

## UW Health Preventive Cardiology Cardiac Rehab for Heart Failure

Your doctor has referred you to us, and we welcome the chance to work with you at one of our UW Health sites. Our team of experts will partner with you, your doctor, and your heart failure care team to design a program just for you.

People with heart failure may find value in an exercise program that is supervised.

### Some benefits may include:

1. Improved skill with activity and body function.
2. Less shortness of breath and fatigue with activities.
3. Potential for improved quality of life.
4. Less hospital visits for heart failure.
5. Life skills to help you manage and cope with heart failure.

### What to Expect

We provide you with an exercise program that includes group classes and home exercise. Some sessions may be monitored. This means that you may have an electrocardiographic (ECG) or your heart rate and blood pressure watched closely.

We provide education and lifestyle counseling, such as diet, to help you manage and live a good life with heart failure. This is also a great way to meet other people with heart failure and work closely with staff.

Many insurances cover cardiac rehab for heart failure. We will work with you to help you with this. Please call us at **(608) 263-7420** with questions. We look forward to working with you.

## UW Health Cardiac Rehab Locations

**Research Park Clinic**  
621 Science Drive  
Madison, WI 53711

**UW Health at the American Center**  
4602 Eastpark Blvd.  
Madison, WI 53718

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7727