

Dedicated professionals –
personalized programs

Participants receive a medical evaluation when they enter the program. Exercise physiologists, physicians, nurses and other healthcare professionals then design a personalized rehabilitation regimen designed to meet each participant's unique needs, abilities and medical issues.

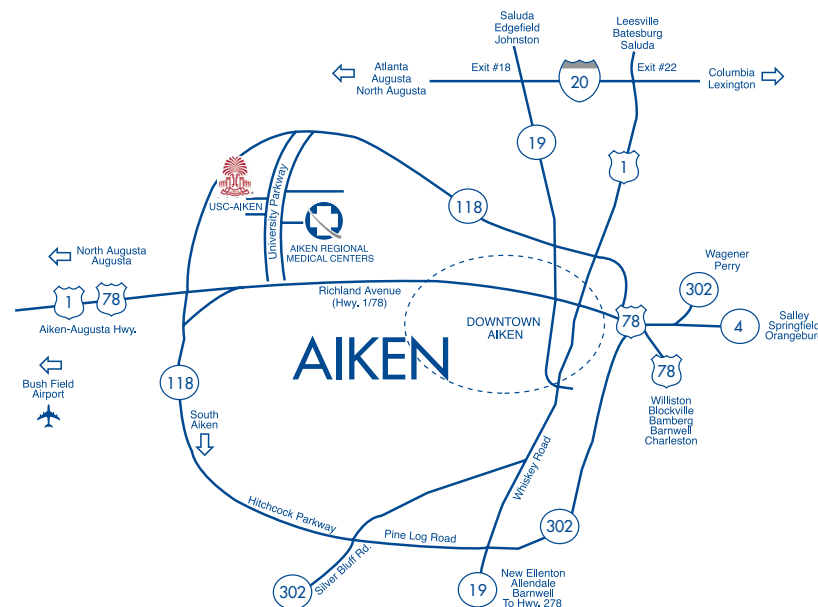
Each program combines medically supervised exercise and in-depth educational sessions to help manage the participant's condition through appropriate exercise and life-style modification.

Professional staff and an onsite physician monitor the exercise classes, assessing ECGs, heart rate and blood pressure. The exercise program introduces participants to safe exercises, including strength training. You will learn how to evaluate the intensity and type of activity that's right for you.

Education classes are offered to participants – and their family members – to teach them about understanding heart disease, its risk factors and how to manage them. The sessions cover factors such as diet, exercise and stress management.

If you smoke, you may be offered information on ways to help you stop. Support and training to help the participant return to work or normal activities are also provided.

All exercise and education sessions in the Aiken Cardiac Rehabilitation Program take place at the Wellness Center at the University of South Carolina–Aiken.



302 University Parkway • Aiken, SC 29801 • 803-641-5000

Questions about the program?

wellnesscenter@usca.edu

phone: 803-641-3667

fax: 803-643-6868

University of South Carolina Aiken Wellness Center

471 University Parkway • Aiken, SC 29801 • 803-641-3667

Thank you for choosing Aiken Regional Medical Centers as your healthcare provider.

Physicians are on the medical staff of Aiken Regional Medical Centers but, with limited exceptions, are independent practitioners who are not employees or agents of Aiken Regional Medical Centers. The hospital shall not be liable for actions or treatments provided by physicians. 111716



AIKEN CARDIAC REHABILITATION PROGRAM



Professional staff includes:

Supervising Physician

Vocational Rehab Counselor

Nurse

Dietician

Paramedic

Exercise Physiologist

Clinical Psychologist

Exercise Assistants

What is Cardiac Rehabilitation?

Participants hospitalized due to heart disease are often referred to an outpatient cardiac rehabilitation program as part of their recovery. Our outpatient program is designed to increase strength and endurance and decrease risk factors associated with heart events and conditions. We provide the personalized attention and support necessary to get the participant back into a normal daily routine.

Who Needs Cardiac Rehabilitation?

Any person recovering from a recent heart event could benefit from cardiac rehab. This may include those who have had a heart attack, open-heart surgery, angioplasty, stents, stable angina, cardiac transplant or heart failure.

Goals of the Aiken Cardiac Rehabilitation Program include:

- Improving heart health through exercise and education on risk factor reduction
- Decreasing the risk of another cardiovascular event
- Returning the participant to desired work and/or personal interest activities
- Maintaining a heart-healthy weight
- Improving self-confidence

If you are interested in participating in the Aiken Cardiac Rehabilitation Program, discuss it with your physician.

You may also contact Holly Guy, Cardiac Rehabilitation Program Coordinator, at the USCA Wellness Center, 803-641-3734.

What’s Involved?

The Aiken Cardiac Rehabilitation program is designed to meet your individual needs and typically lasts for 12 weeks or 36 sessions. After your initial assessment, you will be scheduled to return for your cardiac rehab sessions three times per week.

Exercise sessions are held Monday, Wednesday and Friday. Education sessions are typically held on Wednesday.

CLASSES INCLUDE EDUCATION ON:

The Heart	Label Reading	Risk Factors
Heart Treatments	Weight Management	Dining Out
Behavior Change	Medications	Lipids
Stress Management	Exercise	



Mended Hearts

The Mended Hearts organization is made up of volunteers who have experienced heart issues.

The volunteers participate in the Aiken Cardiac Rehabilitation Program, sharing their experiences and offering support and encouragement.

Program Facts

The state of South Carolina certified the Aiken Cardiac Rehabilitation Program in 1994. The program follows national guidelines that help ensure participants receive quality care. More than 3,000 participants have successfully completed the program. The program, jointly operated by Aiken Regional Medical Centers and University of South Carolina–Aiken, is located at the USCA Wellness Center.

Maintenance Programs

After graduating from the Aiken Cardiac Rehabilitation Program, you will have the opportunity to participate in the Senior Wellness Program at Aiken Regional Medical Centers and the 60 Plus Seniors Program at USCA.

Aiken Regional’s Senior Wellness Program is a special health and wellness program for adults age 50 and over. This FREE membership program includes seminars and activities, a discount program at over 100 participating providers, and a senior wellness newsletter with resources and information to help you live healthier, longer and happier.

For more information, or to join the Senior Wellness Program at Aiken Regional, please call 1-800-882-7445 or 803-641-5926 for your free enrollment form. You can also visit our website: aikenregional.com to register online.

The 60 Plus Seniors Program at the University of South Carolina offers group fitness and water exercise classes especially designed for those 60 and older. Classes meet on Tuesday, Thursday and Saturday from 7:45 a.m. to noon. There is a membership fee associated with this program. For more information call the USCA Wellness Center at 803.641.3641 or visit www.usca.edu/wellnesscenter.

Additional Information

Insurance Coverage

Outpatient cardiac rehabilitation is covered by most insurance companies, including Medicare. However, coverage may vary depending on diagnosis and insurance provider.

Insurance coverage is verified before participants enter the Aiken Cardiac Rehabilitation Program. Any portion that may not be covered by your insurance will be determined and discussed with you prior to your start date.

A physician order is required to participate in the Aiken Cardiac Rehabilitation Program.