Did you know that

This program assists you to:
- Learn about your heart and a healthy lifestyle
- Create a plan to reduce your cardiovascular disease risk
- Improve your level of fitness and health

Risk factor modification and exercise has been shown to improve:
- Fitness
- Blood Pressure
- Cholesterol and Triglycerides
- Glucose
- Quality of Life
- Percentage of Body Fat
- Self Image, Anxiety, Depression
- Return to Work Rates
- Hospital Readmission Rates

Program Affiliates:

The Cardiac Risk Reduction / Rehabilitation Program involves services offered by the Vancouver Island Health Authority (VIHA) South & Centre Island, Physicians and affiliated organizations.

The VIHA program provides: Case Management, Risk Reduction Clinic, the Take Heart exercise program & education services.

Your Family Physician provides your primary and ongoing medical care & follow up; the program Cardiologist provides your cardiac risk reduction medical assessment, follow-up during the program, and treadmill test, as appropriate.

The affiliated organizations provide education and exercise services.

1) Take Heart a 24 session cardiac exercise program. Offered at: West Shore Parks & Rec (250-474-8694), Saanich Commonwealth Place (250-475-7619), Panorama Recreation Centre (250-655-2184), the YMCA-YWCA of Greater Victoria (250-418-1843), Nanaimo—North Ridge (250-751-0505), Parksville—Oceanside Physio (250-248-9666), & Campbell River—Strathcona Regional District (250-287-9234–ext 236)

2) Heart to Heart or Heart Matters a 6-10 week education program. Contact: Victoria 778-678-8423 (Victoria #); Parksville 250-947-8202; Comox 250-339-2242 (ext 1227); Campbell River 250-850-2607; Port Alberni 250-724-8824
The goal of this Program is to help you manage your heart health to the best of your ability by providing medical management, increasing your understanding and reducing your risk of heart disease through:

Case Management
- Provides follow-up to help guide your lifestyle changes, provides education, counseling, and helps you develop the skills you need to live with heart disease.
- Assists you to determine which additional education and exercise services meet your needs.

Risk Reduction Clinic
- Meet our Rehabilitation Cardiologist who provides medical consultation. An ECG, blood work or treadmill may be ordered as part of the assessment.
- Meet with members of our multidisciplinary team to discuss your recovery and ways to minimize your risk of further heart disease.

Additional Services
Increase your understanding of heart disease by attending:
- Nutrition counseling
- *Heart to Heart* or Heart Matters
- Diabetic Education Centre
- Kidney Care Clinic
- Chronic Disease Self Management
- Anticoagulation Class

Exercise Services
- Attend our physician approved supervised *Take Heart* (Community or Hospital) exercise program to assist you to develop an individualized exercise program.

Fees:
* User fees apply. Heart to Heart $45-60; Take Heart exercise $359. Subsidy available for those who require it.

Who may benefit:
People living with a form of heart disease that would benefit from risk management and lifestyle education.

How to enter the program:
Program entry is through referral by your physician.

What to expect:
- Medical assessment
- Education & support
- Exercise guidance and prescription if appropriate

Rehabilitation Team:
The team consists of you and your family along with a multidisciplinary team of health professionals, such as cardiologists, nurses, dietitians, physiotherapists, kinesiologists, pharmacists, social workers & psychiatrist.

Program Contact:
Royal Jubilee Hospital
1952 Bay St. (4 East)
Victoria, BC V8R 1J8
Phone: 250-519-1601
Fax: 250-370-8267

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