[INSTITUTIONAL NAME

AND ADDRESS]

**Dear Patient:**

As a patient who has been hospitalized for a heart problem, you will be offered a place at a Cardiovascular Rehabilitation program (please see the attached pamphlet for more details).

Clinical associations recommend that people who have been hospitalized for a heart problem such as yours should attend cardiac rehab. We strongly advise participation in this program for all our patients, because those who attend are able to recover sooner and better than those who do not.

The aim of the cardiovascular rehabilitation program is to help you:

* improve your health, through supporting you in managing your heart risk factors and lifestyle
* prevent further problems related to your heart
* reduce your symptoms and feel better

When the cardiovascular rehabilitation program receives your referral, they will:

1. give you a call at home to answer any questions you may have, and
2. arrange a time for your first visit.

We are aware that some people have doubts or concerns about attending a program. Be sure to discuss any you may have with them, as the cardiac rehab team is here to support you in your recovery. The more you actively participate in your rehab too, the better your recovery will be.

If you decide to enroll in the program, your other healthcare providers including me will be informed. Results of your assessments and rehab recommendations will be shared with us, so we can all work together to support you.

If you have any questions about cardiovascular rehabilitation, you can ask your healthcare providers, or contact [DETAILS].

With best wishes for your recovery,

X