

Benefits of the Cardiovascular Rehabilitation Program

With its convenient location, free parking, state-of-the-art facilities, and positive and friendly environment, the Cardiovascular Rehabilitation Program can assist you in achieving:

- A healthy level of cardiovascular fitness
- An increase in your physical function
- A decrease in your body mass index
- An increase in your energy level
- A more active, enjoyable, and healthier lifestyle

Insurance Coverage

Most insurance plans cover the Cardiovascular Rehabilitation Program when you have a qualifying diagnosis. Please check with your insurer regarding insurance coverage and if a co-payment is required. To obtain a referral, consult your primary care physician and/or your cardiologist – and feel free to call us with any questions.

Qualifying Diagnoses for Cardiovascular Rehabilitation

- Stable angina
- Bypass surgery
- Cardiac catheterization with angioplasty
- Stent placement
- Valve replacement or repair
- Heart attack
- Heart failure with ejection fraction of 35 percent or less

Directions

From I-95 (north or south), take exit 37B to I-93 north, then follow directions from I-93 below.

From I-93 (north or south) take exit 40 (Route 62). Turn right at end of ramp. The Winchester Hospital Family Medical Center is 1/4 mile on the left.

The Cardiovascular Rehabilitation Program is on the lower level of the building.

Hours of Operation

Monday, Wednesday, Friday: 7:30 a.m. - 3:30 p.m.

Tuesday and Thursday: 9 a.m. - 6 p.m.

Cardiovascular Rehabilitation

Family Medical Center

500 Salem Street, Route 62, Wilmington, MA 01887

Phone: 978.988.6131

Fax: 978.988.6172

WinchesterHospital.org



Winchester Hospital

A member of Lahey Health

Cardiovascular Rehabilitation Program

A More Active, Vital You

When you've experienced a cardiac event, there is nothing you want more than to get your quality of life back. The Cardiovascular Rehabilitation Program can assist you with accomplishing this goal. Under the watchful guidance of our trained experts, you'll discover how to improve your cardiovascular fitness and overall quality of life – safely and securely.

Best of all, it works. Studies show that patients who have participated in cardiovascular rehabilitation improve their overall health and sense of wellbeing.



What to Expect

Our program is customized, and every patient receives an individualized plan, including exercise and education. Most patients participate in cardiovascular rehabilitation sessions two to three times per week for up to 36 sessions. Our team works with you to build an individualized treatment plan that will help you get on the road to cardiac health.

A Comprehensive, Tailored Program

Serving patients of Winchester Hospital, Lahey Hospital & Medical Center, and beyond, our Cardiovascular Rehabilitation Program is effective because it is truly hands-on:

- It begins with a consultation – by our Medical Director/Cardiologist, if needed, who takes your health condition and medical history into account, as well as your current level of conditioning, to develop exercise guidelines tailored specifically for you.
- Our caring staff monitors your vital signs closely – and provides confidence-building encouragement – as you exercise, with the goal for you to make steady, safe progress.

- We complement the exercise with thoughtful guidance on lifestyle changes that can lower your risk of future cardiovascular events – including stress management, dietary choices, and medications.
- Clinicians also provide you with extensive education on helpful topics, such as hypertension, angina, coronary artery disease, smoking cessation, and diabetes management.

Coordinated Support

The Cardiovascular Rehabilitation Program is structured to address your needs. Our experienced team includes a:

- Medical Director/Cardiologist
- Registered Nurse
- Registered Dietician
- Exercise Physiologist
- Respiratory Therapist