



Cardiac Rehabilitation

Building a heart-healthy lifestyle

Cardiac Rehabilitation
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Asante's Cardiac Rehabilitation program lowers the risk of recurring heart trauma and guides individuals toward a heart-healthy lifestyle.

Cardiac Rehabilitation works to promote and strengthen the cardiovascular health of those with a history of heart trouble and those in recovery after recent heart trauma or surgery.

Cardiac Rehabilitation: Personalized for you

We tailor an exercise and education program to your personal heart history. Along with your physician's assessment, we evaluate your physical condition, lifestyle habits and medical history to arrive at the best and safest strengthening and recovery plan for you.

You will learn the details of your condition, and lifestyle adaptations will be recommended to help you achieve your individualized optimal wellness level, including nutrition, exercise and stress management.

We encourage you and your family with emotional support and can refer you to additional resources or counseling as needed.

A team of experts on your side

We coordinate our program with you, your family, your doctor and our staff of nurses, exercise specialists, dietitians, therapists and pharmacists. We work as a committed team toward improving your heart health and supporting your healthier lifestyle.

Qualifying for Cardiac Rehab

If you have been diagnosed with heart disease and have had a major cardiac event or procedure (such as stable angina, stent, heart attack, heart failure, coronary artery bypass graft/valve surgery or heart transplant), ask your doctor if you're a good candidate for Cardiac Rehabilitation. You will need a physician's referral to participate.

For more information about our program and how to get a referral, call a dedicated heart expert at:

- **Asante Rogue Regional Medical Center**
(541) 789-4466
- **Asante Three Rivers Medical Center**
(541) 472-7850

Medicare and most health insurance providers cover the Cardiac Rehabilitation program.

Phases of Cardiac Rehabilitation

Phase I: Early outpatient

Outpatient monitoring. After you return home, the Cardiac Rehab team helps you regain strength and confidence through a progressive program of physical activity, education and emotional support. You are carefully monitored during exercise to evaluate your progress, and both you and your family are counseled about diet and other lifestyle modifications. Education sessions covering heart function, risk factors, stress, nutrition and medications are also provided in individual meetings, as well as in group sessions with other patients. Please call for an appointment to begin your cardiac rehab.

Phase II: Maintenance program

Keeping you strong. When you have completed your early outpatient rehabilitation, our maintenance program offers ongoing therapy and support and is a viable alternative to home- or community-based programs. Although phase II is not covered by insurance, it is offered at a nominal cost. Participants are taught additional ways to self-monitor and are assisted by the same great Cardiac Rehab team.

Phase II can continue for as long as you need it.

Lowering your risks

Cardiac Rehabilitation can help you lower your risk factors with changes in lifestyle and by assisting you with weight loss, smoking cessation, overcoming physical inactivity and getting proper medication and treatment for high blood pressure, high cholesterol and diabetes.

Eating smart

We will teach you how to select nutritious foods and guide you to heart-healthy ways of preparing them while lowering fat and cholesterol.

Staying fit

We design and monitor an exercise program for you. You will learn how walking, swimming, cycling, jogging, dancing, strength training and other activities can help your heart, as well as which activities are safe for you.

Managing your weight

We will help you find the keys to healthy weight loss and long-term weight maintenance by developing a "thinking, eating and exercise strategy" that works well for your lifestyle.