

## What is cardiac rehab?

It's about improving your health through:

- Improved nutrition
- Quitting all tobacco use
- Taking your medications
- Being emotionally healthy and reducing stress, depression and anxiety in your life
- Supervised exercise and activity counseling
- Weight management
- Communication with a multidisciplinary cardiac rehab team

## Are you ready to make positive changes in your life?

### Ascension Seton Heart Care can help.

When beginning the program, the cardiac rehab team will partner with you and your family to create an individualized treatment plan, including goals and healthy behaviors you can maintain long-term.

We are here to help you succeed!



# Ascension Seton

## Cardiac rehab locations

### Ascension Seton Medical Center Austin\* Medical Park Tower

(An outpatient department of Ascension Seton Medical Center Austin)  
1301 W. 38th St., Suite 510  
Austin, TX 78705  
t 512-324-1037

**Ascension Seton Southwest**  
(An outpatient department of Ascension Seton Southwest Hospital)  
Health Plaza 2, Suite 102  
7900 FM 1826  
Austin, TX 78737  
t 512-324-9283

**Ascension Seton Hays\* -  
The McCoy Wellness and  
Rehabilitation Center**  
1180 Seton Parkway  
Medical Office Building 1  
Suite 100  
Kyle, TX 78640  
t 512-504-5129

**Ascension Seton Williamson\***  
201 Seton Parkway  
Round Rock, TX 78665  
t 512-324-4160

**Ascension Seton Highland Lakes\***  
200 County Road 340A  
Building 1B  
Burnet, TX 78611  
t 512-715-3130

**Ascension Seton Bastrop\***  
630 W. Highway 71  
Second floor, Suite B  
Bastrop, TX 78602  
t 737-881-7455



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# Helping you maintain a healthier heart

## Cardiac Rehabilitation and Secondary Prevention Program

Ascension Seton

A photograph of a woman wearing a black bicycle helmet and a grey tank top, smiling as she rides a bicycle. The background is bright and slightly blurred. The Ascension Seton logo and name are overlaid on a blue geometric shape in the bottom right corner of the page.

Ascension Seton's Cardiac Rehabilitation and Secondary Prevention Program is a holistic, supervised exercise program designed to help manage heart disease and assist patients in their recovery from a recent cardiac event, surgery or heart procedure.

The program utilizes exercise, education and continuous monitoring of EKG and vital signs, to ensure patients achieve the most benefit in the safest environment possible.

### Cardiac rehab is essential to recovery

Cardiac events that often necessitate cardiac rehabilitation include:

- Heart attack
- Stable angina (chest pain)
- Stent/angioplasty
- CABG (coronary artery bypass graft surgery)
- Valve replacement or repair
- Congestive heart failure
- Heart transplant

### Cardiac rehab is a way to a healthier heart — and life

Cardiac rehabilitation is proven to be a safe and effective way to help patients with heart conditions. Regular aerobic exercise can decrease the likelihood of future heart complications and cardiac events. The goals of cardiac rehabilitation include addressing the risk factors that lead to heart disease; assisting patients with adopting a healthy lifestyle that includes exercise; and improving our patients' overall health and quality of life. Benefits include:

- Increased chance of long-term survival
- Reduced risk of hospital readmission
- Reduced risk of health conditions and diseases
- Improved mood and emotional well-being
- Improved energy
- Increased ability to complete activities of daily living
- Improved quality of life



### Program details

We provide individualized and supervised treatment plans that are based on each patient's unique circumstances. And because treating a patient with heart disease affects the whole family, our program provides tools and education to get everyone involved.

Education is a very important aspect of cardiac rehabilitation because it provides the patient with knowledge of many important topics concerning the heart and heart disease. These topics include:

- Anatomy and heart function
- Exercising safely
- Nutrition
- Cardiac medications
- Exercise and diabetes
- Smoking cessation
- Stress and emotional aspects of heart disease

Exercise and education can be obtained outside of a clinical environment, but patients who participate in the Ascension Seton Cardiac Rehabilitation Program work with highly trained and compassionate registered nurses and exercise physiologists who are certified in advanced cardiac life support. Staff members monitor the exercise sessions closely through EKG and blood pressure readings, and the patient's heart rate, weight and exertion ratings on a daily basis. The cardiac rehab team gradually increases the patient's exercise intensity to ensure maximum benefits are achieved while in the program.

### Program schedule

Treatment can vary from 2-3 days per week and lasts about one hour per session. Each program is individualized and may last from 4-12 weeks based on necessity and patient progress.

Ascension Seton's Cardiac Rehabilitation Program provides a convenient schedule for patients. The schedule for exercise sessions varies from site to site, and patients have multiple class times to choose from to fit their needs. The staff at your preferred location will help you schedule your exercise sessions based on availability. Available class times can be obtained by contacting the cardiac rehabilitation department at your preferred location.

### Insurance coverage

Most insurance providers cover outpatient cardiac rehabilitation programs. Some insurance companies may require preauthorization for this service. If you are unsure about your coverage, please call us and we will be happy to assist you with preauthorization or any other insurance questions you may have.



**For more information, call 512-324-1037**