



## Phase II Cardiac Rehab Referral

### DEMOGRAPHICS:

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Outpatient Cardiac Rehab Site: \_\_\_\_\_

Phone number for Patient: \_\_\_\_\_ Insurance: \_\_\_\_\_

Patient declines cardiac rehab at this time: \_\_\_\_\_

**\*\*Patients declining cardiac rehab are still required to receive  
a copy of the NEW Cardiac Rehab Brochure\*\***

Copy of NEW Cardiac Rehab Brochure provided to patient: YES NO (circle one)

\_\_\_\_\_

DIAGNOSIS/PROCEDURE: \_\_\_\_\_ Date: \_\_\_\_\_

Cardiologist/ Surgeon: \_\_\_\_\_

Office number: \_\_\_\_\_ Discharge to: \_\_\_\_\_

Expected Discharge Date: \_\_\_\_\_

Please contact patient, patient's physician, and/or IU Health Methodist Medical Records (317-962-8670) for any additional information including medical history, lab work, and signed physician order for cardiac rehab.

Signature of person completing the form: \_\_\_\_\_ Date: \_\_\_\_\_

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



## Outpatient Cardiac Rehab Programs

**IU Health Arnett Hospital**  
765.448.7725

**IU Health Ball Memorial Hospital**  
765.747.3773

**IU Health Bedford Hospital**  
812.275.1332

**IU Health Bloomington Hospital**  
812.353.9811

**IU Health Goshen Hospital**  
574.535.2822

**IU Health Morgan**  
765.349.6538

**IU Health Saxony Hospital**  
317.678.3600

**IU Health Tipton Hospital**  
765.675.8580

**IU Health West Hospital**  
317.217.2983

\*If the listed facilities are not convenient, please contact any of the above telephone numbers for additional Phase II cardiac rehab locations.



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## Cardiac Rehabilitation

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Indiana University Health



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# The next step in your recovery

## Phase II Cardiac Rehabilitation

Cardiac rehabilitation or “rehab” is a medically supervised program that helps improve the health and well-being of people who have heart problems. A multidisciplinary team will work with you to gain knowledge of a heart-healthy lifestyle.

### Cardiac rehab programs include:

Cardiac rehab sessions are designed to improve cardiovascular endurance and overall heart function by utilizing different types of cardiac exercises. You should expect three sessions per week, typically one hour long.

### Benefits of cardiac rehab:

- Improvement in overall health by reducing your risk factors
- Earlier return to work and activities of daily living
- Improvement in your quality of life
- Increase in self-confidence and emotional support
- Learn about importance of lifestyle behavior changes

### Phase II start time:

Your appointment will be scheduled within one week of leaving the hospital.

### If you are a heart failure patient

Phase II sessions may be delayed in order to allow for ideal adjustment of your medications.

## Phase II Cardiac Rehab Referral Information:

Preferred cardiac rehab location: \_\_\_\_\_

Referring physician: \_\_\_\_\_

### Primary diagnosis during this encounter

- ☐ Myocardial infarction
- ☐ Heart failure (EF < 35%)
- ☐ Valve surgery
- ☐ Percutaneous coronary intervention (stent/angioplasty)
- ☐ Stable angina
- ☐ Coronary artery bypass graft
- ☐ Heart transplant
- ☐ Other

### What to bring to your first session:

- This form
- Discharge instructions/current list of medications
- Insurance cards
- Comfortable clothing/tennis shoes

### For additional records:

Please contact Health Information Management at 317.962.8670.

### Place patient sticker below:

