



Cardiac Rehabilitation

Get better faster for a full return to life

Livingston HealthCare includes:

- **A** Livingston Memorial Hospital
- **A** Home Oxygen
- **B** Orthopedic and Rehabilitation Institute
- **C** Park Clinic (River Drive)
- **D** Park Clinic (West Crawford)
- **E** Home Care and Hospice Care
- Sleep Center, 1429 West Montana

Since 1955, Livingston HealthCare has provided premier-quality healthcare to the residents of Park County and surrounding communities. We keep our community healthy with a broad scope of services provided by well-trained and highly-skilled professionals. At Livingston HealthCare, we believe that **the way we care** is as important as the healthcare services we provide. That's why we like to say that we're more than just healthcare. We're really **the heart of community care.**



Essential keys to heart health

Exercise

Regular physical activity tailored to your abilities, needs, and interests.

Education

Learn about your heart problem, its causes and treatments, and how you can manage it.

Counseling

Get advice on why and how to change your lifestyle to lower your risk of future heart problems.

Behavior change

Learn specific skills to allow you to change unhealthy behaviors, such as smoking, or improve healthy behaviors, such as eating a heart-healthy diet.



LivingstonHealthCare

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LivingstonHealthCare

the heart of community care

For your health, our campus is tobacco free.

What is Cardiac Rehabilitation?

Cardiac rehabilitation services are designed to help patients with heart disease recover faster and return to full and productive lives. Cardiac rehabilitation (rehab) is an exercise and education program specifically designed for anyone who has recently experienced a heart attack or heart surgery, or for anyone who suffers with chronic stable angina (chest pain).

Benefits

- Feel better faster
- Get stronger
- Reduce stress
- Reduce the risks of future heart problems
- Live longer

Feel better faster. Cardiac Rehabilitation gives you the best opportunity to live a long life and reduce the risk of future heart problems.



Services

- Full evaluation by a registered nurse
- Individualized exercise training sessions based on your physical condition and your heart's response to exercise
- Exercise sessions supervised by a registered nurse, with the help of an exercise assistant, three times a week for up to twelve weeks
- Progress reports to your primary care physician
- Education to help you increase your heart healthy habits
- Access to our library of resources

Enrollment

To enroll in the program, call 406-823-6459 and a nurse will help you get started.

Patient Billing

Most health insurance companies, including Medicare, cover all or part of the first twelve weeks of Cardiac Rehab. At your request, our business office would be happy to verify your insurance coverage for you.

contact us

For More Information

Please talk with your physician
or call **406-823-6459**.