

Breathe easier with our new Pulmonary Rehab Program.

St. Anthony Hospital's Pulmonary Rehab Program gives you the tools you need to live with Chronic Obstructive Pulmonary Disease (COPD) and other chronic lung conditions. The program is for existing COPD patients and those who have been newly diagnosed.

Sessions include:

- Individualized monitored exercise
- Smoking cessation
- Hands-on education and support from a multi-disciplinary team, including respiratory therapists, exercise physiologists, wellness counselors and nutritionists

Covered by most insurance plans.

Call today to register: 720-321-8300



St. Anthony Hospital



INSPIRE HEALTH

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PULMONARY REHAB FAQs

1. What is Phase II Pulmonary Rehab?

Pulmonary Rehab is an exercise and education program provided to you to assist in strengthening your lungs.

- Our team will monitor your breathing and other important vital signs.
- You will meet with a respiratory therapist and exercise physiologist to understand your current lung and exercise habits. A wellness counselor and dietitian will be available to you as well.

2. What can I expect from pulmonary rehab orientation?

- Orientation will last approximately 90 minutes.
- Orientation includes one-on-one time with the respiratory therapist discussing your health history, medications, pulmonary disease, risk factors and general assessment.
- During your orientation, you will perform a test to measure how far you can walk in six minutes.

3. When should I complete my packet of forms?

Prior to your orientation you should receive a packet of forms in the mail. Please complete this packet before coming to your orientation session; this will shorten your orientation time. If you did not receive a packet in the mail, please arrive 10-15 minutes early to fill out paperwork.

4. How long will I participate in Phase II outpatient pulmonary rehab?

Your insurance company may allow up to 36 visits, however, the number of sessions is based on individual progression. Not all patients need to attend 36 visits. Some insurance plans require co-pays or a percentage due at each visit. We encourage you to check your insurance plan to determine co-pays or other requirements specific to your plan.

5. Can my spouse come with me to pulmonary rehab?

Phase II Pulmonary Rehab is just for patients who have experienced a pulmonary event. We encourage your family to be present at the orientation or meetings with the wellness counselor or dietitian. If you choose to join our gym or attend Phase III Pulmonary Rehab, our self-pay program, your family can join as well and exercise with you.