



CEDARS-SINAI MEDICAL CENTER

PREVENTIVE AND REHABILITATIVE CARDIAC CENTER



## PHASE 2 CARDIAC REHABILITATION

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### PROGRAM ORIENTATION FOR:

#### ORIENTATION APPOINTMENT

Day: Tuesday / Thursday

Date: \_\_\_ / \_\_\_ / \_\_\_

Arrival Time: \_\_\_ : \_\_\_ (this session **only** will last approximately 2 hours)

Address/Phone: Cedars-Sinai Medical Center • Mark Goodson Building  
444 South San Vicente Boulevard, Suite 901 • **Map on reverse**  
(310) 423-9660

Parking: Parking in the building structure (levels 2-5)  
With our validation, \$3.50; discount coupons available for purchase,  
price with stickers \$2.40

#### WHERE TO GO ON ARRIVAL

1. **HOSPITAL REGISTRATION: First go to ROOM 106** on the First Floor for Hospital Registration.
2. **PRCC OFFICES: After Hospital Registration, proceed to **Ninth Floor Reception, ROOM 901****, for Cardiac Rehabilitation Orientation Registration.

#### WHAT TO BRING

1. **Completed forms in this packet.**
2. **List of current medications,** include how much and how often
3. Comfortable walking shoes (rubber-soled) and clothing appropriate for exercise
4. All insurance information/insurance cards

#### WHAT TO EXPECT

- Group program presentation and lecture
- Facility tour and orientation
- Individual meeting with your case manager to cover your medical history, exercise schedule, and exercise prescription
- Instruction on monitoring equipment and exercise techniques; minimal exercise session
- Individual consultation with our cardiologist to review your risk factors and to set program goals with you

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***If you are unable to attend this Orientation Session, please call our offices to cancel or reschedule.***



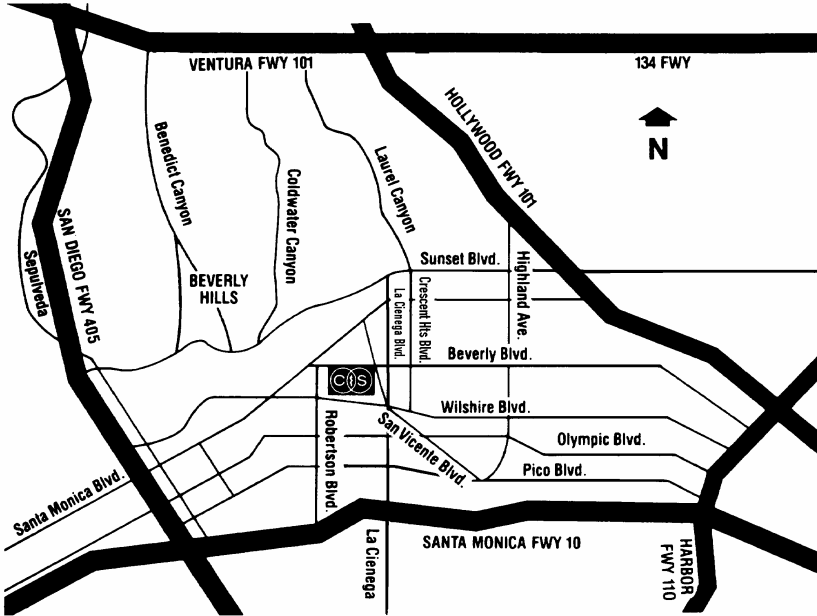
CEDARS-SINAI MEDICAL CENTER.

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# Maps

PREVENTIVE AND REHABILITATIVE  
CARDIAC CENTER  
CEDARS-SINAI MEDICAL CENTER  
MARK GOODSON BUILDING  
444 S. SAN VICENTE BLVD, SUITE ♥901  
LOS ANGELES, CA 90048  
310♥423♥9660



## AREA FREEWAYS AND STREETS

### IMMEDIATE AREA

CEDARS-SINAI  
MEDICAL CENTER/  
MARK GOODSON  
BUILDING

♥ SAN VICENTE  
BOULEVARD IS DIVIDED  
BY A MEDIAN.

♥ PARKING LOT  
ENTRANCE IS ON

