



Stony Brook Southampton Hospital

Cardiac/Pulmonary FAQs

What diagnoses are covered for cardiac/pulmonary rehab? Will insurance pay for this program?

For Cardiac: Heart attack, cardiac stenting, cardiac bypass, valve replacement, chronic angina, heart transplant. Each individual's plan is different, so coverage is confirmed on an individual basis.

For Pulmonary: COPD, emphysema, interstitial fibrosis, lung transplant, and other respiratory conditions causing decreased level of functioning.

Does my doctor need to refer me for rehab?

No, you can start the process yourself by contacting the department and we will follow up and request the appropriate records from your physician.

How do I sign up/start?

Call (631) 726-8620 and we will start the process by contacting your insurance company to verify coverage and also contact your physician for your medical records.

How long is the program?

Typically, the program lasts for 3 months (36 sessions), but can vary depending on insurance. Each individual session lasts approximately 1-1.25 hours. Sessions are pre-scheduled and make-up sessions are always available.

How will I know what to do?

Treatment is highly individualized and your treatment plan is developed after your in-depth evaluation. The Cardiopulmonary Rehab staff will assist you with your program and ensure a safe exercise session.

Is the program safe for me?

Yes, individuals are monitored during each exercise and any concerns are discussed directly with your physician. Constant communication with the physician is integral to the program. All cardiac patients are on a telemetry (heart monitor) that allows for close monitoring. Additionally, heart rate, blood pressure, and oxygen levels are regularly monitored.