

## Programs That Meet Your Needs

Our programs are conveniently scheduled throughout the day to accommodate your needs. We offer programs Monday through Friday during the morning and afternoon.



## The Center for Wellness and Cardiac Rehabilitation

The Hoffman Heart and Vascular Institute  
of Connecticut



**Saint Francis Hospital**  
Trinity Health

**The Hoffman Heart and Vascular  
Institute of Connecticut**

114 Woodland Street, Hartford, CT 06105  
[trinityhealthofne.org](http://trinityhealthofne.org)

## Phase II Cardiac Rehabilitation

Phase II Cardiac Rehabilitation is a medically supervised program that includes evaluation and instruction on physical activity, medication monitoring, nutrition counseling, and smoking cessation.

### Eligibility

Admittance to this program is through physician referral or patient inquiry followed by physician consent. You can benefit from Phase II Cardiac Rehabilitation if you:

- Have conditions such as angina, heart failure or have had a heart attack
- Had coronary artery bypass surgery, valve surgery or a balloon/stent procedure
- Had a heart transplant
- Have peripheral vascular disease or arrhythmias

### Benefits of Cardiac Rehabilitation

- Reduces heart event risk and reduces heart disease symptoms
- Improves heart disease symptoms
- Stops or reverses damage to the blood vessels
- Lessens the physical and emotional effects of heart disease
- Improves stamina and strength
- Improves confidence and well-being

### Teamwork: Our Key to Success

We owe our effectiveness to a well-rounded team of experienced nurses, exercise physiologists, dietitians and other supportive health care professionals. Our team uses comprehensive evaluation and state-of-the-art intervention strategies to promote lifestyle modifications including:

- Smoking cessation
- Weight-loss
- Nutrition counseling
- Cardiovascular fitness

### Cost

Depending on your health plan, this program may be covered by your insurance. Our staff is trained to assist you.

### Location

All our programs are held at the Center for Wellness and Cardiac Rehabilitation at Saint Francis Hospital.

For more information, please contact the Cardiac Rehabilitation Team at 860-714-4538.

## Phase III Cardiac Rehabilitation

Phase III Cardiac Rehabilitation is a maintenance program for patients who have graduated from Phase II or have risk factors for heart disease.\* It is medically supervised by the Cardiac Rehabilitation team and participants continue to modify their risks for heart disease.

### Eligibility

Admittance to this program is through physician referral or patient inquiry followed by physician consent.

### Cost

There is a nominal fee for this program.

### Location

All our programs are held at the Center for Wellness and Cardiac Rehabilitation at Saint Francis Hospital.

For more information, please contact the Cardiac Rehabilitation Team at 860-714-4538.

## Vascular Wellness Exercise Program

The Hoffman Heart and Vascular Institute offer a medically supervised program for patients with peripheral vascular disease (PVD). This program includes evaluation and instruction on physical activity, medication monitoring, nutrition and weight loss counseling, and smoking cessation.

### Eligibility

Admittance to this program is through physician referral or patient inquiry followed by physician consent.

### Cost

Depending on your health plan, this program may be covered by insurance. Our staff is trained to assist you.

### Location

All our programs are held at the Center for Wellness and Cardiac Rehabilitation at Saint Francis Hospital.

For more information, please contact the Cardiac Rehabilitation Team at 860-714-4538.

\*Such as high blood pressure, elevated cholesterol, and diabetes.

# Hoffman Heart LifeCare Program

The Hoffman Heart LifeCare Program is a multidisciplinary outpatient service that helps patients better manage their health and well-being to reduce their risk factors for heart disease.

## Eligibility

Admittance to this program is through a physician cardiologist referral or patient inquiry followed by physician consent.

## Benefits of the LifeCare Program

Many of the risk factors for cardiovascular disease are modifiable. You can reduce your risk with adjustments in your lifestyle. Our team will work with you and your physician to help you create a personalized plan of action.

## What To Expect at Your First Appointment

In your first comprehensive session you will meet with an exercise physiologist and registered dietitian to address the following lifestyle-related factors:

- Exercise counseling
- Nutrition counseling
- Realistic goal-setting to meet your individual needs

## Follow-up

At the completion of your session your physician will be informed of your progress. You will receive ongoing support through follow up phone calls, emails, and motivational messaging.

## Cost

There is a nominal fee for this program.

## Location

Your appointment will be in the Hoffman Heart and Vascular Institute at Saint Francis.

For more information, please contact the LifeCare Team at 860-714-4538.

## Congestive Heart Failure

The Hoffman Heart and Vascular Institute of Connecticut offers a comprehensive and medically supervised program of cardiovascular rehabilitation, exercise training, prevention, wellness and health education to our congestive heart failure population.

### Our Goals

The goals of this program are to restore and promote cardiovascular health and encourage a healthy, active lifestyle through risk factor modification, exercise training, nutrition education and wellness education.

### Eligibility

Admittance to this program is through physician referral or patient inquiry followed by physician consent.

### Cost

Depending on your health plan, this program may be covered by your insurance. Our staff is trained to assist you.

### Location

All programs are held at the Center for Wellness and Cardiac Rehabilitation at Saint Francis Hospital.

For more information, please contact the Cardiac Rehabilitation Team at 860-714-4538.

## Women's Heart Program at Saint Francis

### Our Mission

To reduce cardiovascular disease in women through individualized risk evaluation with professionally advised diet and exercise strategies.

### Who We Are

Our team includes a cardiologist, registered nurse, exercise physiologist, and registered dietitian.

### What We Do

- Cardiac risk assessment including blood pressure, waist, height, weight, and BMI measurement
- Nutrition evaluation and education
- Exercise program implementation education
- Risk reduction education

### Cost

The Women's Heart Program is free of charge.

For more information, please call 860-714-4097.

