How Can Cardiac Rehab Help Me?

The ultimate goal of Cardiac Rehab is to help reduce your risk of future cardiac events and to improve your health. While each person’s experience is unique, there are some common benefits experienced by most cardiac rehab participants, including:

- Improved blood cholesterol and triglyceride levels
- Improved diabetes management
- Improved ability to perform work or other daily activities
- Increased strength and endurance of the heart and other muscles
- Heightened awareness and recognition of symptoms of heart disease
- Improved blood pressure control
- Decreased stress levels
- Identification and improvement of poor health habits
- Improved self confidence

Independent research shows that attending Cardiac Rehab after a cardiac event can lower a person’s risk of heart attack, as well as help them live longer than a patient who does not participate in cardiac rehab. Articles in professional and consumer publications like USA Today, U.S. News and World Report, Journal of the American College of Cardiology, and others report that chances for survival improve in those who take part in these life-saving programs. For more information, please visit our website at tmfhc.org/cardiac.
What is Cardiac Rehab?

When someone suffers a heart attack or other cardiac event, starting physical activity soon after treatment is often found to reduce complications. However, unsupervised exercise can compromise a patient’s safety. It is also important to guide an individual toward a healthy lifestyle right away. The Trinity Mother Frances Cardiac Rehabilitation Program offers help for cardiac patients on the road to recovery in two phases. The first phase begins in the hospital, followed by our Phase II outpatient program.

How Do I Get Started With Cardiac Rehab?

Cardiac Rehab services are provided for our patients’ convenience at several Trinity Mother Frances locations throughout east Texas including Tyler, Jacksonville, Lake Palestine, Canton and Lindale. A physician’s referral is required to participate and our staff will be happy to help you obtain it from your physician.

What Are the Benefits of Cardiac Rehab?

Trinity Mother Frances Cardiac Rehabilitation Program has two phases, designed to take you from your hospital recovery following a cardiac event to a return to a healthy and active life with the help of our medically-supervised program.

Phase I begins in the hospital after a heart attack, heart surgery or other cardiac admission. This phase includes cardiovascular risk factor education, mobilization, and home exercise instruction from the cardiac rehab team, as well as nutritional information from a registered dietitian.

Our outpatient Phase II program is a medically-supervised exercise program that helps with recovery after a heart attack, angioplasty, stenting, or heart surgery. It is also beneficial for patients who suffer from stable angina. Program participants receive a customized exercise program, social support, and education about nutrition and lifestyle changes designed to help reduce risk factors associated with cardiovascular disease.

Is Cardiac Rehab for Me?

Your physician can best determine if and when you are ready for cardiac rehab. You may be a candidate if you have experienced any of the following:

- Recent heart attack
- Stable angina
- Cardiac bypass surgery
- Angioplasty and/or stent
- Cardiac transplant
- Heart valve surgery
- Other cardiac conditions

Is Cardiac Rehab Covered by My Insurance?

Insurance policies differ, but most plans cover all or partial costs of physician-prescribed cardiac rehabilitation. Insurance coverage is verified, including the cost of co-payments, before the program begins, so participants are aware of their financial responsibility.

"The cardiac rehab program is great. The staff monitors my exercise at every step. And discussing my problems with others is also very helpful."

"You have the best group of people I have ever worked with. Thank you all!"