



CARDIAC REHABILITATION

It takes more than surgery to achieve true heart health. Lasting health means a change of heart about lifestyle choices.

The Cardiac Rehabilitation program at Northeastern Nevada Regional Hospital emphasizes exercise, education, counseling and behavioral modification. Our rehab team provides each patient with the tools they need to develop not only a healthier heart, but an ongoing commitment to healthier living.



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[Phase II Cardiac Rehabilitation

This is a medically supervised, outpatient program that lasts up to 36 sessions over 12-36 weeks and begins shortly after discharge from the hospital following a cardiac event. Patients will exercise up to 3 days per week for about an hour each session.

Medicare and most private insurance carriers cover Phase II Cardiac Rehabilitation with the following diagnoses:

- Heart attack
- Bypass surgery
- Stent placement
- Stable, chronic chest pain
- Stable, chronic heart failure (defined as patients with left ventricular EF $\leq 35\%$ and New York Heart Association Class I to IV symptoms despite being on optimal heart failure therapy for at least 6 weeks)
- Heart valve repair or replacement surgery
- Heart or Heart-Lung transplant within the preceding 12 months

A physician referral is required for participation in this program.

The Goals

NNRH's Cardiac Rehabilitation program aims to:

- Improve your quality of life
- Identify and modify risk factors for cardiovascular disease
- Increase your strength and endurance
- Increase your knowledge of heart disease
- Implement an at-home exercise program
- Prevent re-admissions to the ER

The Benefits

Participants in the program have gained:

- Improved heart function
- Greater knowledge of heart disease
- Faster recovery times
- Improved physical fitness
- Increased confidence and self-esteem

For more information, please contact Northeastern Nevada Regional Hospital's Cardiac Rehabilitation Department at (775) 748-2483.