



Cardiac Rehab Services

what you need to know

Well and good.™



CARDIAC REHAB BENEFITS

Rehab helps patients return to their normal lives after a cardiac event. Supervised exercise programs help increase stamina, endurance, energy and overall health. Group exercise can also help provide motivation and the opportunity to build new friendships.

CARDIAC REHAB SERVICES AVAILABLE

- Cardiac rehab is available for all age ranges
- Medicare covered diagnosis — Myocardial infarction, stent placement/angioplasty, CABG, valve replacement/repair, CHF, heart transplant, stable angina
- Phase 2 Rehab — This phase provides monitored exercise and education in risk factor modification services, i.e. smoking cessation, weight control, cholesterol control, blood pressure control, stress management and healthy eating. Acute phase of rehab participation occurs in the early recovery phase of a cardiac event. Our medically trained staff supervises and educates patients. This phase is covered by Medicare and most insurance providers.
- Phase 3 Rehab — This maintenance phase of rehab is available to patients completing Phase 2 as well as anyone else who would like to safely get started in an exercise program. Patients participate in supervised exercise by medically trained staff. This phase is not covered by Medicare, but some private insurance providers do cover part of this service. You can choose from three affordable payment options that we offer to cover this cost.
- ISCVPR — Member of Indiana Society of Cardiovascular and Pulmonary Rehabilitation
- AACVPR — Member of American Association of Cardiovascular and Pulmonary Rehabilitation certified programs

For more information on Cardiac Rehab Services at Logansport Memorial Hospital, please call **574.753.1405**.

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