



How much does it cost?

Cardiac Rehab Phase 3 is an out of pocket expense. Medicare and most insurance companies do not cover Phase 3. There is a small charge per session. Spouses may participate at half price.

How can I be a part of it?

The major requirement to participate in Phase 3 is permission from your physician.

Who do I call for information?

For more information about Cardiac Rehab Phase 3, call Trinity at (309) 779-5340 Monday through Friday, or the Phase 3 facility at (309) 373-3307 Monday, Wednesday or Friday between 5:45 a.m. and 1 p.m.



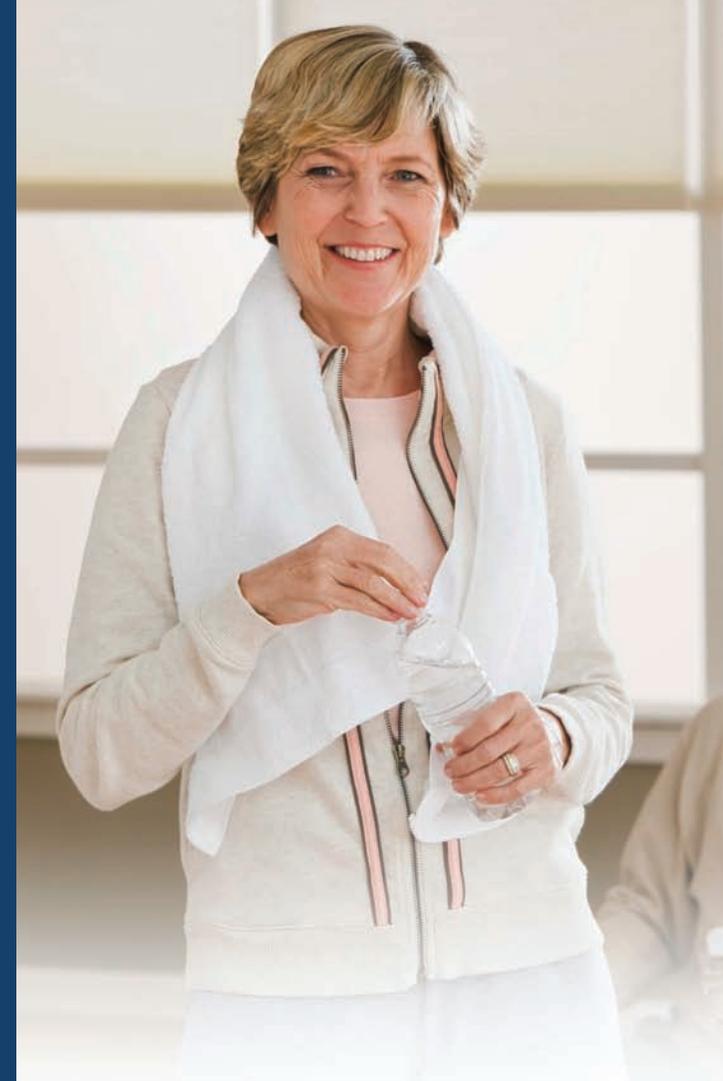
Trinity Regional Health System
Cardiac Rehabilitation
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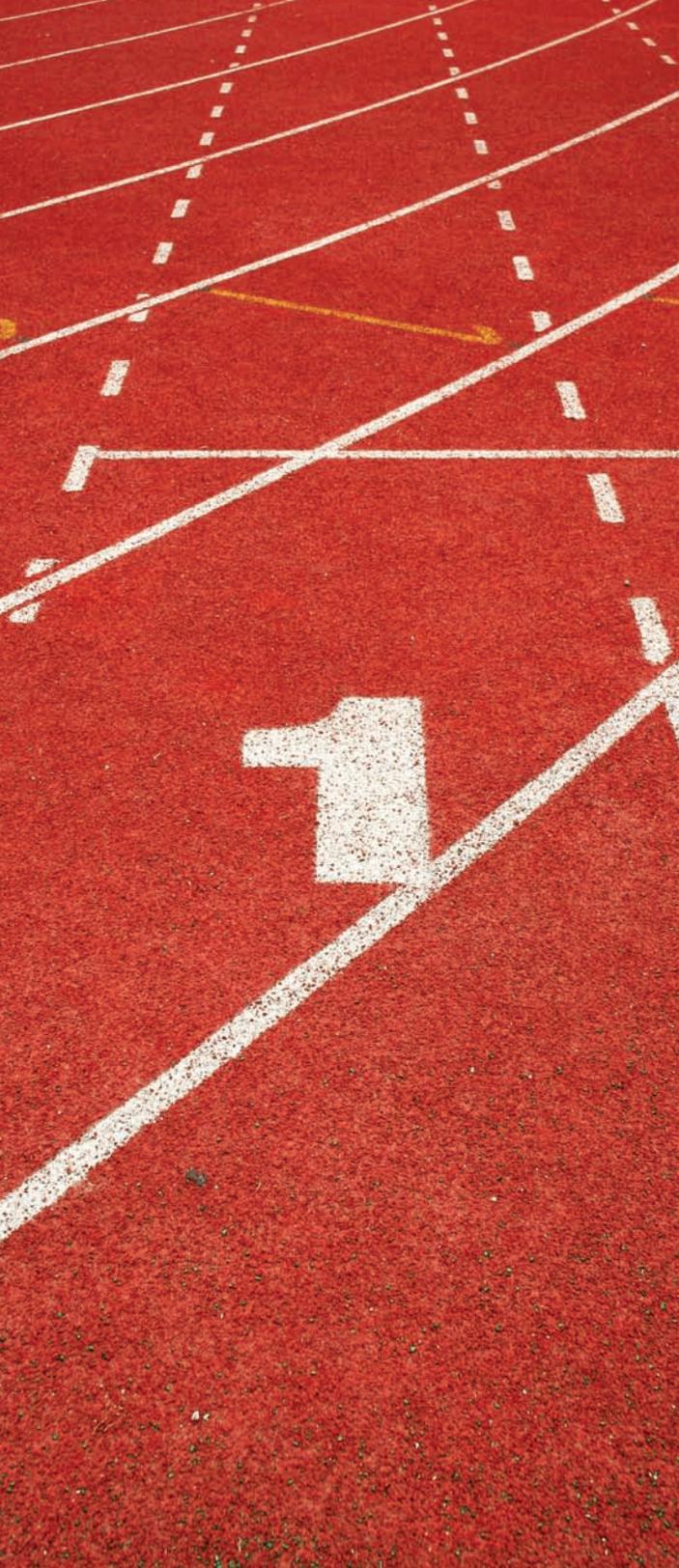


Cardiac Rehab Phase 3



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What is Cardiac Rehab Phase 3?

Cardiac Rehab Phase 3 is a supervised program designed for people with known heart disease or those at risk for heart disease. It is staffed with a registered nurse and exercise physiologist to monitor blood pressures, heart rates and assist participants with their exercise programs.

Where is it?

Phase 3 meets in the Pepsico Recreation Center at Augustana College, 1025 30th Street, Rock Island.

(Map on back)

When is it?

Phase 3 meets every Monday, Wednesday and Friday from 5:45 a.m. to 1 p.m. Participants may come at any time during those hours as it fits their personal schedule.

What equipment is available?

There are treadmills, recumbent bikes, elliptical machines, stair steppers, rowing machines and a walking/jogging track for cardiac rehab participants. A weight room is available that includes free weights, hand weights and weight machines. The cardiac rehab staff will assist participants, as needed, in the proper use of the equipment.

What exercise classes are offered?

Group exercise classes are scheduled at 8, 9, 10 and 11:00 a.m. and are led by the exercise physiologist. Classes include resistance training (with hand held weights or stretch bands), cardiovascular exercise and stretching.



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