



## Cardiac rehabilitation

Your heart's health can benefit from the cardiac rehab services provided by the HonorHealth team:

- Doctors
- Nurses
- Exercise physiologists.
- Counselors
- Nutritionists

Cardiac rehab is offered in phases, depending on your specific heart issue. You'll enjoy:

- Clinically monitored exercise to help you regain your stamina and emotional health, and reduce your risk of future heart issues
- Nutritional counseling about heart-healthy food
- Social support
- Ways to reduce your stress and anxiety

**Phase 1:** You'll start rehab while in the hospital where your medical team will:

- Educate you about heart disease
- Gradually introduce you to heart-healthy exercise
- Explain your cardiac risk factors so you're prepared to go home and start Phase 2

**Phase 2:** After you leave the hospital, the rehab team will arm you with the knowledge and tools necessary for a healthy lifestyle. Through counseling on exercise, nutrition, heart disease, stress and emotional well-being, you'll learn to stay healthy, regain your strength and reduce your risk for future heart issues.

**Phase 3:** The program builds upon your progress in Phase 2 with preventive education and rehabilitation support.

**Phase 4:** For people with heart disease risks who would like to have access to HonorHealth's cardiac rehab team.

*All phases require physician prescriptions. Insurance coverage options vary by phase.*

## PAD SET program

- A supervised exercise therapy (SET) program for patients with peripheral arterial disease (PAD) that helps increase blood flow to the legs and improves walking endurance
- Decreases claudication or leg pain symptoms and reduces risks for heart attack and stroke
- Improves overall quality of life and prevents progression of disability



Cardiac rehab is appropriate for patients who've experienced:

- Angioplasty/stents
- Coronary artery bypass grafts (CABG)
- Heart attacks
- Heart failure
- Peripheral artery disease (PAD)
- TAVR/mitral clip insertion
- Valve surgery and repair
- Other related heart issues

## WELCOME TO HONORHEALTH, YOUR PARTNER IN CARE

HonorHealth was formed by a merger between Scottsdale Healthcare and John C. Lincoln Health Network. HonorHealth's mission is to improve the health and well-being of those we serve. The healthcare system encompasses:

### Five acute-care hospitals

- HonorHealth Deer Valley Medical Center
- HonorHealth John C. Lincoln Medical Center
- HonorHealth Scottsdale Osborn Medical Center
- HonorHealth Scottsdale Shea Medical Center
- HonorHealth Scottsdale Thompson Peak Medical Center

### Specialized patient care

- Breast Health and Research Center
- Greenbaum Specialty Surgical Hospital
- Heart and Vascular Institute
- HonorHealth Medical Group
- HonorHealth Virginia G. Piper Cancer Care Network - Virginia G. Piper Cancer Center
- Piper Surgery Center
- Rehabilitation Hospital
- Research Institute
- Sonoran Health and Emergency Center
- Virginia G. Piper Pediatric Center of Excellence - Children's Emergency Center
- Extensive specialty care physician practices, outpatient treatment and surgery centers, medical imaging and much more

### Foundation and community services

- Desert Mission Adult Day Healthcare
- Desert Mission Community Supported Agriculture
- Desert Mission Food Bank
- HonorHealth Foundation
- Desert Mission Lincoln Learning Center
- Desert Mission Living Well: Financial, Career and Home Success
- Neighborhood Outreach Access to Health

Together, we can make quality care more personal and accessible. Learn more at [HonorHealth.com](http://HonorHealth.com).

### Cardiac rehab facilities

**HonorHealth Deer Valley Medical Center**  
Medical Office Building 2  
19636 N. 27th. Ave., Suite LL4  
Phoenix, AZ 85027  
623-879-1800

**HonorHealth John C. Lincoln Medical Center**  
Cowden Center  
9202 N. 2nd St.  
Phoenix, AZ 85020  
602-870-6368

**HonorHealth Scottsdale Shea Medical Center**  
9201 E. Mountain View Road, Suite 150  
Scottsdale, AZ 85258  
480-323-4600

For exact locations and maps, visit  
[HonorHealth.com/locations](http://HonorHealth.com/locations).



## CARDIAC REHABILITATION

### My cardiac rehab appointment:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

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[HonorHealth.com](http://HonorHealth.com)



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