

Cardiac Rehab Safety Plan

- 1) Call 911 for any emergencies.
- 2) Call my care team for other concerns.

Warning symptoms can include: severe shortness of breath; new pain, pressure or aching in my chest, arms, jaw, neck, shoulder, or back; extreme fatigue; light-headedness; irregular heart rhythm or heart fluttering; severe and/or new joint or muscle pain.

	Name	Phone Number
Cardiac Rehab		
Cardiologist		
Primary Care Provider		

- 3) My Emergency Contacts:

Name	Phone Number	Relationship

- 4) Confirm my location and emergency contact information with my cardiac rehab team at the beginning of each visit.

