



# Health+Wellness Pavilion

Wexford

## Cardiac Rehabilitation



### What is cardiac rehab?

The Cardiac Rehabilitation Program at the Wexford Health + Wellness Pavilion is a comprehensive, individualized exercise and education program for those with known heart disease and those who are at risk of developing heart disease. A multi-disciplinary team of clinical exercise physiologists, registered nurses, registered dietitians, pharmacists, and behavioral health specialists—all working with your physician—will guide you through the program.

### What is the goal?

The goal of the Cardiac Rehabilitation Program is to help you return to a healthy and active lifestyle. You will take classes to learn about proper nutrition and heart health and exercise while your EKG, heart rate, and blood pressure are monitored to ensure your safety. Specialists will work with you individually to customize your exercise program to increase your endurance and the strength of your heart muscle.

Please see the back of this card for more information about the Cardiac Rehabilitation.

## Who can benefit?

Cardiac rehabilitation programs are often recommended for those with the following conditions:

- Coronary artery bypass grafting (CABG)
- Valve repair and replacement
- Heart attack
- Stable angina
- Post-angioplasty (PTCA) procedure
- Post-coronary stent procedure
- Cardiomyopathy
- Congestive heart failure (CHF)
- Arrhythmia
- Pacemaker/defibrillator (AICD) insertion
- Heart transplant and ventricular assist device (VAD)

## Cost

Most insurance companies cover the cost of cardiac rehabilitation programs. The Cardiac Rehabilitation department will contact your insurance company to verify your benefits prior to your beginning the program and work with your physician's office to attain all necessary referrals.

## Classes

Cardiac Rehabilitation program classes meet on Mondays, Wednesdays, and Fridays. Class times are variable based on your needs.

## Register

Contact your physician's office or call 412.DOCTORS (362.8677).

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