

# To Assist You with Chronic Disease Management

## Cardiac Patient Referral Guide

### Cardiac Rehabilitation

An exercise and education based program

Wellness Institute: 632-3907    Reh-Fit Centre: 488-5851  
 or click here for details

Cardiac Rehabilitation is a 16-week program for patients recovering from a range of diagnosis or events. Available at either the Wellness Institute (north Winnipeg area) or the Reh-Fit Centre (south Winnipeg area).

#### Recommended for Patients That:

- have any of a broad range of eligible cardiac conditions
- are recovering... can start within weeks or any time post diagnosis
- need a combination of monitored activity and education
- are able to attend one of the Winnipeg program locations
- are over the age of 17

### The Heart Failure Program

a telephone-based education and monitoring program  
 Delivered by the Provincial Health Contact Centre

Call: 788-8688  
 toll free: 1-866-204-3737  
 or click here for details

In collaboration with the St. Boniface Heart Failure Clinic, teletriage nurses assess, monitor and support CHF patients. The program provides goal setting, health management and education.

#### Recommended for Patients That:

- have congestive heart failure (NYHA Class I – IV)... and a physician interested in assistance with management of care
- would benefit from increased access to medical care
- are functionally able to participate in phone-based care
- are over the age of 17 and reside in Manitoba

### Get Better Together!

a free peer support self-management program for any ongoing health condition

Call 632-3927  
 or click here for details

Get Better Together! is a free, six week program that patients register to attend for 2½ hours per week. It is a peer led self-management program which compliments Cardiac Rehabilitation and the Heart Failure Program.

#### Recommended for Patients That:

- have a chronic cardiac problem or any co-morbid ongoing health condition and have had disease-specific education or rehabilitation
- need proven help to make sustained behaviour change
- would benefit from a supportive, free group program
- are over the age of 17 and reside in Manitoba

At a Glance	Cardiac Rehabilitation	The Heart Failure Program	Get Better Together!
In Rural Manitoba Areas	limited basis	•	•
Group Support Format	•		•
For Early Recovery	•		
Evidence-based	•	•	•
In-home/Phone-based		•	
Links with Primary Care Providers	•	•	limited basis