



Banner Desert Medical Center



Center for Health Enhancement
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480-512-3740
www.BannerHealth.com

Cardiac Rehabilitation at Banner Desert

Cardiac Rehab can help.

Cardiac Rehabilitation can help reduce your symptoms and chances of having more heart problems by providing a program which includes nutrition education, monitored exercise and stress management.

Banner Desert Medical Center offers a medically-supervised Cardiac Rehabilitation program in conjunction with your physician. Working with your physician, our team is made up of Registered Nurses, Exercise Physiologists, Registered Dietitians and a Licensed Psychologist.

The program is designed to meet your personal needs, whether you have had a heart attack, heart surgery, angioplasty, stent placement or another heart-related diagnosis.

Three-phase program of care

The cardiac rehabilitation program consists of three phases, each designed to meet your individual needs.

Phase I — Inpatient Program

This educational service begins immediately after your procedure during your hospital stay. The educational information covers your diagnosis, nutrition and steps to home recovery.

Phase II — Outpatient Program

Patients in this phase are placed on a heart monitor during medically-supervised exercise three days per week. Additionally, patients and their families receive education on diet and exercise, home exercise programs and stress management.

Phase III — Maintenance Program

After you have completed Phase II, a self-pay exercise program is offered to all patients. This continuation provides an ongoing medically-supervised exercise program three days a week.

Will insurance cover the cost?

Medicare and most insurance companies have benefits for cardiac rehabilitation. We can help you check your personal insurance policy regarding specific coverage for outpatient cardiac rehabilitation.

How do you begin?

The cardiac rehabilitation program at Banner Desert is designed to complement your own doctor's care. As a result, your doctor must provide a written referral.

Additional questions?

You are welcome to call the department at 480-512-3740 and speak with the cardiac rehab specialist about any specific question you have.