



WHAT IS CARDIAC REHAB?

Cardiac rehabilitation (rehab) services are designed to help patients with heart disease recover faster and return to full, productive lives. These services include exercise, education and support.

Together with medical and surgical treatments, cardiac rehab can help you feel better and live a healthier life.



AULTMAN HOSPITAL
2600 Sixth St. SW
Canton, Ohio 44710
330-363-5403

AULTMAN NORTH
6100 Whipple Ave. NW
North Canton, Ohio 44720
330-363-9475

AULTMAN MASSILLON
2051 Wales Ave. NW
Massillon, Ohio 44646
330-834-4120

AULTMAN ORRVILLE HOSPITAL
832 South Main St.
Orrville, Ohio 44667
330-684-4702

AULTMAN ALLIANCE COMMUNITY HOSPITAL
200 East State St.
Alliance, Ohio 44601
330-829-8677



CARDIAC REHABILITATION

Aultman Hospital's cardiac rehabilitation program is nationally certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

HEALTHIER, TOGETHER.™





WHAT ARE THE BENEFITS OF CARDIAC REHAB?

The benefits include:

- Improved cardiovascular function
- Improved fitness level
- Smoking cessation
- Stress management
- Developing a regular exercise routine
- Blood pressure control
- Lower cholesterol
- Increased knowledge of nutrition and heart health
- Reduced fear or anxiety related to your heart condition
- Increased sense of well-being

HOW DO I GET INTO CARDIAC REHAB?

All cardiac rehabilitation enrollment is by physician referral. Your doctor or cardiac rehab staff can make arrangements for you to begin our program. For more information, please contact the location closest to you. See contact information on the back.

HOW MUCH DOES CARDIAC REHAB COST?

The benefits of cardiac rehab phase II have been well documented, and most insurances will cover it. You may want to verify your coverage with your insurance company.

AULTMAN'S CARDIAC REHABILITATION PROGRAM CONSISTS OF THREE PHASES.

PHASE I

This begins during your hospital stay and consists of range-of-motion exercises and supervised ambulation. You will begin to learn about cardiac disease and risk factors that may have contributed to your heart disease.

PHASE II

This phase begins after you are discharged from the hospital and lasts for eight to 12 weeks. How soon you start depends on your diagnosis. This program consists of an initial functional capacity test that allows the exercise physiologist to prescribe your work levels. You will exercise three times per week for 30 minutes, during which your heart rate and rhythm will be monitored by cardiac rehab professionals including registered nurses and exercise specialists. Along with exercise, you will also be given educational materials and classes taught by RNs and exercise staff.

ADULT WELLNESS

Our Adult Wellness program offers continued support and structure to help maintain healthy habits and physical fitness. Some insurances may offer reimbursement for Adult Wellness. Contact the location nearest you for cost and to set up an orientation appointment.

DO I NEED CARDIAC REHAB?

Yes, if you have experienced:

- Heart attack
- Coronary bypass (CABG)
- Valve surgery
- Angioplasty/stents
- Heart disease, such as angina
- Heart failure

Studies have shown that cardiac rehab is an important step in resuming a full and active lifestyle for people with heart disease.

