



Why cardiac rehab?

DRH Health Rehabilitation Services can help you recover quickly and improve physical, mental, and social functioning if you had:

- Heart attack (past 12 months)
- Coronary artery stenting and/or angioplasty
- Stable angina
- Heart or lung transplant
- Coronary bypass surgery/open heart surgery
- Valve replacement
- Heart failure

CARDIAC REHAB

Cardiac Rehab is an exercise and education program intended to stabilize, slow, or even reverse the progression of cardiovascular disease. Let our team of experts help you:

Improve your heart knowledge and reduce risk; learn to manage your medications; meet others who have experienced a similar event; develop a healthy eating plan with help from a nutritionist; learn relaxation skills to manage and reduce stress and reduce your risk factors. The cost of cardiac rehabilitation is covered by Medicare and many private or group insurance plans. As a courtesy to you, we will assist in verifying your insurance benefits.

FOR INFORMATION OR REFERRALS CALL

580.251.8782 OR
580.251.8220

