

## What Services Does Pulmonary Rehabilitation Offer?

- Individualized treatment plans
- One-on-one exercise classes
- Breathing retraining techniques
- Education regarding lifestyle changes
- Interactive and innovative technology to improve balance
- Nutritional support and counseling
- Access to a community support group: Better Breathers for Life Club (BBLC)
- Guidance with maintenance options



### Location

Washington West  
2500 Mowry Avenue  
2nd Floor, Suite 210  
Fremont, CA 94538  
(510) 494-7025

### Hours

Monday–Thursday  
8 a.m. to 5 p.m.  
(except holidays)

# Pulmonary Rehabilitation



**(510) 494-7025**

[www.whhs.com/pulmonary-rehab](http://www.whhs.com/pulmonary-rehab)



Washington Hospital Healthcare System

Investing in the health of the community.



## What is Pulmonary Rehabilitation?

The Pulmonary Rehab program consists of individualized treatment plans provided in a safe, medical environment. Services include one-on-one exercise classes, education, nutrition and stress management.

## Who Benefits from Pulmonary Rehabilitation?

Individuals who:

- Have been diagnosed with asthma, chronic bronchitis, and/or emphysema
- Have been diagnosed with COPD
- Have a restrictive lung disease such as pulmonary fibrosis or interstitial lung disease
- Pre/post lung transplant
- Individuals who have a pulmonary diagnosis and have committed to smoking cessation

## What are the Benefits of Pulmonary Rehabilitation?

- Improved quality of life
- Decreased psychosocial symptoms such as anxiety or depression
- Increased exercise tolerance and endurance
- Reduced exacerbations and hospitalizations

- Achieve optimal capacity to carry out activities of daily living
- Promote independence and self-reliance
- Encourage participation in recreational pursuits

## Program Enrollment

To enroll, you will need:

- Physician referral
- Qualifying pulmonary function test

Most insurance plans pay for the program.

