



# Healing Hearts

## CARDIAC REHABILITATION

Your heart's health can benefit from the rehab services provided by our doctors, nurses, exercise physiologists, counselors and nutritionists:

- **Phase 1:** You will start rehab while in the hospital. Your medical team will educate you about heart disease and gradually introduce you to exercise so you're prepared to go home.
- **Phase 2:** After you leave the hospital, the rehab team will arm you with the knowledge and tools necessary for a healthy lifestyle. Through counseling on exercise, nutrition, heart disease, stress and emotional well-being, you'll learn to stay healthy, regain your strength and reduce your risk for future heart issues.
- **Phase 3 and Phase 4:** The program builds upon your progress in Phase 2 with preventive education and rehabilitation support.

All phases require physician prescriptions. Insurance coverage options vary by phase.

Cardiac rehab is appropriate for patients who've experienced:

- Heart attacks.
- Angioplasty/stent(s).
- Coronary artery bypass grafts.
- Valve surgery.
- Heart failure.
- Other related heart issues.

### Cardiac rehab facilities:

#### **HonorHealth Deer Valley Medical Center**

Medical Office Building 2  
19636 N. 27th. Avenue, Suite LL4  
Phoenix, AZ 85027  
623-879-1800

#### **HonorHealth John C. Lincoln Medical Center**

Cowden Center  
9202 N. Second Street  
Phoenix, AZ 85020  
602-870-6368

#### **HonorHealth Scottsdale Shea Medical Center**

9201 E. Mountain View Road, Ste. 150  
Scottsdale, AZ 85258  
480-323-4600

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