

## Have You Had A Recent....

- CABG (Coronary Artery Bypass Graft) surgery with 1 year
- Heart attack within 6 months
- Angioplasty and Stent Replacement within the last 6 months
- Diagnosis of Stable Angina or Chest Pain due to a blockage
- Heart Valve Surgery to repair or replace a faulty valve

*You may qualify for this program.*

Covered by most insurances.

## Benefits of Exercise

- Improved heart function
- Improved circulation
- Improved muscle tone
- Increased strength and endurance
- Lower blood pressure
- Improved blood cholesterol levels

## Referral

- Please talk with your cardiologist about obtaining a referral to start this program
- Call 504.349.6180 for more information

## AACVPR

West Jefferson Medical Center (WJMC) is proud to announce the certification of its Cardiac Rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). WJMC was recognized for its commitment to improving the quality of life by enhancing standards of care.

Cardiovascular programs are designed to help people with cardiovascular problems (e.g. heart attacks, coronary artery bypass graft surgery, etc.) recover faster and improve their quality of life. The program includes exercise, education, counseling and support for patients and their families.

WJMC's Cardiac Rehabilitation program participated in a lengthy application process which required extensive documentation of the program's practices. The AACVPR Program Certification is the only peer-reviewed accreditation process designed to review individual programs for adherence to standards of the guidelines developed and published by AACVPR and other professional societies.

## Cardiac Rehabilitation

**Outpatient Office/Gym**

West Jeff Fitness Center  
1121 Medical Center Blvd.  
Marrero, LA 70072

504.349.6180



## Cardiac Rehabilitation

*Is This Program for You?*



Cardiac Rehabilitation is designed to assist patients who have significant cardiovascular disease, recent myocardial infarction, open heart surgery, valve surgery, PTCA, coronary stenting, or heart transplant which requires a supervised exercise program.

- Courteous professional staff
- Educational lectures
- ACLS certified Registered Nurses
- Risk factor identification
- Clinical Exercise Physiologist
- Body composition analysis
- Closely monitored telemetry
- Dietary evaluation
- Pre-enrollment evaluation
- CHF education
- Personalized fitness program



## Phase II Outpatient Program

Phase II combines physical exercise with risk factor modification to help with recovery and strengthen your body. Risk factors are those things which put you at high risk for having another cardiac event. High blood pressure, smoking, high cholesterol and being overweight are all examples of these risk factors. It is important for your cardiac health to modify and control risk factors to prevent future heart problems.

## How Does the Phase II Program Work?

*Outpatient Rehab consists of two parts.*

- **Exercise Training** is important to help the patient exercise safely while improving stamina and strengthen muscles. This is done through an individualized exercise prescription written by an Exercise Physiologist. Each patients exercise plan is based on their unique abilities, needs and interest
- **Education Counseling and Training.** The cardiac rehab team will help each patient learn how to make positive changes in their lives and cope with the stress of adjusting to a new lifestyle.

## How is the Program Covered?

The Cardiac Rehab Program is usually covered by your insurance company. Since all insurance plans differ, we will help determine your eligibility for the program. If you are covered, your insurance may require a co-pay or a co-insurance for each visit you attend. If your insurance company does not cover the program we will discuss other options which are available to you.

## When are Phase II Classes Offered?

Classes are held every Monday, Wednesday and Friday. We encourage all patients to attend regularly 3 days per week for maximal benefit. Medicare and Medicare HMO coverage will require minimal attendance for continued coverage.

Classes are held at 7 a.m., 8 a.m., 9 a.m., 10 a.m., 2 p.m., 3 p.m. and 5 p.m. Each class runs about an hour long. You will be assigned a class time based on availability and your schedule. If you need to reschedule or change to a different time, discuss this with your cardiac rehab team. If insurance permits, you could be eligible for 36 Phase II visits, over 90 days. Some insurance will authorize less than this. You can also terminate the program at anytime. However, the longer you attend, the more you will benefit.

## **West Jefferson's Cardiovascular Rehabilitation Program Certified by Industry Leader**

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(Marrero, LA – January 19, 2015) – West Jefferson Medical Center (WJMC) is proud to announce the certification of its cardiovascular rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). West Jefferson was recognized for its commitment to improving the quality of life by enhancing standards of care.

Cardiovascular rehabilitation programs are designed to help people with cardiovascular problems (e.g., heart attacks, coronary artery bypass graft surgery) recover faster and improve their quality of life. The program includes exercise, education, counseling and support for patients and their families.

"We meet our patient and family's holistic needs, not only through exercise, but in providing a safe, compassionate, supportive environment allowing one to be involved in their healing and recovery process and achieving positive outcomes," Monica Bologna, Vice President of Service Line Development at West Jefferson Medical Center.

WJMC's cardiovascular rehabilitation program participated in an application process that requires extensive documentation of the program's practices. AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other professional societies. Each program is reviewed by the AACVPR Program Certification Committee and Certification is awarded by the AACVPR Board of Directors.

AACVPR-certified programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available. AACVPR Program Certification is valid for three years.

### **About AACVPR**

Founded in 1985, the American Association of Cardiovascular and Pulmonary Rehabilitation is a multidisciplinary organization dedicated to the mission of reducing morbidity, mortality and disability from cardiovascular and pulmonary disease through education, prevention, rehabilitation, research and disease management. Central to the core mission is improvement in quality of life for the patients and their families.