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To find caregiver resources in your area, including adult daycare, try the [Eldercare Locator](#). You can also call the Eldercare Locator at 800-677-1116 or email at [eldercarelocator@n4a.org](mailto:eldercarelocator@n4a.org).



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Visit the [Well Spouse Association](#) website to connect with other caregivers with experience planning and managing their health care needs. You can also email the Well Spouse Association at [info@wellspouse.org](mailto:info@wellspouse.org) or call 800-838-0879.



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



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## How do I fit cardiac rehab into my workday?



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Visit the [Family and Medical Leave](#) (FMLA) website to learn how to talk with your employer about taking job-protected leave for your medical care. If you're unsure FMLA applies to you, call the Wage and Hour Division's toll-free helpline at 1-866-487-9243.

## Who pays for cardiac rehab?



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Visit the [Medicare Coverage - Cardiac Rehab](#) website to learn about eligibility and co-pays (if you have additional insurance or Medicaid, your co-pays might be covered). You pay 20% of the Medicare-approved amount if you get these services in your doctor's office. In a hospital outpatient setting, you also pay the hospital a co-payment. The Part B deductible applies.

## Do I really need cardiac rehab?



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Yes! If your doctor recommended Cardiac Rehab, your heart needs the chance to recover. Visit [Do It For You!](#) to learn why you should say yes to cardiac rehab.