

Who will be working with me at Cardiac Rehab?

Dr. Alan Kirolos, Cardiologist

Dr. Greg Gridley, Psychologist

Brittney Bradshaw, BS, CES, Exercise
Specialist

Katherine Jones, RN, BSN

Katie Bullock, MS, RD, LDN



Where are we located?

- Cardiac Rehab is located at UNC Lenoir Health Care in the Minges Wellness Center.
- Parking is located by the Minges Wellness Center entrance.



- UNC Lenoir Health Care Cardiac Rehab is certified through the N.C. Division of Facility Services.
- Our program is nationally certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.
- We are a proud member of the Medical Fitness Association.

UNC Lenoir Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. UNC Lenoir Health Care does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

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Take Your Recovery to *Heart* at UNC Lenoir Health Care Cardiac Rehabilitation



Join our Nationally Certified Cardiac Rehabilitation Program!

What is Cardiac Rehab?

Cardiac Rehabilitation is a program that helps patients adopt heart healthy lifestyle behaviors. This experience will include structured exercise, nutrition counseling, and psychological support.

How do I know if this is for me?

In the past year if you have experienced the following, then you are eligible for Cardiac Rehab:

- Stable Angina
- Myocardial Infarction (Heart Attack)
- Coronary Artery Bypass Grafting
- Angioplasty and/or Stent
- Valve Replacement/Repair
- Heart Transplant
- Congestive Heart Failure

What do I need to know about the exercise sessions?

- Classes meet on Mondays, Wednesdays, and Thursdays.
- You will attend 36 exercise sessions.
- We have three different class times available. The first session is 7:30 - 8:30 am; the second meets from 9:00 - 10:00 am; and the third is from 10:15 - 11:15 am.
- During each exercise session you will wear a heart monitor and our staff will check your blood pressure as indicated.
- Our exercise sessions consist of:
15 minutes of warm-up
30 minutes of aerobic exercise
15 minutes of cool down
- Regular attendance is essential.

“Those who think they have no time for exercise, will sooner or later have to find time for illness.”
- Edward Stanley

How do I get started?

- Call the Cardiac Rehab staff at 252-522-7071 to schedule a time to meet with us.
- Physician referral is required. Our staff will work with your physician to obtain the required authorization.

Does my insurance cover this?

The expenses of this program are usually paid by major health insurance companies. Many plans pay for all or significant parts of the program costs. You are, however, responsible for deductibles, co-pays, and non-allowable charges as established by your health insurance plan. Our financial counselors will be pleased to work with you to establish an affordable payment plan.