



Community Cardiovascular Prevention & Rehabilitation Program

Carefirst Chronic Disease Management Centre
Better Health through self-management



What is Cardiovascular Rehab?

Cardiovascular Rehab or 'Heart' Rehab are lifestyle change and exercise programs to help people recover from heart events (such as heart attacks), or to prevent it for those who are at higher risk (such as people with diabetes).

How does it help me?

Although it doesn't replace medical therapy, Cardiovascular Rehab can help you:

- **Recover** to your previous level of function through progressive exercise training
- **Reduce** your risk of future heart events by up to 25%
- **Manage** high blood pressure, blood sugar, cholesterol, stress, and weight
- **Build a social circle** of people with similar concerns as you
- **Connect to other services** that you may need

What does it involve?

The Carefirst program is a half year program, where we meet once a week for one and half hour each time. It involves group education and discussions, and aerobic and resistance exercises. We will also be helping you make changes to your lifestyle and to build a home exercise habit. Please see referral form at the back for schedule. Virtual option is also available.

Who can benefit from this program?

The Carefirst program is primarily designed for patients with coronary artery disease (such as heart attack) and diabetes, however you may benefit if you have any of the following:

If you had any of the following:

- Heart attack or angina
- Heart Surgery (Angioplasty, Stent, bypass surgery, valve replacement or repair)
- TIA and minor Stroke

If you have any of these risk factors:


- High cholesterol, blood Pressure, weight
- Diabetes
- Inactive Lifestyle

How much does it cost?

There is a \$75 Program Fee + additional community centre membership fee (location dependent)

How do I enrol in the program?

Please ask a medical professional to fill out the referral form at the back.

	Community Cardiovascular Rehabilitation and Prevention Program Referral Form	T: 416-847-8941 F: 416-646-5111 E: cdmc@carefirstontario.ca
	<input type="checkbox"/> Scarborough Site One-stop Multi-Services Centre 2 nd Floor 300 Silver Star Blvd Scarborough ON M1V0G2 English: Mon 2:30 – 4:00pm Chinese: Tue 1:30 – 3:00pm	<input type="checkbox"/> Richmond Hill Site Bayview Hill Community Centre 114 Spadina Road Richmond Hill ON L4B2Y9 English: Wed 9:30 – 11:00am Chinese: Wed 1:00 – 2:30pm

Patient Name: _____ Male Female
Last First

DOB: ____/____/____ **Health Card #:** _____ **Version Code:** _____
YYYY MM DD

Address: _____
Street Number Street Name Unit/Apt City Postal Code

Home Phone: _____ **Cell Phone:** _____ **Email:** _____

Language: English Cantonese Mandarin Other: _____

Reason for Referral: CAD Stroke/TIA Prevention Other: _____

Relevant Risk Factors:
 Hypertension Obesity Family History Other: _____
 Diabetes Mellitus Dyslipidemia Lifestyle

I acknowledge that I have assessed the referred client and confirm that s/he is safe to exercise in our rehabilitation program. Participants must be able to participate independently. We cannot accept patients who are: clinically unstable, have unmanaged infectious disease, significant cognitive disorders, or reside in a LTC setting.

Referring Healthcare Professional Information

Name & Title: _____ **Phone:** _____
Address: _____ **Fax:** _____
Signature: _____ **Date:** _____

To aid us in providing a treatment plan, please include the following reports (if available) and any other information you feel would be relevant to the care of your patient

Recent Medical History Current Medications Recent blood test results
 Relevant diagnostic test results