



Information for You from Your Health Care Team

Quick Facts

Outpatient Cardiac Rehabilitation

- ✓ Designed especially for people after a heart attack and/or heart surgery
- ✓ Also appropriate for people following angioplasty, people with stable angina, and many other heart conditions
- ✓ Learn how to take the best care of your heart that you can
- ✓ Learn about heart disease and exercise, diet, stress, smoking, and medications
- ✓ Requires a physician's referral
- ✓ Most health insurance plans, including Medicare, will pay for some of the cost of cardiac rehabilitation
- ✓ Start as soon as your physician recommends