



## Cardiac/Pulmonary FAQs

### **What diagnoses are covered for cardiac/pulmonary rehab? Will insurance pay for this program?**

For Cardiac: Heart attack, cardiac stenting, cardiac bypass, valve replacement, chronic angina, heart transplant. Each individual's plan is different, so coverage is confirmed on an individual basis.

For Pulmonary: COPD, emphysema, interstitial fibrosis, lung transplant, and other respiratory conditions causing decreased level of functioning.

### **Does my doctor need to refer me for rehab?**

No, you can start the process yourself by contacting the department and we will follow up and request the appropriate records from your physician.

### **How do I sign up/start?**

Call (631) 726-8620 and we will start the process by contacting your insurance company to verify coverage and also contact your physician for your medical records.

### **How long is the program?**

Typically, the program lasts for 3 months (36 sessions), but can vary depending on insurance. Each individual session lasts approximately 1-1.25 hours. Sessions are pre-scheduled and make-up sessions are always available.

### **How will I know what to do?**

Treatment is highly individualized and your treatment plan is developed after your in-depth evaluation. The Cardiopulmonary Rehab staff will assist you with your program and ensure a safe exercise session.

### **Is the program safe for me?**

Yes, individuals are monitored during each exercise and any concerns are discussed directly with your physician. Constant communication with the physician is integral to the program. All cardiac patients are on a telemetry (heart monitor) that allows for close monitoring. Additionally, heart rate, blood pressure, and oxygen levels are regularly monitored.