

Program Recognition

- In 2009, our Cardiac Rehab Program received the “Above the Line” Outcomes Award, which is sponsored by the Montana Association of Cardiovascular and Pulmonary Rehabilitation and the Cardiovascular Health Program within the Montana Department of Public Health and Human Services. GMC’s Program had the “highest ratings” of the non-interventional hospitals from Montana and Wyoming who participated in the patient outcomes program.



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Cardiac Rehab



Enhancing your quality of life...

About Cardiac Rehab

Cardiac Rehab is a comprehensive, medically supervised education and exercise program tailored to fit your needs and fitness level.

Your medical provider may refer you to Cardiac Rehab if you have had a heart attack, heart surgery (bypass, stent placement or valve replacement) or have a form of chest pain known as angina.

Medicare Coverage

Cardiac Rehabilitation is covered by most medical insurance and Medicare. Please contact our Business Office at 345-3350 with any coverage questions you may have.

Cardiac Rehab Components

- Physician referral
- Medical assessment
- Supervised and monitored exercise by trained health care professionals
- Risk factor identification and modification
- Group and individual education
- Personal goal setting



How We Can Assist You

- Understanding your risk factors for heart disease
- Setting goals to make healthy lifestyle changes
- Becoming an informed participant in managing your condition
- Regaining a more active lifestyle
- Coping with emotions often associated with heart disease

Note from the Coordinators

“Enhancing quality of life is the primary mission of a successful cardiac rehabilitation program. We achieve this through safe/progressive exercise, education, risk factor modification and social interaction.”