

What to Expect During Your Cardiac Rehab Exercise Session

During the COVID-19 era, health care will be delivered in new and innovative ways to ensure the health and safety of our patients, family members and staff. Our clinical leaders and infection prevention experts have analyzed every aspect of our operations and changed the process by which we deliver care to keep everyone safe. As a result, your experience will feel different in some ways – but it will still be the exceptional experience our hospital is known for.

To keep you safe, we have redesigned our Cardiac Rehab gym into 4 workout areas. Here's what you can expect when you visit us:

BEFORE YOUR SESSION

- **Symptom Screening:** You will be screened for COVID-19 symptoms upon entry to Cooley Dickinson Hospital.
 - **Screening:** If you admit to symptoms during your COVID screening questionnaire, you will not be able to exercise. Please contact Cardiac Rehab Staff and notify your primary care provider to discuss your care.
 - **Visitor Policy:** Only those people who require a support person for their care will be allowed to attend the patient's exercise session, otherwise visitors are not allowed.
 - **Mask Policy:** All patients and providers are required to wear a hospital-issued mask at all times.
- Hand Hygiene:** Please clean your hands before entering the Cardiac Rehab gym.
- **Checking In:** After checking in at the hospital main entrance, proceed to the Cardiac Rehab gym entrance and wait for our staff to greet you. Our staff will direct you to the area you will be exercising in.

DURING YOUR EXERCISE SESSION

- **Symptom Screening:** Upon arrival, you will be asked several questions about any COVID-19 symptoms you may be experiencing, as well as questions about your overall health.
- **Masks and Exercise:** To keep everyone safe, you are requested to wear your hospital-issued mask throughout the duration of your exercise session. As this may be a challenge for some, if you are unable to wear a mask please speak with a staff member so we can come up with an alternative plan.
- **Staff Interaction:** Doctors and staff will wear PPE appropriate for your exercise session – including masks and face shields – throughout your visit.

YOUR CARDIAC REHAB SESSION

- You will be attending Cardiac Rehab twice a week for 18 weeks, provided no sessions are missed.
- You are required to attend your scheduled session and ask that you follow our attendance policy.
- Space is limited; if you are unable to attend your scheduled session, please reschedule your appointment by calling 582-2404.

Please know that you can feel confident that your care will be of the same high quality and safety you've come to know and expect from Cooley Dickinson Hospital. For more information on the steps we are taking across our organization, please see our Safe Care Commitment. If you have questions or concerns about your Cardiac Rehab appointment, please call 582-2404.

Thank you for your patience and understanding.
As always, it is a pleasure and a privilege to care for you.