Change your habits
Change your heart

If you’re recovering from a cardiac incident, walking on a treadmill may be the last thing you’re interested in. You may feel tired and depressed and simply worried about survival—not about getting in a workout. But exercising under the watchful eyes of our cardiac rehabilitation team may be the ticket, not just to survival, but to a better quality of life. In fact, if you’re adjusting to life after a heart attack, or if you’re living with certain other heart diseases, cardiac rehabilitation may help you feel better than you thought possible. Just because you have had heart problems—or have been told you are at risk for heart disease—you don’t have to become a spectator. Trust your heart to Humboldt General Hospital and begin building a better life today.
Welcome to Cardiac Rehab

If you are one of the 13 million Americans at risk for heart disease, or if you are one of the 1.5 million Americans who had a heart attack this past year, you may be a candidate for Cardiac Rehabilitation.

Cardiac Rehab is a 12-week outpatient exercise and education program designed to help heart patients reduce or control cardiac risk factors, improve cardiovascular fitness and adjust to living with heart disease.

We will help you learn about your heart, how it works and the important signs, symptoms and risk factors of heart disease. Our highly skilled team will identify specific exercises that are best for your health.

Whatever your level, we will place you on the path to a healthier lifestyle by promoting disease prevention, recovery and independence.

Humboldt General Hospital’s Cardiac Rehabilitation Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

ARE YOU A REHAB CANDIDATE?

Cardiac Rehab is designed for anyone with an existing or potential heart problem. Your physician can determine if our program is for you. Generally, our program benefits patients who have:

- Suffered a heart attack
- Had coronary bypass surgery
- Undergone angioplasty
- A heart pacemaker
- High-risk factors for heart disease
- Family history of heart disease/ hypertension

HOW CARDIAC REHAB WORKS

You’ll exercise three times a week for one hour each time. Your exercise sessions will be one-on-one and monitored by a professional. During each session, your heart rate and rhythm will be continuously monitored. Your exercise “prescription” will be adjusted throughout your program as your cardiovascular health improves. Progress reports will be sent to your physician. Of course, our center has the medical equipment necessary to handle any emergency situation. In addition to exercise, we emphasize education for both you and your family. This education focuses on nutritional guidance, stress management and modifying risk factors.

FREQUENTLY ASKED QUESTIONS

Do I need a referral to participate?
Yes, you must be referred, in writing, to our program by your physician.

Who staffs the program?
Our team of health care professionals includes a supervising physician who will coordinate with physical therapists, Cardiac Rehab technicians, a wellness coordinator, a registered dietitian, and a stress management counselor to tailor a program specifically for you.

Will insurance cover the cost?
Medicare and most insurance companies cover Cardiac Rehab costs when ordered by your physician. Please feel free to ask us specific questions about the costs of the program and how you might cover the cost.

What happens after the 12 weeks?
We will encourage you to enroll in a private exercise program after you finish our 12-week program. Your motivation will remain high as you continue to reduce your health risks through exercise, proper nutrition and stress management.