Nash Hospitals Inc.,

## HealthFirst Wellness Center Pulmonary Rehabiliation

Pulmonary Rehabilitation at HealthFirst Wellness Center a medically supervised program, located on the 1<sup>st</sup> Floor of Community Medical Plaza (Old Community Hospital) on 1051 Noell Lane, designed to help patients recover from their lung condition and improve their overall quality of life. Our program is state certified and consists of monitored exercise, education and counseling regarding lung disease and steps to lead a healthier life.

Designed by a team of healthcare professionals, your rehabilitation program is tailored to fit your individual needs and goals. A dedicated staff consisting of Exercise Specialists, Nurses, Respiratory Therapists and Dietitians all work together under the supervision of the programs medical director. As needed, vocational rehab counselors will help prepare you for the challenges you'll face when returning to work. And, a chaplain is available for spiritual comfort. You won't be going through your rehabilitation alone. Many patients feel the group support from their fellow lung patients is a major contributor to the recovery process.

Safety is our highest priority. During exercise, your heart rate and oxygen level are monitored to ensure a safe, but effective, intensity level. Emergency equipment and trained personnel are on-hand to deal with any unusual situations should they occur. An emergency physician is also available. A maintenance program is available for patients who have successfully completed a pulmonary rehabilitation program. A physician's referral is needed before enrolling.

## Who Qualifies for Pulmonary Rehab?

Patients who have had the following (within 1-year):

- Chronic Obstructive Pulmonary Disease (COPD)
- Pulmonary fibrosis
- Congestive Heart Failure (CHF)
- · Interstitial lung disease
- Asthma/Emphysema
- Other lung related conditions

Most insurance companies including Medicare will cover part of pulmonary rehab services (subject to verification before admission). Medicaid does not pay for pulmonary rehab at this time.





## What are the benefits of Pulmonary Rehab?

- Reduce the risk of future lung problems
- Modify risk factors of heart disease
- Learn how to reduce stress
- · Improve strength and endurance
- Learn to eat healthy
- Receive education on medications and other lung related topics
- Receive encouragement from other patients

For general information regarding Pulmonary Rehabilitation, or to make a referral for Cardiac Rehabilitation at HealthFirst Wellness Center please contact 962-3468.