



Heart smart

Cardiac rehabilitation can help you live well for a healthy heart.

With cardiac rehabilitation, you can feel better and be more active.

Cardiac rehabilitation is a medically supervised program that includes:

- Monitored exercise.
- Education on cardiac risk factors and healthy living habits.
- Counseling to help you manage your cardiac condition, reduce stress, and improve your mental health.

Attend two to three sessions per week for 12 to 18 weeks. Each session lasts one hour.

If you participate in an intensive cardiac rehabilitation program, your care will include similar components across more frequent and longer visits.



How will cardiac rehabilitation help me?

- Decrease the frequency and severity of chest discomfort.
- Increase the capacity for exercise.
- Lower cholesterol, blood pressure, and weight.
- Reduce stress and improve mood.
- Reduce the risk of a heart attack.
- Reduce the risk of future illness and death from heart disease.

Who's the program for?

Cardiac rehabilitation may be right for you if you have or are at risk for heart disease. You may be eligible for this program if you've had any of the following:

- A heart attack within the past 12 months.
- A heart or heart-lung transplant.
- Compensated heart failure.
- Coronary artery bypass surgery.
- Current stable angina pectoris.
- Heart valve surgery.
- Percutaneous transluminal coronary angioplasty or coronary stenting.

How can I participate?

If you're interested in joining, talk to your primary care provider (PCP). If your PCP has questions, please tell them to contact a cardiac rehabilitation delivery site. You can also call a delivery site.

If you feel you're a good candidate for cardiac rehabilitation, ask your PCP to submit a referral. Depending on your plan, you may have out-of-pocket costs. Refer to your *Guide to Benefits* for your cardiac rehabilitation benefits.



Cardiac rehabilitation delivery sites

Straub Benioff Cardiac Rehabilitation
First Insurance Center
1100 Ward Ave., Suite 715
Honolulu, HI 96814
(808) 522-4114

The Queen's Medical Center (Punchbowl)
1301 Punchbowl St.
Honolulu, HI 96813
(808) 691-1000

Intensive cardiac rehabilitation delivery site

Hui No Ke Ola Pono
J. Walter Cameron Center
95 Mahalani St., Room #21
Wailuku, HI 96793
(808) 244-4647