

## Is it covered by my insurance?

The cost will vary depending upon insurance coverage. The program is covered by Medicare and most major medical insurances.

## How is the program structured?

This medically supervised 8 to 12 week program promotes heart-healthy lifestyle changes among individuals who recently experienced a cardiac event. Our 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. Our registered nurse and exercise physiologist 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.

### Education Classes

- Risk Factors for Heart Disease
- Metabolic Syndrome
- Healthy Eating
- What is Coronary Disease?
- What is Diabetes?
- High Blood Pressure
- High Cholesterol
- Depression and Anxiety
- Managing Your Stress
- Heart Disease and Emotions
- Signs & Symptoms of MI
- Anatomy of the Heart
- Pharmacist
- Developing New Stress Management Skills

## Outpatient Cardiac Rehabilitation Program

Physician referral and release is necessary.  
Insurance coverage will vary.

Contact us at 615.396.5511

[www.mtmc.org/wellnesscenter](http://www.mtmc.org/wellnesscenter)

# AACVPR

American Association of Cardiovascular  
and Pulmonary Rehabilitation

*Certified Cardiac Rehabilitation Program*

The Wellness Center Cardiac Rehabilitation program is currently certified by AACVPR–American Association of Cardiovascular and Pulmonary Rehabilitation.



**The Wellness Center**  
Middle Tennessee Medical Center

611 East Lytle Street  
Murfreesboro, TN 37130



## Outpatient Cardiac Rehabilitation Program



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Who needs a

## Cardiac Rehab Program?

You will benefit if you have been diagnosed with:

- Angina pectoris, stable angina (chest pain)
- Coronary artery bypass graft surgery
- Myocardial infarction
- Stent
- Heart valve repair or replacement
- Heart Transplant
- Congestive Heart Failure
- Angioplasty



## What are the Benefits of Cardiac Rehabilitation?

What are the benefits of exercise:

- 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



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# Testimonials

### Coach Steve Peterson

"Thanks for all you did MTMC Cardiac Rehab.  
*You changed my life.*"



Recovering from by-Pass surgery, as I found out is definitely a team effort. The EMTs doing their jobs, doctors and nurses who perform the surgery, your family and friends for their loving care and patience, and finally the GREAT WORK by MTMC Wellness Center Cardiac Rehab program. They took me from someone who could not walk up a flight of stairs without

sitting down to where I could go forty (40) minutes on the treadmill without missing a step. They provided me with important information as far as diet, eating habits, exercise routine, and some good common sense to leading a healthy life. All done in a friendly, caring, professional atmosphere! Thanks for all you did MTMC Cardiac Rehab. You changed my life.



*"Exercise is made fun  
by the cheerful and friendly  
encouragement of everyone  
including the other participants."*



### Jackie Koehler

*"The staff...  
gave me their  
knowledge,  
support and  
consistent care..."*

As time came to consider Cardiac Rehab after my open heart surgery, I was concerned about my ability to complete the course. After the initial interview I still had my doubts that I could do this. The staff convinced me otherwise and gave me their knowledge, support, and consistent care and monitoring to see me through. The day they had me train on the treadmill I thought was an impossibility. But I succeeded and after completion I remained at the center for continuing help and support. I cannot say enough about the staff and their awesome care that I received on a regular basis.

*"The best thing I ever did for myself!*

The assistance I got was perfect." - Annette Ward

### Jonelle L. Prince

Phd. Exercise Achiever

September, 1, 2010

After three heart attacks and recurring heart blockages, I must say that cardiac rehab means "life to me." Each of the four times that I have gone through cardiac rehab, I've had to begin slowly with careful monitoring by the very professional and caring personnel. Exercise is made fun by the cheerful and friendly encouragement of everyone including the other participants. My husband hopes that I have finally gotten it right this time but to be on the safe side, I plan to continue my exercise at the Wellness Center near their watchful eye.