

Preventive Cardiology Cardiac Rehab for Heart Failure

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

Benefits

People with heart failure may find value in an exercise program. Benefits may include:

- Improved skill with activity and body function.
- Less shortness of breath and fatigue with activities.
- Improved quality of life.
- Less hospital visits for heart failure.
- 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 we will watch your heart rate and blood pressure closely while you exercise.

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 our staff.

Insurance

Many insurance plans cover cardiac rehab for heart failure. We can review your insurance with you. For questions about insurance coverage, call **(608) 263-7420**.

UW Health Cardiac Rehab Locations

Research Park Clinic
621 Science Drive
Madison, WI 53711

UW Health East Madison Hospital
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 © 11/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7727