

Cardiac Management

Care Management Services



Hours:

Monday - Friday
8 a.m. - 4:30 p.m.

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Cardiac Management

Cardiac Management is an exercise and health program aimed at helping people recover from a recent heart hospitalization.

It is designed to provide education guidelines to help heart patients safely increase their physical fitness and return to a healthy and active lifestyle.

Counseling and education are provided to help with dietary changes, weight loss, smoking cessation and stress management.

Those who qualify for this program have recently had a heart-related diagnosis or heart-related surgery.

The Cardiac Management team includes registered nurses, physicians, dietitians, pharmacists, respiratory therapists, medical directors and exercise specialists.

Outpatient Cardiac Management Programs

Phase II: Starts early in recovery after a cardiac event or procedure. This program provides an EKG-monitored exercise program and education to identify and reduce cardiac risk factors. This program is covered by most insurance companies.

Phase III: This is a self-pay program for patients who have completed the Phase II program. This non-EKG monitored program offers ongoing exercise, education and support while making important lifestyle changes. A physician referral is required.

Benefits of Exercise

- Improved physical fitness and energy levels
- Improved heart strength
- Weight loss
- Reduced blood pressure
- Controlled cholesterol levels
- Improved overall well-being
- Improved management of stress
- Reduced risk of future heart problems
- Increased ability to perform job or tasks

Participants attend exercise and education classes three times a week for up to 36 sessions. The exercise sessions focus on increasing physical fitness and improving work capacity. Participants are monitored by ECG, blood pressure and close supervision by your health care team. Staff members are trained in cardiac and emergency patient care.

The Cardiac Management staff is dedicated to providing expert care through personal attention, counseling and education. Each exercise program is individualized to meet specific needs of the participant. We will develop a plan with you and your family to assist you in making changes to decrease your risk for future events. Nutritional counseling is also provided. Periodic progress reports are shared with your physician and cardiologist.

Insurance Coverage

Outpatient Cardiac Management is covered by most insurance companies. We can help you contact your insurance company to ask about coverage before you start the Phase II program.