

## Questions to Ask About

# Cardiac Rehabilitation

Ask your care team about cardiac rehab, whether you might benefit and how it fits with your overall treatment plan. Here are some questions that may help:

- Do I qualify for cardiac rehab?
- Which program would you recommend based on my condition/recovery?
- What will I get out of this program?
- Are there any things about my medical history that I should share with the rehab team?
- How is the progress I make in cardiac rehab relayed to my cardiologist or primary care doctor?
- What's the most important change I can make in my diet?
- Should I lose weight? How much? Will the rehab team help me set initial goals for weight-loss?
- What's the right type and amount of exercise for me? What is my exercise prescription during cardiac rehab and when I leave cardiac rehab?
- When might I notice an improvement in my ability to exercise?
- Is there a counselor or social worker I can talk to about managing stress and how to live well with my condition?
- How can I build on the progress I make in cardiac rehab after I complete the program?

SOURCE: <https://www.cardiosmart.org/topics/cardiac-rehabilitation/questions-to-ask>

For more information or to file a grievance, please contact

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