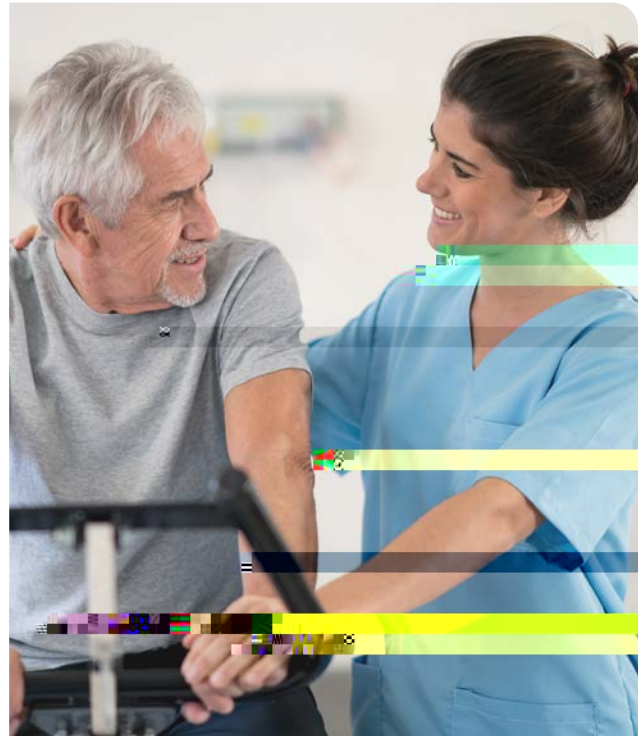




## What Is Cardiac Rehabilitation?



Who needs cardiac rehab?

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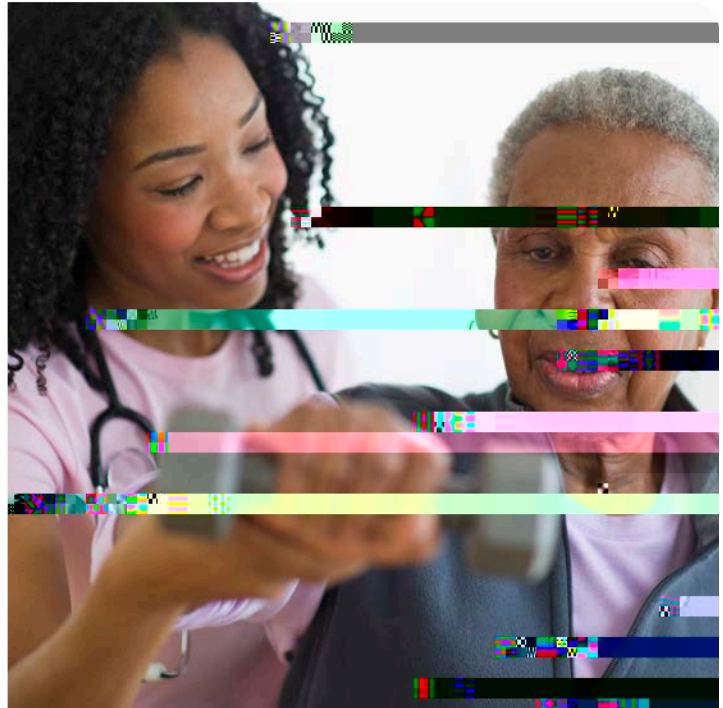
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What happens in a rehab program?



## How else can a cardiac rehab program help me?

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## HOW CAN I LEARN MORE?

- 1** Call 1-800-AHA-USA1 (1-800-242-8721) or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
- 2** Sign up for our monthly *Heart Insight* e-news for heart patients and their families at [HeartInsight.org](http://HeartInsight.org).
- 3** Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](http://heart.org/SupportNetwork).

### Do you have questions for the doctor or nurse?

Take a few minutes to write down questions for the next time you see your health care professional.

For example:

**How often and how long should I go to rehab?**

**Is cardiac rehab covered by my health insurance?**

### MY QUESTIONS:

