

# Cardiac rehabilitation

## Your key to optimal heart health through education and exercise

Inova Schar Heart and Vascular's cardiac rehabilitation program is a lifestyle management and behavior change program designed for individuals with heart disease. The program is offered at convenient locations throughout Northern Virginia.

## Who can participate?

Anyone who has a cardiac diagnosis or has undergone heart surgery can participate. Examples of cardiac diagnoses include heart attack (myocardial infarction), angina, heart failure and cardiomyopathy. Anyone who has undergone coronary bypass surgery, heart transplant, LVAD placement, heart valve repair or replacement, angioplasty, stenting, atherectomy, or other another surgical heart procedure can also participate.

## Inpatient transition care

While you're in the hospital, a clinician will meet with you and your family to explain the cardiac rehabilitation program. During this visit, the team member can answer questions about heart disease and talk with you about your initial activity guidelines.

## Secondary prevention program

Our clinical teams will develop an individualized education and exercise program for you based on a clinical assessment of your diagnosis, risk factors and knowledge level.



Our onsite programs are located at Inova Alexandria, Inova Fairfax, Inova Loudoun and Inova Mount Vernon hospitals. You will receive individualized care to develop and assess your exercise progression, clinical condition and educational needs.

As a participant in cardiac rehabilitation, you will:

- Develop an increased understanding of your cardiovascular condition and treatment
- Receive the support and guidance you need to make important lifestyle changes that will decrease your disease risk
- Improve your cardiovascular conditioning for work and recreational activities

## Cardiac rehabilitation disease management program

This program is a self-pay option for people who may not have insurance benefits that offer coverage for cardiac rehabilitation. These sessions and educational opportunities are offered in the same format as that of our secondary prevention program. The cost of this program is \$300 for 12 sessions or \$600 for 24 sessions.

## Cardiac wellness program

Cardiac wellness is a bridge program for individuals who have completed the initial, comprehensive cardiac rehabilitation program and want to continue to exercise independently with some clinical supervision. This program provides a supportive environment for continued cardiac wellness efforts. The cost of this program is \$300 for 12 sessions or \$600 for 24 sessions. This program is currently offered at our Inova Alexandria and Inova Loudoun campuses



## What are the benefits of cardiac rehabilitation?

- Lower blood pressure
- Increased strength and endurance
- Decreased cholesterol levels
- Improved flexibility and balance
- Better diabetes management
- Improved circulation
- Improved weight control
- Better stress management
- Improved self-confidence
- Expanded support network

## Your healthcare team

Inova Schar Heart and Vascular's team consists of experienced healthcare professionals including:

- Exercise physiologists
- Registered dietitians
- Registered nurses
- Physical therapists
- Respiratory therapists

The clinical team offers a complete and personalized heart disease management program for you. The team will keep your providers informed of your progress and any clinical needs as they arise.

## Education

Inova offers educational opportunities to patients enrolled in the cardiac rehabilitation program. Educational offerings vary by location. Seminar topics may include:

- Your heart and how it works
- Exercise and your heart
- Medication and heart health
- Heart-healthy eating guidelines
- Stress management

## Fees and insurance

Most insurance plans cover much of the cost of cardiac rehabilitation. However, the amount covered varies across insurance companies.

We encourage you to contact your insurance company for details about your plan's coverage for cardiac rehabilitation. Our team will verify your benefits and inform you of your financial responsibility before you start our program.

## How can I enroll?

If you are interested in learning more about our cardiac rehabilitation program, please call **571.472.3070**. A physician's referral is required to enroll in the program.

## Our locations

Inova Schar Heart and Vascular offers cardiac rehabilitation at convenient locations throughout Northern Virginia. For more information, or to schedule an appointment, call **571.472.3070**.

### Inova Alexandria Hospital

4320 Seminary Rd.  
Alexandria, VA 22304

### Inova Schar Heart and Vascular – Inova Fairfax Medical Campus

3300 Gallows Rd.  
Falls Church, VA 22042

### Inova Loudoun Hospital – Schaufeld Family Heart Center

44045 Riverside Pkwy., 1<sup>st</sup> floor  
Leesburg, VA 20176

### Inova Mount Vernon Hospital

2501 Parkers Ln.  
Alexandria, VA 22306

## You can help

As a nonprofit organization, our commitment to world-class cardiac care is made possible through the generous support of donors in the community. For more information on how you can support Inova's commitment to providing world-class medical care, please call the Inova Health Foundation at **703.289.2072**.



Scan here or visit [Inova.org/CardiacRehab](https://www.inova.org/CardiacRehab) to get more information about our cardiac rehabilitation program.