

# 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
- Taking your medicine the right way
- Checking your health

### 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 **Univera Healthcare** 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:

- Recent heart attack
- Heart or heart-lung transplant
- Heart surgery (bypass, valve repair/replacement)
- 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.





## Need help finding a cardiac rehab program?

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



## Questions about your coverage?

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



## Struggling to make it to in-person cardiac rehab?

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

To learn more:

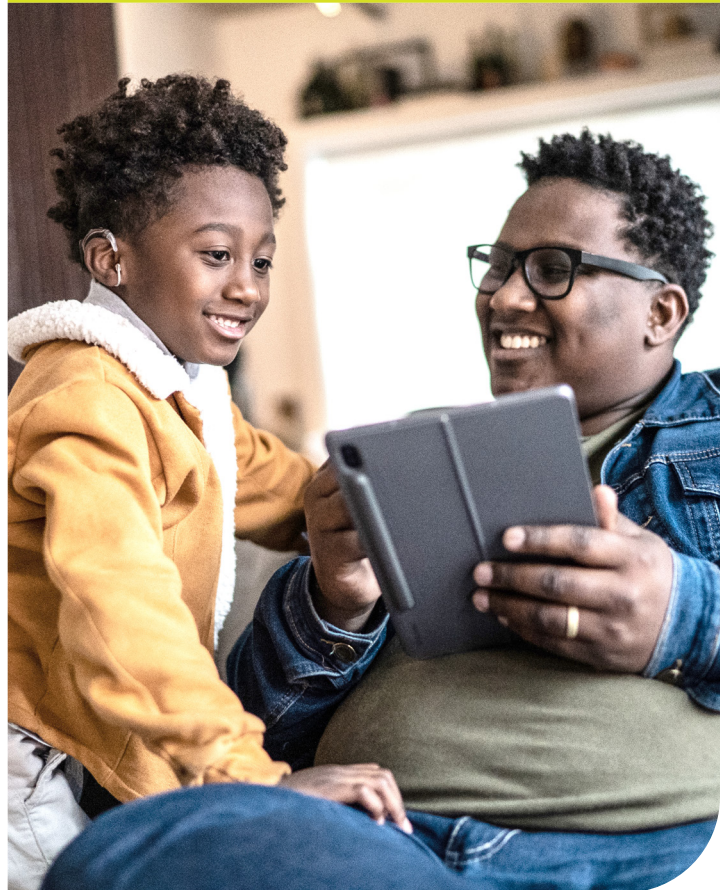
**Visit [MovnHealth.com/Patients](https://MovnHealth.com/Patients)**  
for more information.

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

## 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



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.