



Cardiac rehabilitation



Taking care of your heart and health

Cardiac rehab is a medical program that helps you get better after a heart problem—like a heart attack, heart surgery, or heart failure. It helps you heal, get stronger, and go back to your normal activities sooner.

You will get support with:

- Healthy eating
- Safe exercise
- Managing stress
- Emotional support
- Blood pressure
- Quitting smoking
- Checking your health
- Taking your medicine the right way

Cardiac rehab can:

- Give you more energy and strength
- Ease chest pain and other symptoms
- Lower your chance of future heart problems
- Help you live longer

Sources: CDC.gov, American Heart Association

Cardiac rehab can help keep you out of the hospital

Source: MillionHearts.HHS.gov



We've got you covered

For **Excellus BlueCross BlueShield** members, rehab is almost always covered – you may need to pay a portion such as a copay or deductible.

You can do cardiac rehab after a:

- Heart surgery (bypass, valve repair/replacement)
- Heart or heart-lung transplant
- Recent heart attack
- Procedure to open blocked arteries (stent or balloon procedure)

It may also be an option if you live with:

- Stable, chronic heart failure
- Chest pain caused by heart disease

Ask your doctor about the benefits of cardiac rehab and ask for a referral.



It is best to begin cardiac rehab soon after a heart event.

Your doctor may refer you to a local hospital, clinic or virtual program.

Struggling to make it to in-person cardiac rehab?

Movn Health's virtual, in-network program may be right for you.

To learn more:

Visit **MovnHealth.com/Patients** for more information.

Ask your referring provider if you are interested in virtual or at-home cardiac rehab.



Questions about your coverage?

Log in to **ExcellusBCBS.com** or call Customer Care at the number on the back of your member card.



Need help finding a cardiac rehab program?

Excellus BCBS care managers are here for you. Call **1-877-222-1240 (TTY 711)** Monday–Friday, 8 a.m. to 4:30 p.m.

Did you know?

People who face language barriers, women, people of color, older adults and those with complex health needs are referred to cardiac rehab less often than others.

Source: MillionHearts.HHS.gov



Excellus BlueCross BlueShield is a nonprofit independent licensee of the Blue Cross Blue Shield Association. Movn Health is an in-network provider that offers a virtual cardiac rehab program by phone or video.

Other in-network providers may also offer in-network cardiac rehab programs.

Out-of-network/noncontracted providers are under no obligation to treat members, except in emergency situations.