



Where is Cardiac Rehab Located?

The Cardiac Rehabilitation Program has two locations, the second floor of Jefferson Regional Medical Center and Route 51 in the Kmart Plaza. A friendly and experienced staff consisting of Registered Nurses, Respiratory Therapists and Exercise Physiologists supervises each rehab session.

What is the Cost?

The Cardiac Rehab program is a covered service by most insurance companies. The rehabilitation department will contact your insurance company to verify your benefits prior to beginning the program. The department will also attain all necessary referrals by working with your physician's office. For more information concerning your specific benefit coverage please contact Cardiac Rehab at 412-469-5045.

How Do I Sign Up?

Signing up is easy!!! Just contact the Cardiac Rehabilitation Department at (412) 469-5045 and we will be more than happy to answer all your questions and enroll you in the program.

We'll help your heart get back on its feet!!

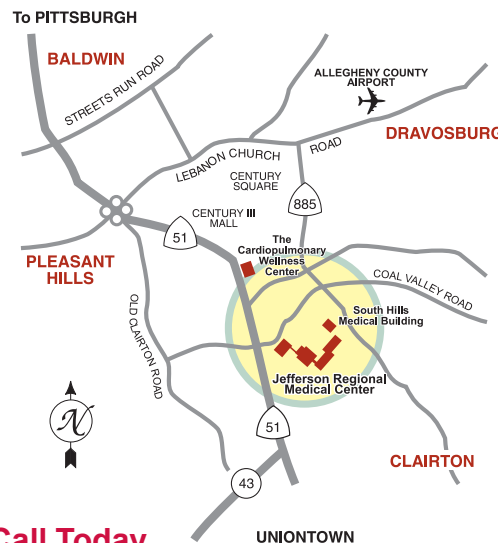
Jefferson Regional Medical Center is conveniently located just one mile from the Route 43/Route 51 Interchange in Jefferson Hills.

From the north: Take Route 79 South to 279 South. Take 579 South and follow signs to the Liberty Bridge and go through the Liberty Tunnel. At the tunnel's end, follow signs to Route 51 South (towards Uniontown). Follow approximately 10 miles to Coal Valley Road. Turn left onto Coal Valley Road.

From the south: Take Route 51 North. About 5 miles north of the Regis Malady (Elizabeth) Bridge, turn right onto Coal Valley Road.

From the east: Take Route 376 West to the Boulevard of the Allies exit. At the fork, take the left lane to the Liberty Bridge and cross over to the Liberty Tunnel. At the tunnel's end, follow signs to Route 51 South (towards Uniontown). Follow approximately 10 miles to Coal Valley Road. Turn left onto Coal Valley Road.

From the west: Take Route 279 North to Route 51 South (towards Uniontown) immediately before entering the Fort Pitt Tunnels. Follow approximately 14 miles to Coal Valley Road. Turn left onto Coal Valley Road.



**Call Today
(412) 469-5045**



**Guide to
Cardiac Rehab**



www.jeffersonregional.com

What is Cardiac Rehab?

The Cardiac Rehabilitation Program at Jefferson Regional Medical Center is a comprehensive individualized exercise and education program for those individuals with known heart disease as well as those who are at risk of developing heart disease.

What are the goals?

The goals of cardiac rehabilitation are:

1. Provide safe exercise training, increase your endurance, increase the strength of your heart muscle and help you return to an active lifestyle.
2. Provide education and counseling pertaining to lifestyle modification to help keep your heart healthy.



What are the Benefits?

- Increases endurance/stamina
- Increases strength of the heart muscle
- Assists in weight control and reduction
- Lowers heart rate and blood pressure
- Increases knowledge of cardiac diseases and lifestyle modifications

Who Can Benefit?

Rehab participants include individuals with the following diagnoses:

- Coronary Artery Bypass Surgery
- Valve Repair/Replacement
- Angioplasty or Stent Placement
- Heart Attack
- Heart Transplant
- Congestive Heart Failure
- High Blood Pressure
- High Cholesterol
- Obesity
- Physical Inactivity
- Smoking
- Diabetes

What Programs are Available?

The Cardiac Rehabilitation Program has four phases of programming.

Phase 1 Rehab: Begins while you are in the hospital. During your stay at The Heart Institute a Cardiac Rehab Specialist will meet with you and your family on a daily basis to help increase your activity gradually and prepare you for your return home.

Phase 2 Rehab: Begins once you have been discharged from the hospital and have completed a follow up appointment with your physician. This program includes EKG heart rate/heart rhythm monitoring during exercise, as well as nutritional counseling and risk factor modification. This program meets 3x/week.

Phase 3 Rehab: Is also known as “The Primary Prevention and Wellness Program”. This program is designed for individuals who are at risk of developing heart disease, including those with high blood pressure, high cholesterol, sedentary lifestyle, obesity, diabetes and tobacco abuse. This program offers intermittent EKG monitoring during exercise, as well as nutritional counseling and risk factor modification. This program meets 3x/week.

Phase 4 Rehab: Is a maintenance exercise program available to individuals who have completed either the Phase 2 or Phase 3 Cardiac Rehab Program. This program provides continued follow-up with heart rate and blood pressure monitoring with exercise and on-going risk factor modification to help prevent further heart related illnesses.