



The Cardiac Rehabilitation Program

What's the Cardiac Rehabilitation Program?

The Cardiac Rehabilitation Program (CRP, or cardiac rehab) helps Kaiser Permanente members recover from a heart attack, stent placement, or heart surgery. Cardiac rehab can help you avoid another heart event.

What can I expect during cardiac rehab?

You work with a care manager, usually a nurse or pharmacist, who'll track your heart's recovery for up to 6 months. With their support, you focus on making healthier lifestyle changes.

This can include learning new, heart-healthy ways of eating, exercising, getting emotional support, reducing stress, and managing medications. If you smoke, your care manager can help you quit.

Your cardiac rehab care manager, along with your doctor and cardiologist, works with you to achieve your best reduction of risk factors for heart disease.

What are the key benefits of cardiac rehab?

With your care manager, you create a personalized plan and work toward your goals. Your care manager offers you:

- Support for your specific heart-health needs and goals. This includes managing blood pressure and blood sugar (if you have diabetes).
- Regular phone calls or emails to follow up on and encourage your progress.

You can participate in the CRP from the comfort of your home.

Is the Cardiac Rehabilitation Program for me?

Yes, if you're interested in making changes that can boost your recovery and heart health. Contact your doctor and ask to be referred to cardiac rehab.

Cardiac rehab can help you avoid another heart event and improve your overall health and well-being.

What can I do to have a healthier heart?


Eat for heart health

Make fresh vegetables, fruits, and other plant-based foods the main ingredients of meals and snacks. No need to give up all your favorite foods, just ease up on the less healthy ones. Avoid sugar and unhealthy fats (saturated and trans fats). Your care manager can give you tips, including for dining out.

If you need to lose weight, eating healthier and exercising can help you succeed.

Exercise safely and effectively

After a heart event, most people can benefit from aerobic and resistance (strength) exercise. Your rehab plan will balance aerobics and resistance training to meet your needs. This will also help you safely restart normal daily activities.



As you get fit, your heart muscle and blood vessels will work more efficiently. You may even have more energy and feel better than before.

Quit smoking or vaping

This is vital for healing and strengthening your heart. Quitting reduces irritation (inflammation) and the workload on your heart and blood vessels. Cardiac rehab has helped many people quit.

Manage stress, anxiety, and depression

Many people feel stressed, afraid, or depressed after a heart event. Cardiac rehab offers support and resources to help you reduce stress, relax, and recover emotionally.

Take medications

It's important to manage your blood pressure, cholesterol, and blood sugar. You do this by taking your medications and sticking with heart-healthy changes. This also reduces your risks for heart attack and stroke.

Your doctor will prescribe specific medications based on your needs. Let your care team know if you have side effects. This can often be relieved by adjusting your medications.

Additional resources

For more information, tools, classes, and other resources:

- Search kp.org/mydoctor
- Contact your local Health Education Department

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.