



## Outpatient Cardiac Rehabilitation Discharge Policy

Research shows that exercise is only effective to make the heart stronger and healthier when performed **consistently**, therefore, patients are expected to attend regularly. Patients in Outpatient Cardiac Rehabilitation have a maximum of **12 weeks to complete the program**. There are no makeups for missed sessions.

- You must notify us for any missed session and let us know the reason.
- You will be discharged from the program for poor attendance if you have:
  - 3 consecutive missed appointments without notification
  - 3 consecutive missed appointments for non-medical reasons (ex. vacation)
- **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 have any type of medical procedure/event or a visit to the hospital (ER or admission), you must bring in a note from your physician stating that it is safe for you to resume your program. You will not be allowed to exercise without clearance from your physician.
- **If you miss more than 3 consecutive sessions for a medical reason** you will be discharged from the program. If you obtain a new prescription for cardiac rehabilitation, you may call 845-786-4410 to be re-evaluated and rescheduled. This may or may not be in your previous time slot and there may be a wait to re-start.
- **You must agree to the practice of physical distancing** (pre, during and post exercise), hand hygiene (upon entry into the exercise room, before and after equipment use and at the end of session) and proper cough etiquette. Failure to comply with these practices after counseling from staff may result in your discharge from the program.

I have read and agree to the policies outlined above.

Name of Participant: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_