

## CARDIAC REHABILITATION

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### I. CPT<sup>1</sup> PROCEDURE CODE RANGE

93797 - 93798

### II. DESCRIPTION

Cardiac rehabilitation is the process by which individuals are restored to their optimal physical, medical, and psychological status, after a cardiac event. Cardiac rehabilitation is often divided into three phases. Phase I begins during inpatient hospitalization and is managed by the patient's personal physician. Phase II is a medically supervised outpatient program which begins following discharge. Phase III is a lifetime maintenance program emphasizing continuation of physical fitness with periodic follow-up. Each phase includes an exercise component, patient education, and risk factor modification. There may be considerable variation in program components, intensity and duration.

### III. POLICY

A. Cardiac rehabilitation services are cost-shared on an inpatient or outpatient basis for services and supplies provided in connection with a cardiac rehabilitation program when ordered by a physician and provided as treatment for patients who have experienced the following cardiac events within the preceding 12 months:

1. Myocardial infarction.
2. Coronary artery bypass graft.
3. Coronary angioplasty.
4. Percutaneous transluminal coronary angioplasty.
5. Chronic stable angina.
6. Heart valve surgery.

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**TRICARE POLICY MANUAL 6010.54-M, AUGUST 1, 2002**

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7. Heart transplants, to include heart-lung.

B. Payable benefits include separate allowance for the initial evaluation and testing. Outpatient treatment following the initial intake evaluation and testing is limited to a maximum of 36 sessions per cardiac event, usually provided 3 sessions per week for 12 weeks. Patient's diagnosed with chronic stable angina are limited to one treatment episode (36 sessions) in a calendar year.

IV. EXCLUSION

Phase III cardiac rehabilitation for lifetime maintenance performed at home or in medically unsupervised settings.

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