

Cardiac Rehabilitation

We put our hearts into helping you get better

Cardiac rehabilitation is a medically supervised outpatient program designed to assess each patient's risk factors for heart disease and implement an individualized cardiac treatment plan. Our goal is to help patients make healthier lifestyle choices to reduce their risk for future cardiac events. Both the American Heart Association and American College of Cardiology have recognized cardiac rehabilitation as an important component of cardiac care. Cardiac rehabilitation is appropriate for people of any age with risk factors for cardiovascular disease.

A safe, effective way to improve your heart health

This exercise-based program follows safety-specific guidelines for heart patients, with an emphasis on increasing strength and stamina. Participants receive education and coaching to help them eat right, lose weight, lower blood pressure, improve cholesterol levels, and reduce stress. In keeping with our program's lifestyle focus, our team includes a medical director, advanced nurse, registered nurses, exercise physiologist, fitness coaches, and registered dietitians. Patients enrolled in our program receive the following:

- An individualized exercise program to improve fitness and strength
- Education on symptom awareness, the cardiovascular disease process, cardiac medications, and stress management tools
- Medical supervision provided during Phase II and then on an as-needed basis
- Cardiac risk factor assessment including individualized goals
- Basic nutrition overview
- Post-program community resource guidance

Our Commitment

We are committed to providing cardiovascular patients with education and guidance in order to create healthy lifestyle choices within a supportive health care team environment.



Cardiac Rehabilitation
2 Bon Air Road, Suite 100, Larkspur, CA 94939
1-415-927-0666 | www.mymarinhealth.org/cardiologyclinic

Connect with us      

Cardiac Rehab Schedule

A physician referral is required to start cardiac rehabilitation. Phase I starts at the patient's bedside in the hospital. Phases II and III occur in the outpatient setting. Outside referrals are accepted in Phases II and III if the patient goes through an initial cardiac assessment by a MarinHealth cardiologist prior to starting rehabilitation classes.

Cardiac Rehabilitation Phase II

This phase was designed for individuals who have suffered:

- Myocardial Infarction (Heart Attack)
- Stable Angina
- Angioplasty or Stent
- Valve Repair or Replacement
- Coronary Bypass Surgery
- Systolic Heart Failure

Cardiac Rehabilitation Phase II consists of medically supervised, heart rhythm-monitored, progressive exercise. One-hour classes are offered Monday through Friday, 9:45 am – 5:00 pm.

Duration:

36 sessions

Attendance:

3 days/week: Monday, Wednesday, Friday
2 days/week: Tuesday, Thursday

Fee:

Based on insurance coverage

Call 1-415-927-0666 for
current class schedules or more
information about the program.

Cardiac Rehabilitation Phase III

Phase II and/or individuals with cardiac risk factors or diagnoses that are not covered by insurance. Patients get progressive, medically supervised exercise (heart rhythm is not monitored). Participation is on a month-to-month basis, depending on an individual's needs and space availability. Classes are offered Monday through Friday, 7:30 am – 5:00 pm.

Attendance:

3 days/week: Monday, Wednesday, Friday
2 days/week: Tuesday, Thursday

Phase II classes are also open to Phase III participants.

Fees:

\$95/calendar month – 2 days/week
\$140/calendar month – 3 days/week
No insurance coverage

