

Cardiac Rehabilitation

Also known as 1. Cardiac rehab

Description Cardiac rehabilitation services are the aftercare for myocardial infarction (heart attack), coronary bypass surgery, stable angina (chest pain), and other similar diagnoses and heart surgeries.

Cardiac rehabilitation services include a recovery program consisting of medically supervised, monitored exercise or exercise therapy with patient instruction and diagnostic testing services.

There are four phases to cardiac rehabilitation. Refer to the table below.

Phase	Coverage
Phase I	This is done when the member is inpatient.
Phase II	This is done outpatient following a patient’s discharge from a hospital stay.
Phase III	This is done outpatient and is home exercise training.
Phase IV	This is long-term continuation of Phase III.

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- [Government Programs](#)
- [Individual and Family Business \(IFB\)](#)

Document history The document history for the past 12 months is outlined below.

Date	Description
7.31.24	Updated to new template.

Commercial

Introduction

This section applies to all Commercial brands: Dean Health Plan (DHP), Mayo Medical Plan (MMP), Medica (including MHPS), and Prevea360.

Dean (DHP, Prevea360)	Benefits depends on the phase of cardiac rehabilitation.										
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Mayo Medical Plan (MMP)	Benefits depends on the phase of cardiac rehabilitation.										
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Medica (including MHPS)	Benefits depends on the phase of cardiac rehabilitation.										
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Government Programs

Introduction This section applies to all Medicaid and Medicare products.

AccessAbility (SNBC), Benefits depends on the phase of cardiac rehabilitation.

Phase	Coverage
Phase I	<p><u>Medicaid only groups:</u></p> <ul style="list-style-type: none">See Medicaid below. <p><u>Medicare eligible groups:</u></p> <ul style="list-style-type: none">Quote inpatient hospital benefits. Include both physician and hospital benefits.Follows Medicare guidelines.Medicare is the primary payer.If no Medicare eligibility, Medicaid applies. See Medicaid below.
Phase II	<p><u>Medicaid only groups:</u></p> <ul style="list-style-type: none">See Medicaid below. <p><u>Medicare eligible groups:</u></p> <ul style="list-style-type: none">Must have Medicare eligible diagnosis.If plan has a separate <i>Cardiac Rehabilitation</i> section, quote from that section.If plan doesn't have a separate section, quote all of the following:<ul style="list-style-type: none">Quote physician services under outpatient hospital benefits.Quote hospital services under outpatient hospital benefits.Provider status: Verify network status of both the facility and the therapist. Member responsibility applies to each session.Follows Medicare guidelines.Medicare is the primary payer.If no Medicare eligibility, Medicaid applies. See Medicaid below.
Phase III	<p><u>Medicaid only groups:</u></p> <ul style="list-style-type: none">See Medicaid below. <p><u>Medicare eligible groups:</u></p> <ul style="list-style-type: none">Not eligible for coverage.Follows Medicare guidelines.Medicare is the primary payer.If no Medicare eligibility, Medicaid applies. See Medicaid below.
Phase IV	<p><u>Medicaid only groups:</u></p> <ul style="list-style-type: none">See Medicaid below. <p><u>Medicare eligible groups:</u></p> <ul style="list-style-type: none">Not eligible for coverage.Follows Medicare guidelines.Medicare is the primary payer.If no Medicare eligibility, Medicaid applies. See Medicaid below.

AccessAbility Enhanced (I-SNBC), Benefits depends on the phase of cardiac rehabilitation.

Phase	Coverage
Phase I	<ul style="list-style-type: none">Quote inpatient hospital benefits. Include both physician and hospital benefits.Medica is the only payer.
Phase II	<ul style="list-style-type: none">Must have Medicare eligible diagnosis.If plan has a separate <i>Cardiac Rehabilitation</i> section, quote from that section.If plan doesn't have a separate section, quote all of the following:<ul style="list-style-type: none">Quote physician services under outpatient hospital benefits.Quote hospital services under outpatient hospital benefits.Provider status: Verify network status of both the facility and the therapist. Member responsibility applies to each session.Medica is the only payer.
Phase III	<ul style="list-style-type: none">Not eligible for coverage.Medica is the only payer.

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Government Programs, Continued

AccessAbility
Enhanced
(I-SNBC),

DUAL (MSHO),
continued

Phase	Coverage
Phase IV	<ul style="list-style-type: none">Not eligible for coverage.Medica is the only payer.

Cost (Prime)

Benefits depends on the phase of cardiac rehabilitation.

Phase	Coverage
Phase I	<ul style="list-style-type: none">Quote inpatient hospital benefits. Include both physician and hospital benefits.Follows Medicare guidelines.
Phase II	<ul style="list-style-type: none">Must have Medicare eligible diagnosis.If plan has a separate <i>Cardiac Rehabilitation</i> section, quote from that section.If plan doesn't have a separate section, quote all of the following:<ul style="list-style-type: none">Quote physician services under outpatient hospital benefits.Quote hospital services under outpatient hospital benefits.Provider status: Verify network status of both the facility and the therapist. Member responsibility applies to each session.Follows Medicare guidelines.
Phase III	<ul style="list-style-type: none">Not eligible for coverage.Follows Medicare guidelines.
Phase IV	<ul style="list-style-type: none">Not eligible for coverage.Follows Medicare guidelines.

Med Advantage

Benefits depends on the phase of cardiac rehabilitation.

Phase	Coverage
Phase I	<ul style="list-style-type: none">Quote inpatient hospital benefits. Include both physician and hospital benefits.Follows Medicare guidelines.Medica is the only payer.
Phase II	<ul style="list-style-type: none">Must have Medicare eligible diagnosis.If plan has a separate <i>Cardiac Rehabilitation</i> section, quote from that section.If plan doesn't have a separate section, quote all of the following:<ul style="list-style-type: none">Quote physician services under outpatient hospital benefits.Quote hospital services under outpatient hospital benefits.Provider status: Verify network status of both the facility and the therapist. Member responsibility applies to each session.Follows Medicare guidelines.Medica is the only payer.
Phase III	<ul style="list-style-type: none">Not eligible for coverage.Follows Medicare guidelines.Medica is the only payer.
Phase IV	<ul style="list-style-type: none">Not eligible for coverage.Follows Medicare guidelines.Medica is the only payer.

Med Supp
(Select,
Signature)

Benefits depends on the phase of cardiac rehabilitation.

Phase	Coverage
Phase I	<ul style="list-style-type: none">Quote inpatient hospital benefits. Include both physician and hospital benefits.Follows Medicare guidelines.Medicare supplement.Medicare is the primary payer.

Continued on next page

Med Supp
(Select,
Signature),
continued

Phase	Coverage
Phase II	<ul style="list-style-type: none">• Must have Medicare eligible diagnosis.• If plan has a separate <i>Cardiac Rehabilitation</i> section, quote from that section.• If plan doesn’t have a separate section, quote all of the following:<ul style="list-style-type: none">– Quote physician services under outpatient hospital benefits.– Quote hospital services under outpatient hospital benefits.• Provider status: Verify network status of both the facility and the therapist. Member responsibility applies to each session.• Follows Medicare guidelines.• Medicare supplement.• Medicare is the primary payer.
Phase III	<ul style="list-style-type: none">• Not eligible for coverage.• Follows Medicare guidelines.• Medicare supplement.• Medicare is the primary payer.
Phase IV	<ul style="list-style-type: none">• Not eligible for coverage.• Follows Medicare guidelines.• Medicare supplement.• Medicare is the primary payer.

Medicaid

Benefits depends on the phase of cardiac rehabilitation.

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Individual and Family Business (IFB)

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