The Cardiac Rehabilitation Program

Healing Hearts One Beat at a Time

The Program:
• Provides medically supervised environment to safely increase your activity
• Maintains regular communication with your physician

Provides counseling and education in:
• Dietary changes
• Weight loss
• Smoking cessation
• Stress management

Benefits of Exercise:
• Improves physical fitness and energy levels
• Improves heart strength
• Improves overall well-being
• Improves management of stress
• Increases ability to perform job or tasks
• Reduces blood pressure
• Reduces risk of future heart problems
• Controls cholesterol levels

Three Convenient Locations

Hartford Hospital
Medical Office Building
85 Seymour St., Suite 607
Hartford, CT 06102
Phone: 860.972.2133

Farmington
11 South Rd., Suite 260
Farmington, CT 06032
Phone: 860.696.0080

Glastonbury
305 Western Blvd, Suite 104
Glastonbury, CT 06033
Phone: 860.633.9084
Cardiac Rehabilitation Referral

Patient’s Name: ___________________________  DOB: _____________

Address: ____________________________________________

________________________________________________________________________

Phone: ___________________________

_____ MI

_____ Stable Angina

_____ PCI

_____ Cardiac Surgery

_____ CABG  _____ Cardiac Valve  _____ Cardiac Transplantation

_____ LVAD  _____ TAVR  _____ Other CV Surgery

_____ CHF
(Criteria: LVEF < 35%, NYHA class II-IV, Optimal HF therapy for at least 6 weeks)

_____ Cardiomyopathy

_____ PAD (with Symptomatic Peripheral Artery Disease)

_____________________________________________________________________

Physician name (print)  AM  PM

Signature of referring physician  Date  Time

Upon discharge, please fax referral to patient’s preferred site:

☐ Hartford Hospital  Phone: 860.972.2133  Fax: 860.545.3352

☐ Farmington  Phone: 860.696.0080  Fax: 860.696.0085

☐ Glastonbury  Phone: 860.633.9084  Fax: 860.633.9204

Hartford HealthCare  Heart & Vascular Institute