

## Phase II (Outpatient Cardiac Rehabilitation)

**Phase II** is an outpatient program that is ordered by your physician to help you recover from a heart attack, angioplasty, heart surgery or other heart-related problem. The program usually follows an inpatient hospitalization and inpatient cardiac rehabilitation (also known as phase I cardiac rehabilitation). A team of health professionals, including registered nurses and exercise physiologists, will guide you through the program. A registered dietitian is available to provide individualized dietary guidelines.

### **This comprehensive program includes:**

- Telemetry-monitored supervised exercise
- Group and individual education and counseling to increase knowledge and encourage a heart-healthy lifestyle
- Guidelines for increasing activities of daily living
- Helps to prepare individuals for return to work

### **Proven benefits of participating in phase II cardiac rehabilitation:**

- Improves life expectancy by as much as 20 to 25 percent
- Increases ability to exercise and participate in activities
- Decreases cardiac risk factors
- Improves emotional health
- Accelerates return to work

Your initial visit to cardiac rehabilitation will be a one-on-one meeting with a cardiac rehabilitation clinician to orient you to the program. Will include your first exercise session. This visit is approximately one hour and a half. After this initial visit, you will attend a group session three days per week lasting up to one hour in length, for up to 36 sessions, depending on your progress. Each session consists of warm-up exercises, aerobic conditioning, cool-down exercises and weight training. Your blood pressure and heart rate are monitored throughout each session.

Education and counseling focuses on modifying your cardiac risk factors. Areas covered are nutrition, weight loss, stress management, smoking cessation and exercise. Group education classes are conveniently held on the same days as your cardiac rehabilitation sessions. In addition, your cardiac rehabilitation clinician will provide you with individualized education to meet your needs.

Outpatient cardiac rehabilitation is generally covered by medical insurance. As a service to our patients, we will verify your insurance coverage for you. If you did not schedule an appointment to attend outpatient cardiac rehabilitation while in the hospital, you can expect a follow-up call within two weeks of hospital discharge to schedule your first session.

To enhance your recovery, Aurora Health Care provides outpatient cardiac rehabilitation at the following convenient locations:

**Aurora BayCare Medical Center**

2845 Greenbrier Road  
Green Bay  
920-288-4713

**Aurora Medical Center**

975 Port Washington Road  
Grafton  
262-329-3300

**Aurora Medical Center**

1032 E. Sumner Street  
Hartford  
262-670-7233

**Aurora Medical Center**

855 N. Westhaven Drive  
Oshkosh  
920-456-3619

**Aurora Medical Center**

36500 Aurora Drive  
Summit  
262-434-1650

**Aurora Medical Center**

5000 Memorial Drive  
Two Rivers  
920-794-5189

**Aurora Sheboygan Memorial Medical Center**

2629 N. 7th Street  
Sheboygan  
920-451-5341

**Aurora St. Luke's Medical Center**

2900 W. Oklahoma Avenue  
Milwaukee  
414-649-6039

**Aurora West Allis Medical Center**

8901 W. Lincoln Avenue  
West Allis  
414-328-7003

**Aurora Health Center**

210 Wisconsin American Drive  
Fond du Lac  
920-907-7252

**Marinette Menominee Clinic**

4061 Old Peshtigo Road  
Marinette  
715-732-8055

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*