

Outpatient Cardiac Rehabilitation

If you have a heart condition, your doctor may refer you to a cardiac rehabilitation program. This is a place where you can exercise under supervision and learn how to manage your activity as you continue with your recovery. Research has shown that these programs can help people with heart disease feel their best, both physically and emotionally. The list below contains information on programs that may be convenient for you. Programs in **bold** are part of the Beth Israel Lahey Health system and affiliates. If you have an LVAD, please call to ask if the program can accommodate you.

| BOSTON & CAMBRIDGE | | CENTRAL REGION | |
|--|---------------------|--|---------------------|
| Mount Auburn Hospital-Cambridge | 617-497-2400 | Harrington Hospital-Southbridge | 508-765-2295 |
| Boston Medical Center-Boston | 617-638-8720 | Milford Regional Medical Center-Milford | 508-422-2464 |
| Faulkner Hospital-Boston | 617-983-7105 | UMass Memorial Marlborough Hospital-Marlborough | 508-486-5465 |
| Massachusetts General Hospital-Boston | 617-726-1843 | | |
| GREATER BOSTON REGION | | SOUTHEAST REGION | |
| Winchester Hospital, Family Medical Center-Wilmington | 978-988-6131 | Beth Israel Deaconess Hospital-Plymouth | 508-830-2650 |
| MetroWest Medical Center-Framingham | 508-383-1679 | Signature Healthcare Brockton Hospital-Brockton | 508-941-7558 |
| Newton-Wellesley Hospital-Newton | 617-831-7100 | Brigham and Women's-Foxborough | 508-718-4661 |
| NORTHEAST REGION | | Southcoast Cardiac Rehab Fall River; Tobey Hospital-Wareham; St. Luke's Hospital-New Bedford | 508-973-5435 |
| Anna Jacques Hospital-Newburyport | 978-463-1388 | South Shore Hospital-South Weymouth | 781-624-8824 |
| Beverly Hospital, Lahey Outpatient Center, Danvers | 978-304-8444 | Sturdy Memorial Hospital-Attleboro | 508-236-7390 |
| Emerson Hospital-Concord | 978-287-3732 | CAPE COD | |
| Melrose-Wakefield Hospital | 781-979-3171 | Cape Cod Hospital-Hyannis | 508-957-7300 |
| WEST REGION | | Falmouth Hospital-Falmouth | 508-495-7676 |
| Baystate Franklin Medical Center-Greenfield | 413-773-0211 | Martha's Vineyard Hospital-Oak Bluffs | 508-957-9524 |
| Baystate Medical Center-Springfield | 413-794-7024 | | |
| Berkshire Medical Center-Pittsfield | 413-447-3093 | | |
| Cooley Dickinson Hospital-Northampton | 413-582-2404 | | |
| Fairview Hospital-Fairview | 413-854-9736 | | |
| Holyoke Hospital-Holyoke | 413-534-2555 | | |
| Lowell General Hospital-Lowell | 978-934-8238 | | |

Consult with your cardiologist to obtain a referral.
Insurance coverage varies.

For the latest information on programs in your area visit the Massachusetts Association of Cardiovascular and Pulmonary Rehabilitation at www.macvpr.org, or call the American Heart Association at 800-242-8721.

