



# The Cardiac Rehabilitation Program

## What is the Cardiac Rehabilitation Program?

The Cardiac Rehabilitation Program (also called “cardiac rehab”) is for Kaiser Permanente members who’ve recently had a heart attack, stent placement, or heart surgery. The program helps reduce your chances of having another heart event.

## What can I expect from the program?

You’ll work with a care manager, usually a nurse or pharmacist, for up to 6 months. The program focuses on a heart healthy diet, exercise, emotional support, medication management, and tobacco cessation.

You’ll continue medical care with your doctor or nurse practitioner during cardiac rehab. We’ll give you information and support to help reduce your risk of another heart event and improve your lifestyle.



## Is the Cardiac Rehabilitation Program for me?

If you’re interested in making lifestyle changes and you want to participate in this program, please contact your doctor or nurse practitioner to request a referral.

## What are the benefits of the program?

- ▶ One-on-one care from a cardiac rehab care manager
- ▶ Regular phone calls or emails to follow up on your progress
- ▶ Periodic blood tests
- ▶ Support for heart healthy eating
- ▶ Guidance for home exercise
- ▶ Participation from the comfort of your own home

Cardiac rehab helps you to reduce your risk of another heart event and improve your lifestyle.



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## How can I have a healthier heart?

### Eat healthy

It's important to avoid added sugar and unhealthy fats in your diet, especially animal, saturated, and trans fats. Focus on high-fiber, plant-based foods. Your cardiac rehab care manager will help you set goals and make an action plan for healthier eating.

### Make exercise a part of your daily routine

We'll design an exercise program for you that's safe and doable. You may be asked to monitor your pulse during exercise. As you become more fit, your heart rate and blood vessels will work more efficiently. Your fitness level will improve, and you'll likely have more energy and feel better.

### Quit smoking and tobacco products

If you use tobacco, quitting is the single most important thing you can do to improve your health. We can help. Your cardiac rehab care manager will tell you about resources and self-care materials to help you quit and cope with tobacco urges.

### Manage stress, anxiety, and depression

It's common to feel stressed, afraid, or depressed after having a heart event. For most people, these feelings get better with time. We'll provide you with support and resources to help you manage stress and improve your well-being.

### Take medications

Taking medication as prescribed and managing your blood pressure, cholesterol, and blood sugar will lower your risk of having a heart attack or stroke.

Your doctor will work with you to prescribe the medication that's right for you. Your cardiac rehab care manager will order lab tests and adjust your medication, under your doctor's supervision, and will help you manage your medications.



## Additional resources

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

- ▶ Search [kp.org/mydoctor](https://kp.org/mydoctor)
- ▶ Contact your local Health Education Department

This information is not intended to diagnose health problems 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 your doctor. Some photos may include models and not actual patients.