

YOUR PATIENT CARE TEAM

- Registered Dietitian
- Exercise Physiologists
- Registered Nurses
- Your Physicians

INSURANCE

Medicare and private insurance companies generally cover 80 to 100% of the cost of the Smart Heart program. For specific questions about the extent of coverage or co-payments, please check with your insurance provider.

**Your care plan will
include the following:
36 one-hour sessions**

**NUTRITIONAL LIFESTYLE
EDUCATION**

SUPERVISED EXERCISE

PATIENT COUNSELING

**Call for more information or
to see if you qualify:**

**(501) 380-1480
3214 E. Race Ave.
Searcy, AR 72143**

"I struggled to get back to normal when I didn't go through the Smart Heart program, right after my bypass surgery. About a year later, I had to have another heart-cath and the doctor suggested rehab. The education, exercise program, and the encouragement that I received from the staff is what helped me get my life back."

- Karen Churchill, Unity Health Ambassador



Unity Health received the American College of Cardiology's NCDR Chest Pain - MI Registry **Platinum Performance Achievement Award** for providing expert, high-quality cardiac care.



Cardiac Rehabilitation Program

**Cardiac Rehabilitation
Supervised Exercise Therapy
Pulmonary Rehabilitation**

*Take control of your heart &
circulatory health today!*

(501) 380-1480



Cardiac Rehab

Cardiac Rehab is a physician prescribed program designed for people who have various heart conditions and includes monitored exercise sessions along with education about nutrition, medication use and lifestyle choices to help patients strengthen their hearts and lead healthier lives.

Studies show that cardiac rehab offers substantial benefits to people with heart disease. Some of the benefits include:

- Faster recovery
- Increased exercise endurance
- Decreased blood pressure
- Decreased heart rate
- Improved cholesterol
- Improved tryglyceride levels
- Reduced body fat
- Improved muscle tone
- Increased energy
- Increased medication awareness
- Increased knowledge of heart disease

The cardiac rehab program is available to patients who have/had:

- A heart attack
- Heart surgery
- Valve surgery
- Balloon angioplasty or stent
- Heart transplant
- Angina (chest pain)
- Congestive heart failure
- Left Ventricular Assist Device

SET for PAD

**Supervised Exercise Therapy (SET)
for Symptomatic Peripheral Artery
Disease (PAD)**

What is it?

SET for PAD is a physician prescribed program designed to treat patients who suffer from lower extremity pain, due to peripheral artery disease. The goal of this program is to help people walk longer without pain in the hope of improving overall quality of life. Our program is staffed by skilled and experienced nurses and exercise physiologists.

Who qualifies?

Patients who have been diagnosed with PAD by their doctor and experience intermittent claudication pain.

How to get started?

Talk to your doctor about SET for PAD. Some of the benefits of non-invasive Supervised Exercise Therapy may include:

- Alleviation of claudication
- Preventing progression of PAD
- Lowering the risk of other cardiovascular events



Pulmonary Rehab

Pulmonary Rehab is a physician prescribed program designed for people with chronic lung conditions and includes monitored exercise during sessions along with education specific to the management of lung disease.

Some of the benefits of pulmonary rehab include:

- Decreased shortness of breath
- Improved strength and endurance
- Greater independence
- Better understanding of nutritional needs
- Decreased use of oxygen
- Decreased depression and anxiety
- Increased coping skills
- Improved ability to return to work
- Improved ability to enjoy leisure activities
- Improved quality of life

Pulmonary Rehab is intended for individuals with chronic lung disease, including:

- COPD
- Emphysema
- Asthma
- Chronic bronchitis
- Interstitial lung disease
- Post COVID
- Pre and post lung transplant

UNITY HEALTH SMART HEART

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