

Healthy Hearts Cardiac Rehabilitation

Exercise Physiology | Exercise Rehabilitation

Patient Name: _____

Patient Ph: _____ D.O.B.: _____

Consultant/Referring Dr Name: _____

Reason for referral:

<input type="checkbox"/> Cardiac Rehab	<input type="checkbox"/> POTS
<input type="checkbox"/> Pulmonary Disease	<input type="checkbox"/> Long COVID
<input type="checkbox"/> Hypertension/High Cholesterol	<input type="checkbox"/> Diabetes

Other: _____

Cardiac Rehabilitation Can:



Lower the chance
of a 2nd heart attack
or heart surgery



Reduce overall risk
of dying or having
a future cardiac event



Control risk factors
such as high blood
pressure & cholesterol



Help
with weight loss



Exercise Your Heart, Empower Your Life.

At Healthy Hearts we offer a range of different ways to support your rehab needs.

- » We commence with an initial assessment where we go through your medical and exercise history to make sure we can understand how to best support you to fit a program into your schedule.
- » Depending on your background and needs, we offer:
 - group classes
 - one on one sessions or
 - a home exercise program.
- » We also run group education sessions so that you can learn more about caring for your heart

Rebates

Your private health insurance may cover the assessments (item # 102 and 202) and the group exercise sessions (item # 502) or you may be eligible for a GP management plan for chronic conditions (item # 721- Exercise Physiology - item 10953).

Contact Details for more information

ADDRESS:

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**Scan here
to book an
appointment**

