- **Class 1 indication**: Referral to a cardiac rehabilitation (CR) outpatient program upon discharge is a Class 1 indication in clinical guidelines for MI, PCI, CABG, chronic stable angina, and chronic systolic heart failure.

- **Strong Evidence of Benefits**: Evidence demonstrates that participation in early outpatient CR results in:
  - Reduced all-cause mortality ranging from 12%-24%\(^1\)\(^-\)\(^7\)
  - Reduced cardiac mortality from 26%-31%\(^1\)\(^-\)\(^7\)
  - Reduced readmission rates to hospital\(^1\)\(^-\)\(^2\),\(^5\),\(^6\)
  - A strong dose-response relationship between number of CR session and long-term outcomes\(^3\),\(^4\),\(^8\)
  - Improved adherence with preventive medications\(^6\)
  - Improved function and exercise capacity\(^7\),\(^10\),\(^11\)
  - Improved mood and quality of life\(^10\),\(^12\),\(^13\)
  - Improved modifiable risk factors\(^7\),\(^11\),\(^14\)

**References that Support the Clinical and Health Benefits and Cost-savings of Cardiac Rehabilitation**


Other important references


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