

### Will my insurance cover the program?

Phase I is covered under the terms of inpatient care. Phase II is covered by most major medical insurance carriers, including Medicare. Our financial counselors can help you determine your level of coverage. Phase III is not covered by insurance and is self-pay for each session. St. James Mercy offers flexible and affordable payment plans for those who need it...for financial information call 607-324-3040 or 607-324-8030.

### Can Cardiac Rehabilitation really make a difference?

Cardiac Rehab is proven to be a safe and effective way to help those with heart conditions. It can help you:

- Get stronger
- Feel better faster
- Enjoy your normal activities
- Reduce the risk of future heart problems
- Live healthier and longer
- Improve your quality of life

### How do I get into the program?

You can be referred to St. James Mercy's Cardiac Rehabilitation program by your primary care physician or another health care professional. Our staff will contact you to set up an appointment once we receive the required information from your primary care provider.

If you or a loved one suffers from heart disease, find out how Cardiac Rehabilitation can improve the quality of your life. Contact our Cardiac Rehab Coordinator at **607-324-8118** or visit [www.stjamesmercy.org](http://www.stjamesmercy.org).

## Cardiac Rehabilitation... Where Hearts Come to Heal



# Cardiac Rehabilitation Program



### Cardiac Rehabilitation Program

A service of St. James Mercy Hospital  
411 Canisteo Street  
Hornell, New York 14843



**Where  
Hearts  
Come to  
Heal**

## St. James Mercy Hospital Cardiac Rehabilitation Program

If you have been diagnosed with a cardiac problem or experienced a heart attack, angioplasty or open heart surgery, you may be a candidate for “cardiac rehabilitation”. The Cardiac Rehab Program at St. James Mercy Hospital is for patients who are at risk for cardiovascular events. Our goal is to educate you and your family about your particular heart problem, to help you lead a healthier, more satisfying and fulfilling life.

### What is Cardiac Rehabilitation?

The main goal of Cardiac Rehab is to assist you in developing a personal healthy lifestyle plan, which includes physical activity, education, stress management, and nutrition. During monitored physical activity sessions, we help you increase heart and lung capacity and overall muscle strength, to give you the confidence to do the activities you enjoy the most.

### How does the Program work?

The Cardiac Rehab process begins during hospitalization (Phase I) and continues throughout your lifetime (Phases II and III):

**Phase I:** takes place in the hospital during the acute stage of illness. This is generally initiated at the tertiary care center you have been sent to for your cardiac needs. The medical team provides recommendations and care services to address your immediate cardiac needs.

**Phase II:** this follows a recent cardiac event, when your cardiologist, surgeon, or primary care physician may refer you to Phase II. This medically-supervised outpatient program combines exercise training and education to reduce cardiac risk factors, tailored to your needs. Phase II lasts from 6 – 12 weeks, and usually involves three electronically-monitored exercise sessions per week,

of approximately 60 minutes each. During each session, the EKG transmitter continuously records your status, which allows the staff to assess your heart rate and heart rhythm. Education is also part of Phase II, to help you learn about good nutrition, medications, weight control, smoking cessation, emotional issues, stress management, high blood pressure, stroke and other topics related to heart disease. You may benefit from Phase II Cardiac Rehab if you have experienced:

- Heart attack
- Chest pain/angina
- Angioplasty or stent procedure
- Bypass surgery
- Heart valve surgery
- Heart transplant (or are awaiting transplant)

**Phase III:** is a continuation of Phase II. The goal of Phase III is to promote long-term lifestyle changes, motivation and continued regular exercise regimen. Patients in Phase III monitor their own heart rates and workloads while under medical supervision. The staff provides you with daily pre- and post-exercise blood pressures and progress reports for your physician upon request. In all phases if the need arises, the staff is trained to handle emergencies and trouble shoot various medical problems.

**“Cardiac rehab has given me the confidence to live my life the way I want to.”**

**“Cardiac rehab has improved my health immensely.”**

### How will I benefit from Cardiac Rehabilitation?

Based on your personal goals, the benefits will vary, but may include:

- Strengthening and conditioning your heart and lungs
- Controlling your weight and lowering your total cholesterol levels
- Understanding your medications, and signs of heart issues that may require medical attention
- Increasing your self confidence and managing stress more effectively
- Developing a healthier lifestyle
- Reducing your cardiac symptoms and potential for future episodes
- Earlier return to work and daily activities

### Who is on the Cardiac Rehabilitation team?

A wide array of compassionate professionals make up our Cardiac Rehab team and may include physicians, registered nurses, registered dietitians, social workers, and pharmacists. Your primary care physician is provided with information about your recovery and progress.

**“Before I started rehab I was scared...now I am able to do all the things I want to do with confidence and without fear.”**