



## Hackensack Meridian Health

Mountainside Medical Center  
1 Bay Ave, Montclair, NJ 07042

### Cardiac Rehabilitation

The program is located on the first floor of the Hospital and Free Valet parking is available for all participants. The program is directed by Dr. Kevin McCoach a Board Certified Cardiologist.

Every potential participant must be referred by a physician. Pre-entrance records are required. They are: cardiac diagnosis, an exercise stress test (if indicated by your medical history), recent blood work results, EKG, and a medication list. When this data is received from your physician, a private consultation will be conducted with the Cardiac Rehabilitation Staff to further discuss your program and identify and educate you regarding risk factors associated with Coronary Artery Disease. At this time an exercise prescription will be established based on your medical history and your physician's recommendations and guidelines.

The exercise program is for 6 - 12 weeks, meeting 2-3 times a week for a total of 18-36 sessions. Each class is approximately one (1) hour long. At the present time, our class schedule is as follows: Monday, Wednesday and Friday, 6:15 a.m., 7:45 a.m., 9:30 a.m., 11:00 a.m. and 12:45 p.m. and Tuesday and Thursday 7:45am, 9:30am, 11am and 12:45. During the scheduled exercise session, the participant's heart rates, blood pressure and heart rhythms are monitored by a telemetry system.

Each exercise session is directly supervised by Registered Nurses & Exercise Physiologists with coronary care experience and additional training in Cardiac Rehabilitation. There is emergency equipment available at all times.

Each session includes warm-up exercises (including strength training), cardiovascular exercise and cool down exercises. Each session is conducted in a circuit manner. Treadmills, bicycle, rowing machine, arm ergometer, nu-step, elliptical and wall pulleys are utilized.

A progress report will be sent to your referring physician every 30 days. A detailed summary report will be sent at the conclusion of your program. We will notify your physician of any changes in your medical status throughout your program.

If you have Medicare for primary insurance, you must have one of the diagnoses listed below in order to be covered by Medicare:

MI (Heart Attack) Within a Year  
Coronary Bypass Surgery (CABG)  
Stable Angina  
Heart Valve Repair/Replacement  
Angioplasty (PTCA) with or without a stent  
Heart and/or Lung Transplant  
Congestive Heart Failure (in accordance to Medicare Guidelines)

If you have a commercial carrier for primary insurance, they may pay for other diagnoses as well.

**Prior to your consultation our insurance verification department will investigate your insurance coverage.**

**We also offer Phase III & Phase IV Cardiac Rehabilitation programs which are affordable self-pay programs designed for individuals who not qualify in the above guidelines but have a cardiac history and require a medically supervised exercise program.**

If you have any further questions, please feel free to contact me Monday through Friday between 6:30 a.m. and 2:00 p.m. at 973-429-6199 or [diane.depadova@mountainsidehosp.com](mailto:diane.depadova@mountainsidehosp.com)

Sincerely,

*Diane DePadova, MA*

Diane DePadova, MA  
Clinical Supervisor  
Cardiac Rehabilitation