



## Phase 1

This phase will most likely start in the hospital. It can also start during a follow up call after you were in the hospital for a cardiovascular or pulmonary event. We will provide you with education and support. This will help you move into Phase 2: Cardiovascular or Pulmonary Rehabilitation.



## Phase 2

This phase starts in the outpatient clinic after discharge. A thorough clinical rehab program is made to improve strength and health. This phase is supervised by a doctor. It is covered by your insurance.



## Phase 3

This phase starts after you finish Phase 2 rehab. The format is like a fitness gym, but it is offered within the rehab clinic space. Phase 3 is self pay. It is made to promote a move to independent maintenance exercise for long term health.