

# **Cardiac Rehabilitation**

## **Phase II Outpatient Program**

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The East Jefferson General Hospital Cardiac Rehabilitation program is available to patients after completing the recuperation phase at home following discharge from the hospital.

You may wish to contact your insurance company to verify coverage. Tell them the program is OUTPATIENT CARDIAC REHAB PHASE II and that it lasts 36 sessions, 3 days a week lasting about 12 weeks.

| <b>Session Times (choose one)<br/>Monday / Wednesday / Friday</b> | <b>Lecture Times<br/>Monday &amp; Wednesday <i>ONLY</i></b> |
|---|---|
| 7:00 AM — 8:15 AM   | 8:15 AM – 8:45 AM   |
| 8:45 AM — 10:00 AM  | 1:15 PM – 1:45 PM   |
| 12:00 PM — 1:15 PM  |   |
| 1:45 PM — 3:00 PM   |   |
| 4:00 PM — 5:15 PM   | <b><u>No Lectures on Fridays</u></b>                        |

Pre-requisites for entry into the Phase II exercise program are:

- Interview with Rehab Staff
- Stress Test
- ECG
- Lipid Profile
- Physician Referral(orders)

If our department can be of any help or if you or your family have any questions, please do not hesitate to call us at 504-503-4145. We are here for you!

The Cardiac Rehab Team