

PATIENT EDUCATION

Welcome to Pulmonary Rehabilitation

CentraCare understands that preparing for a new appointment can often lead to questions about what to expect and how to prepare for your upcoming visit. Below is some helpful information to support your visit with us.

Preparing for your appointment:

- Please contact your insurance company prior to your appointment with any questions/concerns about coverage for pulmonary rehab.
- Please see the enclosed tip sheet to support conversations with your insurance company.
- Wear comfortable clothing and shoes as you will be doing some exercise.
- Plan about 2 hours for this first appointment.
- Complete the enclosed surveys before you arrive to help guide your treatment plans.
 - Shortness of Breath
 - Patient Health Questionnaire
 - CAT Score (COPD Assessment)
- Surveys may also be completed electronically through MyChart if you prefer. If you do not have a MyChart account, visit CentraCare.com to sign up for your free account.

What to bring to your appointment?

- Bring to each session: Inhalers and glucose meter if you use them.
- Completed surveys.

Parking:

- Free parking is in the South Parking Ramp or North Parking Lot/Ramp.
- Valet parking is available at the South Entrance by the emergency room for \$4.00 (waived with a disabled parking pass).

Directions:

From the South Parking Ramp: Take the elevator to the 2nd floor. Go left through the skyway and follow the signs to the Woods Elevator. Turn left at the Wood Elevator and follow the hallway to the Cardiac/Pulmonary Rehab and Prevention Services entrance at the end of the hall.

From the North Entrance: Follow the signs to the Wood Elevator. Take the Woods Elevator to the 2nd floor and follow the hallway to the Cardiac/Pulmonary entrance at the end of the hall.

Please call with questions at 320-251-2700 Ext. 54345