Why Intensive Cardiac Rehab?

Intensive Cardiac Rehab (ICR)

This program is Medicare-approved and an important part of your medical care following a qualifying heart event and/or condition. You may enroll in the medically-supervised Renown Institute for Heart & Vascular Health, Healthy Heart Program, which includes exercise training, education on heart healthy living, cooking school and healthy mind-set classes to reduce stress and help you return to an active life.

1. Reduces your risk of future heart problems and your risk of dying from a heart attack
2. Decreases pain and the need for medicines to treat blood pressure or chest pain
3. Lessens the chance that you’ll return to the hospital for a heart problem
4. Improves your overall health by reducing your risk factors for heart problems
5. Improves your quality of life, making it easier to work, take part in social activities and exercise

Benefits of Cardiac Rehab

1. Acute myocardial infarction (in last 12 months)
2. Coronary artery bypass surgery
3. PTCA or stenting procedure
4. Current stable angina pectoris
5. Heart or heart-lung transplant
6. Heart valve repair or replacement

renown.org/healthyheart