

Supervised Exercise Training (SET) Program



The SET program provides a therapeutic exercise program to help manage the symptoms of peripheral artery disease. After receiving an order from your provider, a one-on-one initial visit will be scheduled to determine how we can best help you meet your activity and health goals. Group exercise and education sessions will be about 1 hour two to three days per week, up to 12 weeks. The SET team members will monitor your heart rate, blood pressure and heart rhythm prior to, during and after exercise.

The exercise plan is written specifically for your abilities. We will gradually increase exercise as tolerated and we will work with you on starting exercise at home or in your community 2 – 3 days per week. A family member or friend is welcome to accompany you and may exercise for a nominal fee if space is available.

Education sessions will include information about symptom management, nutrition, home exercise planning, stress management, infection prevention, medications and, if applicable, smoking cessation.

**For more information
call 641-684-2370**



**OTTUMWA
REGIONAL**
HEALTH CENTER



Benefits of Supervised Exercise Training

Peripheral artery disease is a limitation in the blood flow to your legs. Reduced blood flow causes pain called claudication, limiting your daily activities. The skills you develop in SET can assist in the following areas:

- Improve exercise tolerance and performance
- Enhance your ability to walk
- Increase knowledge of peripheral artery disease, medications and treatment
- Know the red flag symptoms of an emergency
- Improve the quality of your life

Supervised Exercise Training Team

The program is supervised by our physician medical director. The exercise physiologist, respiratory therapist and registered nurse will collaborate with you to provide individualized exercise and education.

Our team of professionals is dedicated to your progress and good health.

Insurance

Medicare covers part of the cost of the SET Program. If you have insurance other than Medicare, please contact your insurance company to determine coverage. Since co-payments vary, it is important that you call your insurance carrier to find out how much of the program costs are covered. Our admitting department will be happy to help you determine your coverage.