

Referrals

Cardiac Rehab requires a physician referral and you must be followed by a cardiologist on the Medina Hospital Medical Staff.

To learn more about the Medina Hospital Cardiac Rehabilitation Program, call 330.721.5075.

 **Medina Hospital**
a Cleveland Clinic hospital

Cardiac Rehabilitation

Restore and maintain a healthier heart

 **Medina Hospital**
a Cleveland Clinic hospital

1000 East Washington Street
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330.721.5075

medinahospital.org



Each year, thousands of men and women suffer from coronary disease, heart attack, or cardiac surgery. Heart disease can be difficult to cope with, and often requires lifestyle changes.

Medina Hospital offers a comprehensive Cardiac Rehabilitation Program to help individuals restore and maintain a healthier lifestyle physically, psychologically and spiritually.

The road to recovery

Cardiac Rehabilitation is a comprehensive program designed for long-term changes in the risk factors for individuals who have had a cardiac event or manifestations of heart disease.

The Cardiac Rehab Program includes monitored exercise, nutritional counseling and stress management. Individuals must have a physician referral and be followed by a cardiologist on the Medina Hospital Medical Staff.

Follow-up visits are offered for patients who have completed the program. These visits provide incentive for continued home exercise, evaluate progress and increase exercise as needed for continued quality of life.

About the program

This 12-week outpatient program focuses on supervised exercise and educational sessions to:

- Improve cardiovascular fitness, muscle tone and exercise tolerance
- Gain a better understanding of your heart condition and its treatment through education

- Regain confidence and make positive psychological adjustments as you experience physical improvements

Program sessions:

- Three days a week
- 90 minutes in length
- Conveniently located in the Cardiac Rehabilitation Department on the Third Floor of the Hospital
- Equipped with safe and appropriate exercise equipment
- Monitored with state-of-the-art equipment by nurses certified in Advanced Cardiac Life Support (ACLS)

Serving you

The Cardiac Rehab Program serves as a valuable support and follow-up to structured inpatient care. This program can also benefit persons who have not been hospitalized, but who have been determined to be at risk for cardiac disease.

This program is approved by Medicare and many private and group, third-party insurers. Please check your policy or call your insurance agent for specific coverage questions.

