



## Where is Pulmonary Rehab Located?

The Pulmonary Rehabilitation Program has two locations, the second floor of Jefferson Regional Medical Center and Route 51 in the Kmart Plaza. A friendly and experienced staff consisting of Registered Nurses, Respiratory Therapists and Exercise Physiologists supervises each rehab session.

## What is the Cost?

The Pulmonary Rehab program is a covered service by most insurance companies. The rehabilitation department will contact your insurance company to verify your benefits prior to beginning the program. The department will also attain all necessary referrals by working with your physician's office. For more information concerning your specific benefit coverage please contact Pulmonary Rehab at 412-469-5045.

## How Do I Sign Up?

Signing up is easy!!! Just contact the Pulmonary Rehabilitation Department at (412) 469-5045 and we will be more than happy to answer all your questions and enroll you in the program.

*We'll help your lungs breath better!!*

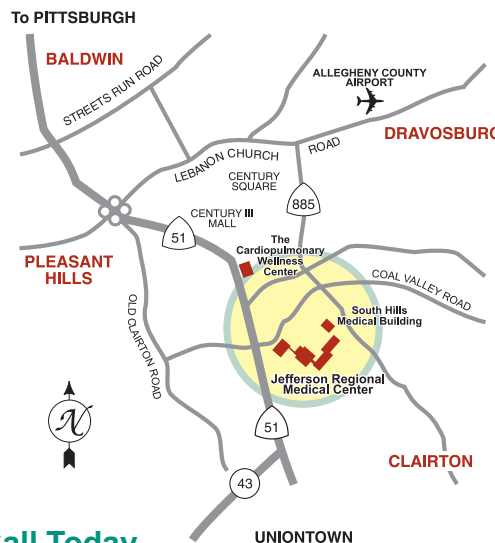
**Jefferson Regional Medical Center is conveniently located just one mile from the Route 43/Route 51 Interchange in Jefferson Hills.**

**From the north:** Take Route 79 South to 279 South. Take 579 South and follow signs to the Liberty Bridge and go through the Liberty Tunnel. At the tunnel's end, follow signs to Route 51 South (towards Uniontown). Follow approximately 10 miles to Coal Valley Road. Turn left onto Coal Valley Road.

**From the south:** Take Route 51 North. About 5 miles north of the Regis Malady (Elizabeth) Bridge, turn right onto Coal Valley Road.

**From the east:** Take Route 376 West to the Boulevard of the Allies exit. At the fork, take the left lane to the Liberty Bridge and cross over to the Liberty Tunnel. At the tunnel's end, follow signs to Route 51 South (towards Uniontown). Follow approximately 10 miles to Coal Valley Road. Turn left onto Coal Valley Road.

**From the west:** Take Route 279 North to Route 51 South (towards Uniontown) immediately before entering the Fort Pitt Tunnels. Follow approximately 14 miles to Coal Valley Road. Turn left onto Coal Valley Road.



**Call Today  
(412) 469-5045**



**Guide to  
Pulmonary  
Rehab**

[www.jeffersonregional.com](http://www.jeffersonregional.com)

### What is Pulmonary Rehab?

The Pulmonary Rehabilitation Program at Jefferson Regional Medical Center is a comprehensive individualized exercise and education program for those individuals with lung disease.

### What are the goals?

*The goals of pulmonary rehabilitation are:*

1. Provide safe exercise training, increase your endurance, increase your strength and help improve your quality of life.
2. Provide education and counseling to help you manage your lung condition.

### What are the Benefits?

- Increases endurance/stamina
- Decreases shortness of breath
- Helps you breathe better
- Helps to reduce the risk of future hospitalizations/illnesses related to lung disease
- Increases knowledge and understanding of lung disease and treatment options available



### Who Can Benefit?

Rehab participants include individuals with the following diagnoses:

- Emphysema
- Asthma
- Chronic Bronchitis
- Pulmonary Fibrosis
- Lung Transplant
- Cystic Fibrosis
- Bronchiectasis
- Lung Cancer
- Asbestosis
- Smoking

### What Programs are Available?

The Pulmonary Rehabilitation Program has three phases of rehab.

#### Phase 1

- Phase 1 rehab begins while you are in the hospital. During your stay at Jefferson Regional Medical Center a Pulmonary Rehab Specialist will meet with you and your family on a daily basis to help increase your activity gradually and prepare you for your return home.

#### Phase 2

- Phase 2 pulmonary rehab begins once you have been discharged from the hospital and have completed a follow up appointment with your physician. This program includes individualized heart rate and oxygen saturation monitoring during exercise, as well as nutritional counseling and risk factor modification. This program meets 2x/week.



#### Phase 3

- Phase 3 pulmonary rehab is a maintenance exercise program available to individuals who have completed the Phase 2 Pulmonary Rehab Program. This program provides continued follow-up with heart rate and oxygen saturation monitoring with exercise and on-going risk factor modification to help prevent further lung related illnesses.