

The Wayne Memorial Hospital Cardiac Rehabilitation Department is committed to providing excellent medical care and a pleasant experience with respect and compassion. We offer a local visit with an outstanding customer-focused experience.

Wayne Memorial Hospital is a non-profit community hospital located in Honesdale, Wayne County, in northeastern Pennsylvania. Our hospital is the heart of Wayne Memorial Health System, a network of healthcare services and facilities offering state-of-the-art emergency care, radiology, inpatient services, birthing suites, a cast care clinic, same-day surgery, inpatient rehabilitation services and outpatient physical, occupational and speech therapies.

Our clinical affiliate, Wayne Memorial Community Health Centers offers primary care, women's health, dental, pediatric and behavioral health services in Wayne, Pike and Lackawanna counties.

**Cardiac Rehabilitation**  
(570) 253- 8253

**Need a physician?**  
Call our referral line at (570) 253-8990

### *Wayne Memorial Health System Services Available*

Audiology	570-253-7323
Billing	570-251-6580
<b>Cardiac Rehabilitation</b>	<b>570-253-8253</b>
Cardiology Services	570-253-8203
Cast Care Clinic	570-253-8129
Childbirth Education	570-253-8366
Chemotherapy	570-253-8398
Community Health	570-253-8990
Diabetes Education & Support	570-253-8149
Home Health/Hospice	570-253-8431
Hyperbaric Center	570-253-8453
Inpatient Rehabilitation	570-253-8728
Laboratory	570-253-8127
Long-Term Care / Respite Care	
Wayne Woodlands Manor	570-488-7130
Maternity Services	570-253-8366
Medical Equipment/Oxygen	570-253-6770
Nutritional Counseling	570-253-8164
Oncology Clinic	570-253-8398
Pulmonary Medicine	570-253-8643
Radiology	570-253-8124
Rehabilitation	570-253-7322
Scheduling (Central)	570-251-6689
Sleep Medicine	570-253-8643
Social Services	570-253-8383
Wound Care Clinic	570-251-6644

*For a full listing of services and locations  
visit [www.wmh.org](http://www.wmh.org).*



WAYNE MEMORIAL  
HOSPITAL

*An Affiliate of Wayne Memorial Health System, Inc.*

601 Park Street, Honesdale, PA 18431  
(570) 253-8100 • [www.wmh.org](http://www.wmh.org)

CONNECTING COMMUNITY AND HEALTHCARE

## **CARDIAC REHABILITATION & MAINTENANCE PROGRAM** WAYNE MEMORIAL HOSPITAL



*Association of Cardiovascular  
and Pulmonary Rehabilitation  
(AACVPR) Accredited*



WAYNE MEMORIAL  
HEALTH SYSTEM, INC.

*After a cardiac event, many physicians refer their patients to a Cardiac Rehabilitation program to help them learn how to return to healthy and productive lifestyles. Cardiac events include heart attack, bypass and valve surgery, angioplasty with a stent, heart transplant, stable angina or other complications of cardiac disease. The Cardiac Rehabilitation professionals at Wayne Memorial Hospital are committed to improving the lives and health of their patients through exercise and education within a Three Phase Program.*

### PHASE I

Phase I is delivered in an inpatient setting where you receive bedside education about diet modification and exercise. After you are discharged, you need a physician's prescription to continue with Phase II of Cardiac Rehabilitation.

### PHASE II

Phase II consists of 36 sessions of education and monitored exercise designed to meet your personal health goals. At your first Phase II session the cardiac rehab team will take your medical history, evaluate your physical condition and administer a six-minute walk test. After your initial assessment you will receive a personalized exercise program approved by your referring physician. This program, three days a week over the course of 12 weeks, is supervised by an exercise physiologist and cardiac rehab nurse. To help reduce your risk for future cardiac problems, you may also receive helpful information regarding lifestyle changes, such as changes in your diet, your exercise routine, smoking cessation, medication intake, stress management, diabetes and hypertension management.

### PHASE III

Upon completion of Phase II you are eligible to participate in the Cardiac Rehabilitation Department's Maintenance Program. This twice-weekly exercise program is designed to help you maintain the gains achieved during Phase II. During this stage your Rehab team will continue to modify your exercise program to suit your physical needs and reinforce your plan to take control of risk factors.



### APPOINTMENTS:

A physician's prescription is required before beginning your Cardiac Rehabilitation program. To schedule an appointment call the Cardiac Rehabilitation Office at (570) 253-8253. We make every effort to honor time commitments and request that you extend the same courtesy to us. Please call to cancel a scheduled appointment.

### HOURS OF OPERATION:

The Cardiac Rehabilitation Department is open Monday through Friday, alternating days for the Phase II and Maintenance programs.

### PHASE II :

Monday –Wednesday – Friday  
7:00 a.m. to 2:00 p.m.

### PHASE III • MAINTENANCE:

Tues – Thursday  
6:30 a.m. to 10:00 a.m.

### FEES AND PAYMENTS:

Wayne Memorial Hospital accepts most types of insurance including Aetna, Blue Cross, First Priority Health, Freedom Blue, Geisinger, Geisinger Gold, United Health Care, PA Access, and Medicare. Contracted networks include Devon, Intergroup, Integrated Health Plan, Multi -Plan, PHCS and others. Please call for further information about insurance and payment options. Check with your insurance provider before your scheduled evaluation.

