Outpatient Cardiac Rehabilitation

If you have a heart condition, your doctor may refer you to a cardiac rehabilitation program. This is a place where you can exercise under supervision and learn how to manage your activity as you continue with your recovery. Research has shown that these programs can help people with heart disease feel their best, both physically and emotionally. The list below contains information on programs that may be convenient for you. Programs in **bold** are part of the Beth Israel Lahey Health system and affiliates.

BOSTON & CAMBRIDGE		CENTRAL REGION	
Mount Auburn Hospital-Cambridge	617-497-2400 🕈 =	Harrington Hospital-Southbridge	508-765-2295 🎔 🛛
Boston Medical Center-Boston	617-638-8720 🎔 🛛	Milford Regional Medical Center- Milford	508-422-2464 ♥▪
Faulkner Hospital-Boston	617-983-7105 🎔 🛛		
Massachusetts General Hospital- Boston	617-726-1843 🎔 🛚	UMass Memorial Marlborough Hospital-Marlborough	508-486-5465♥■
GREATER BOSTON REGION		SOUTHEAST REGION	
Winchester Hospital, Family Medical Center-Wilmington	978-988-6131 🎔 🛛	Beth Israel Deaconess Hospital- Plymouth	508-830-2650 ♥
MetroWest Medical Center- Framingham	508-383-1679♥	Signature Healthcare Brockton Hospital-Brockton	508-941-7558 ♥∎
Newton-Wellesley Hospital-Newton	617-831-7100 ♥	Brigham and Women's-Foxborough	508-718-4661 🎔 🛚
NORTHEAST REGION		Southcoast Cardiac Rehab Fall River; Tobey Hospital-Wareham; St. Luke's Hospital-New Bedford	508-973-5435♥■
Anna Jacques Hospital-Newburyport	978-463-1388 🎔 🛚	South Shore Hospital-	
Beverly Hospital, Lahey Outpatient Center, Danvers	978-304-8444 💙	South Weymouth	781-624-8824 ♥■
Emerson Hospital-Concord	978-287-3732 ♥■	Sturdy Memorial Hospital-Attleboro	508-236-7390 ♥▪
Holy Family Hospital–Methuen	978-687-0151 x 2385 ♥	CAPE COD	
Nashoba Valley Medical Center-Ayer	978-784-9543 ♥■	Cape Cod Hospital-Hyannis	508-957-7300 🎔 🛚
WEST REGION		Falmouth Hospital-Falmouth	508-495-7676♥
		Martha's Vineyard Hospital-Oak Bluffs	508-957-9524 💙
Baystate Franklin Medical Center- Greenfield	413-773-0211 🕈		·
Baystate Medical Center-Springfield	413-794-7024 🎔 🛛		
Berkshire Medical Center-Pittsfield	413-447-3093 🎔 🛚	 Accepts patients with heart failure Accepts patients with a LVAD Consult with your cardiologist to obtain a referral. Insurance coverage varies. 	
Cooley Dickinson Hospital- Northampton	413-582-2404 ♥■		
Fairview Hospital-Fairview	413-854-9736 🎔 🛚		
Holyoke Hospital-Holyoke	413-534-2555 ♥		

For the latest information on programs in your area visit the Massachusetts Association of Cardiovascular and Pulmonary Rehabilitation at www.macvpr.org, or call the American Heart Association at 800-242-8721.

Prescription for Referral to Outpatient Cardiac Rehabilitation

Bring this referral form to your provider (doctor or nurse practitioner) to complete. Take it to your cardiac rehabilitation program.

- 1. Please provide demographic information about the patient in the space above—print legibly, or attach a patient identification label.
- 2. Referral to outpatient cardiac rehabilitation is indicated within 12 months of any of the events or diagnoses listed below. Please check **ALL** that apply to this patient.

EVENT OR DIAGNOSIS	DATE
Chronic stable angina/coronary artery disease	//
Unstable angina/coronary artery disease	//
Acute myocardial infarction (MI:NSTEMI, STEMI) (Within preceding 12 months)	//
Coronary angioplasty/stent (PCI)	//
Coronary artery bypass surgery (CABG)	//
Heart valve repair or replacement surgery	//
Other major surgery of heart or great vessels	//
Heart transplantation, or heart+lung transplantation	//
 Congestive heart failure (CHF) (LVEF of 35% or less and NYHA Class II to IV, despite being on optimal heart failure therapy for > 6 weeks) 	//
Placement of a ventricular assist device (VAD)	//
Cardiac arrest/survival from sudden cardiac death	//
Sustained ventricular tachycardia or ventricular fibrillation	//

Patient's primary outpatient cardiologist: Name Telephone Number (_____) _____ - _ Printed name and credentials of prescribing provider _/___/ _/___/__ Signature Date Time

If available, please provide copies of the most recent documents to the patient to facilitate communication with the cardiac rehabilitation program:

- Cardiac Catheterization/ PCI Report
- Medication List

Beth Israel Deaconess Medical Center

Beth Israel Lahey Health

- Operative Report
- Echocardiogram Report
- Cardiologist Visit Notes
 Stress Testing Report (highly recommended)
 - ECG Tracings and Interpretation
- Hospital Discharge Summary
- Lab Results (including lipid profile)