

# Cardiac Rehabilitation Services – Outpatient

**Policy Number:** BIP138.R  
**Effective Date:** January 1, 2026

[Instructions for Use](#)

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Related Policies
None

## Federal/State Mandated Regulations

None

## State Market Plan Enhancements

None

## Covered Benefits

**Important Note:** Covered benefits are listed in *Federal/State Mandated Regulations*, *State Market Plan Enhancements*, and *Covered Benefits* sections. Always refer to the *Federal/State Mandated Regulations* and *State Market Plan Enhancements* sections for additional covered services/benefits not listed in this section.

Outpatient Cardiac Rehabilitation services performed by a physician, a licensed therapy provider, or qualified autism service provider or other provider licensed, certified, or otherwise authorized under state law to perform the service, and within the provider’s scope of practice and provided in a physician’s office or on an outpatient basis at a hospital or alternate facility are covered.

**Note:** Rehabilitative services provided in a member’s home by a:

- Home health agency are provided as described under the home health care benefit.
- Provider other than a home health agency are provided as described under the outpatient rehabilitation services benefit.

## Not Covered

Cardiac Rehabilitation services that do not meet the above criteria.

## Definitions

**Cardiac Rehabilitation:** Cardiac rehab is a medically supervised program designed to improve your cardiovascular health if you have experienced heart attack, heart failure, angioplasty, or heart surgery. Cardiac rehab has three equally important parts:

- **Exercise Counseling and Training:** Exercise gets your heart pumping and your entire cardiovascular system working. You’ll learn how to get your body moving in ways that promote heart health.

- **Education for Heart-Healthy Living:** A key element of cardiac rehab is educating yourself: How can you manage your risk factors and take care of yourself? Quit smoking? Make heart-healthy nutrition choices?
- **Counseling to Reduce Stress:** Stress hurts your heart. This part of cardiac rehab helps you identify and tackle everyday sources of stress.

## References

American Heart Association. "Cardiac Rehab". [www.heart.org](http://www.heart.org), [What is Cardiac Rehabilitation? | American Heart Association](#). Accessed December 1, 2025.

## Policy History/Revision Information

Date	Summary of Changes
01/01/2026	<ul style="list-style-type: none"> <li>• Routine review; no change to coverage guidelines</li> <li>• Archived previous policy version BIP138.Q</li> </ul>

## Instructions for Use

Covered benefits are listed in three (3) sections: *Federal/State Mandated Regulations*, *State Market Plan Enhancements*, and *Covered Benefits*. All services must be medically necessary. Each benefit plan contains its own specific provisions for coverage, limitations, and exclusions as stated in the member's Evidence of Coverage (EOC)/Schedule of Benefits (SOB). If there is a discrepancy between this policy and the member's EOC/SOB, the member's EOC/SOB provision will govern.