



## Getting Started

Cardiac rehabilitation begins in the hospital. It continues as an outpatient program after you leave the hospital.

You will need your doctor's approval to get started. If you are interested in the Cardiac Rehab Program at St. Joseph Hospital, please speak with your physician.

## Reimbursement

Most insurance companies cover cardiac rehabilitation. Contact us, your doctor or your health insurance provider for further information.

Your Cardiac Rehab appointment  
has been scheduled for

---

(Date)

at

---

(Time)

at St. Joseph Hospital, Suite 102. Please bring a list of your current medications, including dosage and frequency. If you are unable to keep this appointment, please call us at 907-1452.

## Cardiac Rehabilitation Program



st. Joseph healthcare  
St. Joseph Hospital  
*In the Spirit of Healing*

360 Broadway, Bangor, Maine • 207.907.1452

# Life...

## We'll Help You

## Keep Your

## Heart in it



## Cardiac Rehabilitation Program



st. Joseph healthcare

St. Joseph Hospital

*In the Spirit of Healing*

*Sponsored by Covenant Health Systems*

*Founded by the Felician Sisters*

[www.stjoeshealing.org](http://www.stjoeshealing.org)

Our Cardiac Rehabilitation Program is designed to help people with heart disease recover faster and return to full productive lives. It includes exercise, lifestyle education and nutrition counseling.

## Helping You Get the Most Out of Life...

### How You Can Benefit

You can benefit from our Cardiac Rehab Program if you:

- have heart disease, such as angina or heart failure, or have had a heart attack
- have had coronary bypass surgery or a catheter (PTCA) procedure on your heart
- have other heart conditions



The  
Cardiac  
Rehab  
Team...

The Cardiac Rehab team includes:

- doctors (your family doctor, a cardiologist and/or surgeon)
- nurses
- exercise specialists
- dietitians

...and  
YOU



The most important member of the cardiac rehab team is **YOU**. Our program will help you to:

- learn about your heart condition
- find out what you can do to help your heart
- learn what symptoms or problems to report
- reduce stress and the risk of future problems