Cardiac Rehabilitation Components

Education & Guidance
Our staff helps patients understand their heart condition and finds a way to reduce the risk of future heart problems.

Exercise Training
Patients learn how to exercise safely, strengthen muscle, and improve stamina. Patients are also given exercise prescriptions, which are tailored to individual abilities, needs, and interests.

Contact Information
Hospital Switchboard ...(989) 731-2100
Toll Free Number ........ (800) 322-3664
Cardiac Rehabilitation . (989) 731-7842
Physician Referral ........ (989) 731-2300

Visit Us Online
Visit MyOMH.org to learn more about our physicians, find a directory of services and phone numbers, see our latest news and upcoming events, browse current job postings, and more!

Mending Hearts

Your Guide to Cardiac Rehabilitation at OMH

825 N. Center Ave
Gaylord, MI 49735

MyOMH.org
Why Cardiac Rehabilitation?

The purpose of Cardiac Rehabilitation is to provide our clients with:

- A safe environment for exercise under the supervision of trained staff
- Reduce symptoms and the likelihood of having further heart problems
- The opportunity through exercise to improve energy, physical work capacity, heart, and other muscle strength
- Guidance in the areas of nutrition, emotional adjustment, and smoking cessation
- Home exercise prescriptions after discharge

Cardiac Rehabilitation may help individuals who have had:

- Heart disease
- Angina
- Recent cardiac surgery
- Recent angioplasty (with or without stent)
- An abnormal heart rhythm
- Multiple cardiac risk factors (e.g., overweight, smoking, lack of exercise, elevated cholesterol, diabetes, high blood pressure)

The Cardiac Rehabilitation Team includes:

- Medical Providers (e.g., family physicians, cardiologists, surgeons, etc.)
- Nurses
- Exercise Specialists
- The Patient

What is the cost of the Cardiac Rehabilitation Program?

Most commercial insurances and Medicare cover at least part of the program.

A supervised exercise program is available for $5 per session for those who do not qualify for insurance coverage. This program includes exercise, evaluation of risk factors, and risk reduction education.

The Cardiac Rehabilitation program entails:

- Written referral of a physician is first step of cardiac rehabilitation, and we are happy to assist in that process
- Patients come in for appointments 2-3 days each week for 12-18 weeks (no time frame exists for self-paid patients)
- Session length is tailored to individual ability, but typically lasts one hour
- Patients are seen: Mondays, Wednesdays, Fridays from 8 a.m.-4:30 p.m.; Tuesdays and Thursdays from 8:30 a.m.-2:30 p.m. Appointments are made during that time frame.

Join our new Cardiac Rehab Support Group!

Share, learn, support, and connect with others experiencing the effects of cardiovascular disease. Meetings occur every **fourth Thursday** of each month from 3:00 - 4:00pm.

To learn more, please call Denise Schmidlin at (989) 731-7842.

Partnering with Munson Healthcare