



GREATER LANSING

407 W. Greenlawn, Meerman Gym
Lansing, MI 48910
Phone (517) 975-7050
Fax (517) 975-7062

Enclosed is the information necessary for your orientation to **McLaren Greater Lansing's Phase II Cardiac Rehabilitation** program. Please read and complete the forms, using a pen to answer all questions.

Exercise sessions for Phase II are available Monday, Wednesday and Friday throughout the day (Sessions may begin 7AM – 12PM and 3PM – 5PM). Prior to the group orientation, please review your personal calendar and determine what times will work best for you. Consistent exercise and program attendance is important and we will do our best to accommodate your schedule. The following will be completed during the group orientation session: overview of the program, schedule for regular exercise sessions and an appointment for an individual initial assessment.

Increasing your heart health knowledge is also an important component of the program. Educational sessions are available for you throughout the program and all participants are strongly encouraged to attend the classes. All classes are included as a part of the program and family members are encouraged to attend classes with you!

There is a great deal of variation between insurance carriers and health care benefits for participants. Please contact your insurance carrier (including Medicare) prior to orientation, to determine your specific coverage for Phase II Cardiac Rehab.

We are located in the **Ethel Meerman** building at **407 West Greenlawn**, just east of Washington Avenue. Please call us at (517) 975-7050 for further questions. We look forward to assisting you in your cardiac rehabilitation.

Sincerely,

Cardiac Rehabilitation Staff

Appointment for Orientation: