Recent scientific studies have shown that people who complete a cardiac rehabilitation program can increase their life expectancy by up to five years.

(American Association of Cardiovascular and Pulmonary Rehabilitation; 2015)
Cardio / Pulmonary Rehabilitation

What is Cardiac Rehabilitation?
An individualized and personalized treatment plan following a heart attack, angina, heart surgery or other heart disease. It includes evaluation and instruction on physical activity, nutrition and healthy lifestyle.

Benefits of Cardiac Rehab:
- Control your heart disease symptoms such as chest pain or shortness of breath.
- Stop or reverse damage to your blood vessels in your heart.
- Lessen the physical and emotional effects of heart disease.
- Improve your stamina and strength, getting you back to your usual activities.
- Live longer and lessen your chances for another heart attack.

Services offered at North Valley Hospital:
- Clinically supervised exercise with heart monitoring
- Individualized treatment plans and dietary counseling
- Medication review with a Pharmacist
- Healthy lifestyle education support
- Ongoing contact with your provider regarding progress

How do I enroll?
A physician referral is required to participate in the program. While most insurance providers cover cardiac and pulmonary rehab, you should verify coverage with your insurance company. Your provider does not need to be on staff to refer you to our service.

For appointments, call 406-863-3679
For other information, call 406-863-3570

What is Pulmonary Rehabilitation?
A service designed for those who experience lung problems such as chronic, obstructive pulmonary disease (COPD), emphysema, bronchitis, lung cancer, lung cancer surgery and other pulmonary diseases. It helps you improve your quality of life. Although Pulmonary Rehabilitation cannot cure your lung disease, it can be of great benefit and you may notice improved breathing effort and less breathing problems.

Benefits of Pulmonary Rehab:
- Decrease symptoms of disease or condition
- Ability to function better in your daily life
- Increased ability to exercise
- Decreased symptoms and better management of anxiety and depression

For appointments, call 406-863-3679
For other information, call 406-863-3570

Healing mind, body and spirit.