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### **The Dr. Dean Ornish Program for Reversing Heart Disease – Since May 2002**

The Ornish Program has helped over 174 participants to experience improvements in weight, chest pain, cholesterol, and blood pressure by combining stress management, moderate exercise, group support and a low-fat, whole foods nutrition plan.

**Next cohort date: May 23<sup>rd</sup>**

This program is covered by Highmark Blue Cross Blue Shield of WV, PEIA, various other Blue Cross Blue Shield plans and now Medicare Part B\*

\*Effective January 1, 2010, Medicare Part B covers cardiac rehabilitation (CR) and intensive cardiac rehabilitation program (ICR) services for beneficiaries who have experienced one or more of the following:

- An acute myocardial infarction within the preceding 12 months
- A coronary artery bypass surgery
- Current stable angina pectoris
- Heart valve repair or replacement
- Percutaneous transluminal coronary angioplasty or coronary stenting
- A heart or heart-lung transplant

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For more information or to learn if you qualify call:  
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