



Payment for Services

Monitored Cardiac Rehabilitation services are reimbursed by most third party payers such as Medicare, Blue Cross/Blue Shield, and other commercial insurance plans.

For More Information

For more information on class times, enrollment, and insurance, please contact the Newman Regional Health Cardiopulmonary Services Department at (620) 343-6800, ext. 21309 or 21300. If you would like to observe a session, please contact us to arrange a time.



Individual Attention

Our Cardiac Rehabilitation team will be with you step by step through each exercise session over a 6 to 12 week period. Programs are tailored to the needs of each specific patient.

CARDIAC REHABILITATION



NEWMAN

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NEWMAN

REGIONAL HEALTH

*Improving Heart Health Knowledge
One Step at a Time*

OUTPATIENT CARDIAC REHABILITATION

Program Purpose

The Outpatient Cardiac Rehabilitation program is designed to help patients with heart disease recover faster and return to full and productive lives. Cardiac Rehabilitation includes exercise, education, counseling, and learning ways to live a healthier life.

You can benefit from Cardiac Rehabilitation if you:

- Have stable angina or have had a heart attack.
- Have had coronary bypass surgery, heart valve replacement, coronary artery stent, or a balloon catheter (PTCA) procedure.
- Have had a heart transplant.
- Have had heart failure.



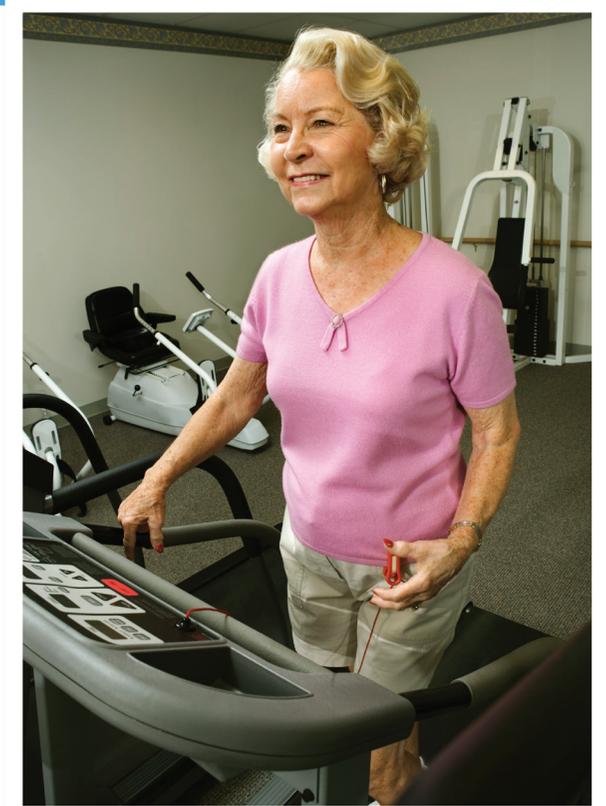
Cardiac Rehabilitation consists of two major components:

1. Exercise training improves cardiovascular fitness. Your heart rate and rhythm will be watched on a cardiac monitor by registered nurses.
2. Education and counseling help you understand your heart condition and find ways to reduce your risk of future heart problems.



Our Program

- **Pre-Assessment:** Prior to beginning your exercise program, a member of the Cardiac Rehabilitation team will meet with you to evaluate and discuss your needs. An exercise and education plan will be developed to fit your needs.
 - **Monitored Exercise:** The Cardiac Rehabilitation classes meet three days a week on Monday, Wednesday, and Friday at regularly scheduled class times for approximately one hour. You will wear a cardiac monitor during these classes for 6 to 12 weeks.
 - **Education and counseling sessions** are held each week. Patients, family, and friends are encouraged to attend. A schedule of all classes is posted in the exercise area.
- After completing the monitored exercise program, patients are encouraged to continue with regular exercise, either at home or at a local facility. The Cardiac Rehabilitation team will assist you in developing an exercise program.



Enrollment

You are encouraged to talk with your physician to see if this program is right for you. You will need your doctor's approval to get started in Cardiac Rehabilitation.

All sessions are held in the Cardiopulmonary Services Department at Newman Regional Health. This program meets the standards set forth by the American Heart Association, American Association of Cardiovascular and Pulmonary Rehabilitation, and Medicare.