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Perth High Performance Centre,  
100 Stephenson Ave, Mount  
Claremont WA 6010

# 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 2<sup>nd</sup> 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

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**Scan here to book an appointment**

