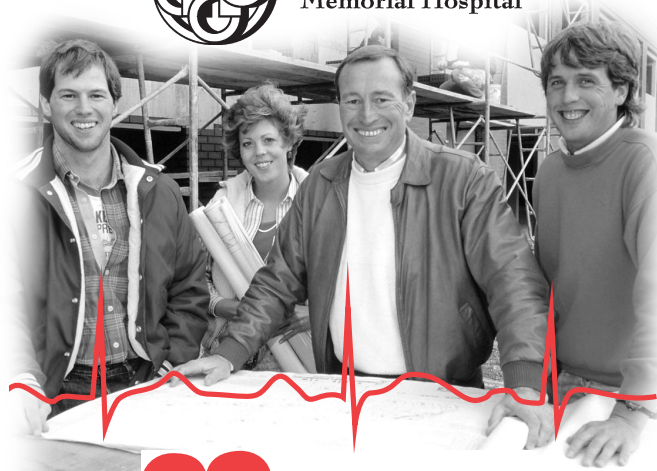




O'BLENESS
Memorial Hospital



What is HeartWorks?

O'Bleness Memorial Hospital, in conjunction with WellWorks at Ohio University, offers two distinct multidisciplinary programs known as HeartWorks.

Our **Cardiac Rehabilitation Program** is designed for individuals with known heart disease who have angina (chest pain) or have had a myocardial infarction (heart attack) or coronary artery bypass surgery. Individuals who have or have had congestive heart failure or have undergone a medical procedure such as angioplasty, heart valve replacement or heart transplant are also eligible for HeartWorks.



Our **Pulmonary Rehabilitation Program** is especially helpful for people with a known lung disease such as asthma, chronic bronchitis, emphysema or chronic obstructive pulmonary disease (COPD). Individuals

with other medical conditions such as bronchiectasis or pulmonary fibrosis or who have had a lung transplant are also eligible for HeartWorks.

These two programs are designed to help patients with heart or lung disease recover more quickly from their illness and enhance their quality of life. The programs offer individually prescribed exercises, education and nutrition and stress management counseling to help participants begin living

a healthier lifestyle. Emphasis is on the identification of risk factors that contribute to each individual's illness as well as the development of a care plan designed to reduce these risk factors in order to slow down or reverse the disease process.

How can I benefit from HeartWorks?

Participating in HeartWorks' Cardiac or Pulmonary Rehabilitation Programs provides a safe and effective way to:

- Decrease the risk of developing additional heart or lung disease
- Reduce hospitalizations
- Improve your physical fitness
- Increase your daily activity level
- Improve your ability to handle stress
- Feel stronger
- Improve overall wellness
- Learn to live a heart-healthy lifestyle
- Learn to live a lung-healthy lifestyle

What does HeartWorks include?

We are proud to offer complete health and fitness programs for our cardiac and pulmonary patients. We combine aerobic exercise with evaluation, education, counseling and training to provide you with rehabilitation for both the mind and body. HeartWorks is offered in conjunction with WellWorks, Ohio University's wellness program.

We employ an interdisciplinary team that includes an exercise physiologist, a cardiac nurse, a medical director, a registered dietitian and a counselor. This team of healthcare professionals possesses the expertise and experience to provide a custom-tailored program that is best suited to your goals and needs. Participants in the Cardiac Rehabilitation Program meet three times a week (M, W, F) for 12 weeks, while participants in the Pulmonary Rehabilitation Program usually meet three times a week (M, T, Th) for 8-10 weeks. Each daily session is 1½ hours long.

How can I join HeartWorks?

Before being accepted into a HeartWorks program, you will need approval



from your family doctor. You will undergo a medical examination and, if needed, a supervised cardiac stress test. Blood work may also be ordered. An individualized exercise program will be developed based on the results of these assessments. After receiving approval from your family doctor, contact Tom Murray, program director, at (740) 593-2278 or (740) 592-9457 for more information. Most major insurance programs, including Medicare, will cover some or all of the costs of the program.

Maintenance Program

Upon completion of the Cardiac or Pulmonary Rehabilitation Program, participants are eligible to graduate into a maintenance program known as Phase III. The Phase III program is a medically supervised program meeting with similar times as the cardiac and pulmonary programs and is designed to reinforce, support and encourage the lifestyle and risk reduction changes made in the Phase II program. The cost of this program is \$45 per month. Participants may have to pay for this program, because some insurance companies do not reimburse for this type of service.

Questions?

For more information on HeartWorks' Cardiac and Pulmonary Rehabilitation Programs, call (740) 593-2278 or (740) 592-9457 or contact your primary care physician.



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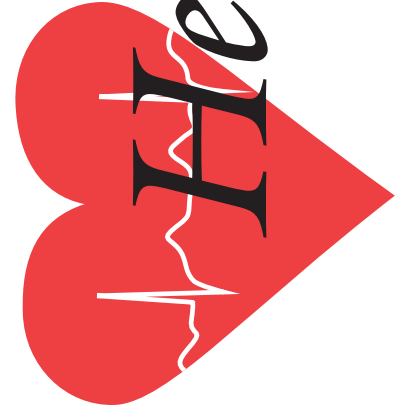


O'BLENESS
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HeartWorks

Cornwell Center for
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from O'Bleness Memorial Hospital

HeartWorks

a cardiac and pulmonary rehabilitation program

in conjunction with WellWorks at Ohio University

