



Cardiac Rehabilitation – General Guidelines

Attendance Policy

- All participants are expected to attend classes on a regular basis to obtain the most benefit from the program.
- If you are going to miss a session, please call **(845) 786-4147** to let us know you will not be in.
- ***You are scheduled for 36 visits over a 12 week period.***
- Please arrive to the hospital 15 minutes prior to your scheduled class time and call the number you were given at the time of appointment to check in.
- If you are more than 10 minutes late you will not be able to participate in the session.
- In the event there is inclement weather please either call **(845) 786-4147** for message about program closure or you can also look at the Helen Hayes Hospital Website for program information.

Missed Appointment (See Discharge Policy)

- If you miss **up to** 3 consecutive sessions for a medical reason you will need a note from your physician stating it is safe for you to resume and you may complete your remaining sessions.
- If you miss **more than** 3 consecutive sessions of Outpatient Cardiac Rehabilitation classes for medical reasons, you will be discharged from the class.

Non Medical Reasons

- Cardiac Rehabilitation is not effective if attendance is not consistent. If you miss 3 consecutive sessions **for non-medical reasons**, you will be discharged from the program.

Dress/Equipment

- **You must wear a mask or face covering at all times in order to participate in the session.**
- Please dress in comfortable, loose fitting clothing.
- Sneakers or walking shoes must be worn. If you wear shoes with heels or leather soles you will not be allowed to exercise that day.
- There should be no conversing on cell phones while exercising. Please try to keep personal belongings to a minimum and only to those items that are absolutely necessary.

Agreement and Signature

- I have read and agree to the policies outlined above.**

Name of Participant (print) : _____

Signature of Participant: _____

Date: _____