• **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 most recently, heart failure.

• **Strong Evidence of Benefits:**
  Evidence demonstrates that participation in early outpatient CR results in:
  - Reduced all-cause mortality ranging from 15%-28%\(^1\)
  - Reduced cardiac mortality from 26%-31%
  - Reduced cardiovascular events
  - Reduced readmission rates to hospital\(^2\)
  - A strong dose-response relationship between # of CR session and long-term outcomes\(^2\)
  - Improved adherence with preventive medications\(^4\)
  - Improved function and exercise capacity
  - Improved quality of life
  - Improved modifiable risk factors\(^6\)

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