



## CARDIAC REHABILITATION

Cardiac Rehabilitation is a medically supervised 12-week program to promote heart-healthy lifestyle changes among individuals who recently experienced a cardiac event. The goal is to stabilize, slow or even reverse the progression of cardiovascular disease, thereby reducing the risk of heart disease, another cardiac event or death. Individuals who will best benefit from cardiac rehab include: stents, congestive heart failure, stable angina, angioplasty, heart attack, bypass surgery, valve repair or replacement heart transplant.

## BENEFITS OF CARDIAC REHABILITATION

- Improves physical fitness and energy levels
- Improves heart strength
- Weight loss
- Reduces blood pressure
- Controls cholesterol levels
- Improves overall well-being
- Improves management of stress
- Reduces risk of future heart problems
- Increases ability to perform jobs or tasks

## WHAT TO EXPECT

A team of registered nurses and exercise physiologists will design a personalized plan for each participant including an exercise program, medically supervised and monitored (EKG) exercise therapy, nutritional counseling by a registered dietitian, and educational materials.

Each week you will receive education through video, staff and/or guest speakers. Educational topics include healthy lifestyle change, heart healthy kitchen, sleep apnea, medications, managing stress, recognizing depression, benefits of exercise, blood pressure, diabetes, cardiac anatomy & physiology, nutrition

## INSURANCE

The cost will vary depending upon insurance coverage. The program is covered by Medicare and most major medical insurances. Your cardiac rehab facility will contact your insurance company for your specific benefits.

**Financial assistance is available for those who qualify.**

Please review other side to locate a cardiac rehabilitation program in your area.

*Sincerely,*

The Wellness Center:  
Cardiac Rehab Program



1840 Medical Center Parkway, Seton Building Suite 203, Murfreesboro, TN 37129 | (615) 396-6181

<b>FACILITY</b>	<b>CITY</b>	<b>TELEPHONE</b>
Athens Regional Med Ctr.	Athens, TN	423-744-3321
Bristol Regional Med Ctr.	Bristol, TN	423-844-4111
Erlanger Med Ctr.	Chattanooga, TN	423-778-9400
Gateway Medical Ctr.	Clarksville, TN	931-502-5070
Bradley Memorial Hosp.	Cleveland, TN	423-559-6032
Maury Regional	Columbia, TN	931-380-4094
Cookeville Reg. Med Ctr.	Cookeville, TN	931-783-2689
Cumberland Med Ctr.	Crossville, TN	931-459-7379
Horizon Med Ctr.	Dickson, TN	615-326-2351
Williamson Med Ctr.	Franklin, TN	615-435-5338
Sumner Regional Med Ctr.	Gallatin, TN	615-230-5096
Summit Med Ctr.	Hermitage, TN	615-316-3136
Memorial North Park Hos.	Hixson, TN	423-495-7100
Jackson-Madison County Gen	Jackson, TN	731-541-6317
Holston Valley Med Ctr.	Kingsport, TN	423-224-5800
Baptist Hosp. of East TN	Knoxville, TN	865-632-5833
University Med Ctr.	Lebanon, TN	615-443-6017
Volunteer Community Hosp	Martin, TN	731-587-4261
<b>Saint Thomas Riverpark</b>	<b>McMinnville, Tn</b>	<b>931-815-4285</b>
Methodist North	Memphis, TN	901-516-5200
Baptist Hospital	Memphis, TN	901-226-0240
<b>Saint Thomas Rutherford</b>	<b>M'boro, TN</b>	<b>615-396-6181</b>
Saint Thomas West	Nashville, TN	615-222-2008
Centennial Med. Ctr.	Nashville, TN	615-342-6397
Southern Hills Hos	Nashville, TN	615-781-4110
Skyline Med. Ctr.	Nashville, TN	615-769-7890
Henry Co. Medical Ctr.	Paris, TN	731-644-8558
Hillside Hospital	Pulaski, TN	931-363-9383
Northcrest Med. Ctr.	Springfield, TN	615-384-1755
Claiborne Co. Hospital	Tazewell, TN	423-526-2191
<b>Tennova</b>	<b>Tullahoma, TN</b>	<b>931-455-1092</b>
<b>Saint Thomas Dekalb</b>	<b>Smithville</b>	<b>615-215-5358</b>
<b>Southern Tenn Regional</b>	<b>Winchester TN</b>	<b>931-967-8242</b>
Baptist Memorial Hosp.	Union City, TN	731-885-9099
Med. Ctr. Bowling Green	Bowling Green, KY	270-796-2511
Hardin Memorial Hosp.	Elizabethtown, KY	270-706-1599
TJ Samson Comm. Hosp.	Glasgow, KY	270-651-4833
Muhlenburg Comm. Hosp.	Greenville, KY	270-338-8361
Jennie Stuart Med. Ctr.	Hopkinsville, KY	270-887-6862
Jack L. Hamman Heart & Vascular Ctr.	Madisonville, KY	270-326-3831
Crittenden Health Systems	Marion, KY	270-965-5281
Jackson Purchase Med. Ctr	Mayfield, KY	270-251-4120
Murray/Calloway Cty Hosp	Murray, KY	270-762-1170
Green River Heart Inst.	Owensboro, KY	270-688-0808
Lourdes Hospital	Paducah, KY	270-444-2106
Western Baptist Hosp.	Paducah, KY	270-575-2745
Caldwell Co. Hosp.	Princeton, KY	270-365-0313
Logan Memorial Hosp.	Russellville, KY	270-725-4792
Cullman Reg. Med. Ctr.	Cullman, AL	256-737-2397
Eliza Coffee Mem. Hosp.	Florence, AL	256-768-9640
Huntsville Hospital	Huntsville, AL	256-265-7143