

Cardiac Rehabilitation

An Individualized, Supervised Program for You



What is cardiac rehabilitation?

Cardiac rehabilitation provides you an individualized, personalized treatment plan, including evaluation and instruction on physical activity, nutrition, stress management, and other health-related areas. It's an important part of the treatment of your specific heart problem. If you have one of the following diagnoses you may be eligible to participate.

- Heart attack
- Angina
- Cardiac surgery, such as coronary bypass or valve surgery
- Coronary artery angioplasty or stents
- Heart failure
- Heart transplantation

Benefits of cardiac rehabilitation

- Live longer and reduce your chance of heart attack
- Control heart disease symptoms such as chest pain or shortness of breath
- Stop or reverse damage to your blood vessels in your heart
- Lessen the physical and emotional effects of heart disease
- Improve your stamina and strength, getting you back to your usual activities, including work, hobbies and regular exercise
- Improve your confidence and well-being

What does cardiac rehabilitation offer?

- Assess your personal risk factors for heart and blood vessel disease
- Help you begin and maintain a personalized exercise plan that works for you
- Psychological/stress assessment and counseling
- Improved communication with your doctor and other healthcare providers about your progress following your cardiac event



Recent scientific studies have shown that people who complete a cardiac rehabilitation program can increase their life expectancy by up to five years.



Benefits of Valley's state-of-the-art facility

- Active medical director physician monitoring
- Telemonitoring notifies staff of any changes in heart rhythm while exercising
- Safe, effective, total body workout for most users of virtually any ability level with Nustep® cardiovascular, cross-trainer machines
- Medical fitness equipment is designed for low joint stress in both seated and standing positions with adjustable arm ergometers to work shoulders and back
- Oxygen available as needed



What are the healthy lifestyle changes you can expect to develop through cardiac rehab education and support?

- Maintaining a healthy weight
- Understanding how nutrition impacts your heart's health
- Building positive exercise habits
- Improving stress management
- Adding heart healthy behaviors to your lifestyle
- Meeting other patients like yourself, sharing stories and encouragement

What are the health conditions cardiac rehab will monitor and help you manage?

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| ■ Blood pressure | ■ Cardiac rhythms |
| ■ Lipids /cholesterol | ■ Anginal symptoms |
| ■ Diabetes | ■ Medication side effects |
| ■ Safe exercise heart rate parameters | |

Cardiac rehabilitation at Valley Medical Center is a physician-led program with the support of registered nurses and exercise specialists to provide expert guidance through our 12-week program.



Use the Google Translate app for your language

Does insurance cover cardiac rehab?

Cardiac rehabilitation is generally covered by most health insurance companies, but check your plan to determine copays or other requirements.

How do I contact the Cardiac Rehab department?

The Cardiac Rehab department is located on the third floor of the Medical Arts Center, 4033 Talbot Road South, Renton in Suite 320, just across the skybridge from the parking garage. The cardiac rehab program is offered **Mondays, Wednesdays and Fridays, 9 AM – 6 PM**. Exercise sessions are one hour each, three times a week by appointment. **Call 425.690.3516** for an orientation appointment or more information.



Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation

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valleymed.org/cardiacrehab

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