

Cardiac Rehabilitation Clinic

Service and fee schedule for clients joining either programme after 1st November 2015.

The 12-week programme (Phase II) - Free*

This is the usual starting point for joining the cardiac rehabilitation clinic and is for those who have had a recent cardiac event/surgery (within the past 6 months). This programme is designed with your exercise history, medical history and programme goals in mind. We establish a safe and effective training programme using input from your cardiologist and other health professionals. At the end of the 12 week programme you may feel fitter and stronger, less tired/have more energy and have the confidence to exercise safely and effectively on your own. You can then go on to join our long-term maintenance programme.

The long-term maintenance programme (Phase III)

- \$750 including GST for 6 months

This programme is available to those who have completed the 12 week programme or a similar cardiac rehabilitation programme (or by approval from a clinical exercise physiologist based on medical and exercise history) and want to exercise in the clinic's unique supervised and monitored environment.

For your safety all programmes consist of blood pressure and heart rate monitoring that is communicated to your cardiologist and/or GP when required. We also use this information to ensure you are exercising at safe and effective exercise intensities with your goals and medical history in mind.

All programmes are built around:

- Supervised and personalised exercise programmes which may include aerobic, resistance, flexibility and balance training
- Baseline and progress assessments (incl. ECG monitored exercise test, strength, flexibility & balance testing, blood analysis, etc.)
- A range of education classes are offered regularly throughout the year

Payment options

All fees must be paid in advance. Weekly and monthly payment options are available (set up fee of \$60 applies).

How to join

Please contact us if you would like to know more about our services and to discuss how we may be able to assist you.

The University of Auckland Clinics
Cardiac Rehabilitation Clinic

Training Centre (Free parking is provided outside the building)
Building 751, 71 Merton Road
Glen Innes, Auckland.

Telephone: 09 923 2540 Email:
acrc@auckland.ac.nz _
www.clinics.auckland.ac.nz/crc