

How Do I Get Started

Contact your physician about referring you to Cardiopulmonary Rehabilitation. please feel free to call or visit the rehabilitation located in the ground floor of Cooper University Hospital Cape Regional.

Cost

Many insurance carriers, including Medicare provide coverage for the cost of our program. Our staff can assist you with payment options.

Hours of Operation

Monday- Friday | 8 am - 5 pm

Contact Information

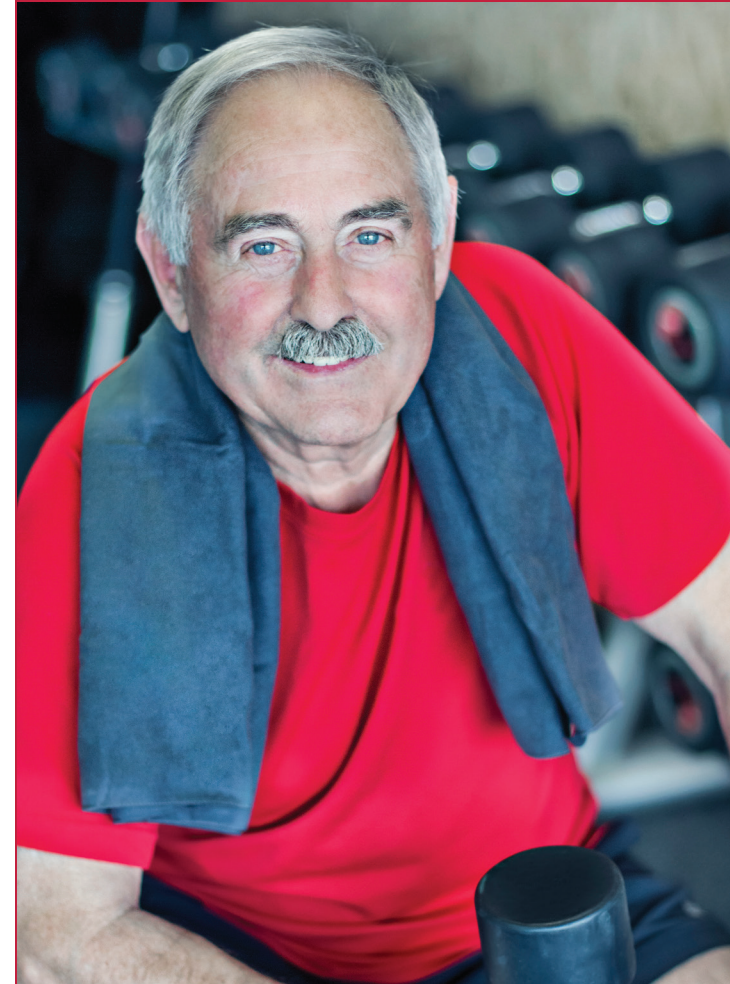
Cardiac Rehabilitation
Cooper University Hospital Cape Regional
2 Stone Harbor Boulevard
Cape May Court House, NJ 08210
Phone 609.463.2348
Fax 609.463.2618

Nationally Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.



609.463.2348
CooperHealthCape.org/cardiac-rehab

CARDIAC REHABILITATION



 **Cooper**
University Health Care

**EXTRAORDINARY
HAPPENS HERE.**

Who Can Participate?

If you have been diagnosed within a year:

- PTCA/ Stent*
- Valve Repair/ Replacement*
- Congestive Heart Failure with EF below 35%
- Heart or heartet/ lung transplant*
- Stable Angina
- Heart Attack (MI) *
- Coronary Artery Bypass Graft (CABG) *

*Approved by Medicare

How Can It Help?

Our program can help you to:

- Control high blood pressure
- Decrease body fat
- Decrease heart rate
- Lower cholesterol/triglyceride levels
- Increase energy and endurance
- Increase muscle tone
- Improve and manage disease
- Improved quality of life
- Improved confidence
- Manage and improve blood sugar regulation
- Provide knowledge of individual risk factors
- Reduce stress and anxiety
- Improve psychological well being

Our Program

After you are cleared by your physician, you will meet with a member of our rehabilitation staff. A medically supervised exercise program is designed to meet each participant's needs and abilities. Progress will take place at your own pace and limitations. Your heart rate, rhythm, and blood pressure will be monitored during each session.

You will be assigned to a registered nurse. Your first visit will include a one hour evaluation by the nurse case manager. The following visits will concentrate on education to modify your risk factors and develop an exercise routine specifically for you.

The rehabilitation staff will monitor your progress with the aid of a state-of-the-art computer heart monitoring system. You will receive ongoing instructions with your exercise program to reach your maximum potential and improve cardiovascular fitness without exceeding safe limits.

Exercise sessions are held on Monday, Wednesday, and Friday for one hour. The usual number of covered visits is up to 36 sessions, but may vary depending on your insurance plan.

Patients gain confidence and a commitment toward a more healthier lifestyle. Graduates are encouraged to exercise at Miracles Fitness in Rio Grande, NJ.

Our goal is to improve and maintain your quality of life.



October 2025

Call 609.463.2348 to speak to a team member.