

## 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 twelve (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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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 thirty-six (36) sessions per cardiac event, usually provided 3 sessions per week for twelve weeks. Patient's diagnosed with chronic stable angina are limited to one treatment episode (36 sessions) in a calendar year.

IV. EXCLUSIONS

A. Non-hospital based cardiac rehabilitation programs.

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

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