Benefits of Heart Path®

Medical research has shown that attending cardiac rehabilitation is associated with a 21-34% increase in 5 year survival rates.*

* Journal of American College of Cardiology. 2009;54;25-33.

Our goal is to assist you in lowering your risk for future heart problems and improve your quality of life.

- A medically supervised exercise program that will help you return to your daily activities and decrease your risk for heart disease
- Education about your personal risk factors
- Regular reports to your doctors
- Family involvement – your loved ones are asked to take part in education, group support and consultations
- A personal recovery plan – Heart Path® staff will help you set goals to improve heart health

Referral and Fees

Joining Heart Path® requires a doctor’s written referral. Ask your doctor if Heart Path might be useful for you or a family member.

Most insurance programs cover the cost of Heart Path® services. You can contact your insurance company for coverage information. Financial help is available, if qualified.

Heart Path® Mission Hospital
5 Vanderbilt Park Drive, Suite 301
Asheville, NC 28803

(828) 213-7000
mission-health.org

Program Manager
Patrick R. Hickey, MS, CES

Cardiologist, Medical Director
William Wharton III, MD, FACC

Heart Path® is a service of Mission Hospital.

Mission Health, was recently named one of the nation’s Top 15 Health Systems, and Mission Hospital a Top 50 Cardiovascular Hospital, by Truven Health.
Heart Path® Inpatient

Your first step in Heart Path® begins while you are still in the hospital. You will meet with a Heart Path® staff member who provides support to help you regain your strength and move toward a heart-healthy lifestyle.

During your inpatient stay, you and your family will receive facts about your heart event or procedure as it relates to you. You will learn lifestyle habits that promote heart health.

Our Staff
Heart Path® is directed by a board-certified cardiologist and an ACSM certified program manager. The staff includes:

- Cardiologist
- Exercise Specialists and Exercise Physiologists
- Psychologist
- Registered Dietitians
- Registered Nurses
- Vocational Rehabilitation Counselors
- Volunteers

Heart Path® Outpatient

The second step in Heart Path® begins after you leave the hospital and are ready to begin healthy lifestyle changes. The outpatient Heart Path® program is held Monday, Wednesday and Friday in the Heart Path® facility. The Heart Path® staff and your doctor will help you choose the type of exercise for your current condition. Your heart rhythm, heart rate and blood pressure will be monitored during each session. The program will also provide information and classes on health-related subjects like smoking cessation, stress management and heart-healthy eating.

Heart Path® Wellstrides

Heart Path® provides a program designed for you to continue the lifestyle changes you have made. The Heart Path® staff provides supervised exercise, education and group support. A self-pay monthly fee is charged to these participants.

Wellstrides is also for people who are at high risk for heart disease, but have not experienced a “cardiac event.” Wellstrides can help you make lifestyle modifications that can lower your risk for heart disease.