

Pulmonary and Chronic Cardiac Rehabilitation (PCCR) Program

Our Pulmonary and Chronic Cardiac Rehabilitation (PCCR) program is a free 8-week program designed to support an improved quality of life for people living with a chronic respiratory condition or Chronic Heart Failure (CHF) and reduce their likelihood of associated hospital admissions.

In partnership with Back on Track Physiotherapy, Marathon Health is offering patient-centred therapy with a focus on small group exercise and education sessions. You will be well supported during the program, with supervised education sessions, goal setting and a holistic health screening by a team of allied health professionals – with other services sometimes available on a case-by-case basis.

Who is eligible?

To be eligible for the program, you must be:

- Willing and agree to take part in the program
- Living with a chronic respiratory condition or CHF
- Located within travelling distance to the centres where the program will be delivered

If you are on long term oxygen therapy or are a current smoker you can still refer to the program.

Some exclusion criteria applies – talk to your GP or visit marathonhealth.com.au/pccr for full details.

About the PCCR program

The PCCR program is an 8-week structured program facilitated in each of the listed locations. Participants will attend two supervised sessions per week in their allocated location, consisting of a combination of exercise and education.

Program days will not run consecutively, to allow for recovery between sessions.

There is a maximum of eight participants per intake and the program will be delivered only once in each location.

Where does it cover?

The program will be available in West Wyalong, Junee, Leeton, Lake Cargelligo and Hay.

Visit marathonhealth.com.au/pccr for more information on when the program will start in each location.

More information

If you have any questions about the PCCR program or the referral process:

📞 1300 418 223 ✉ pccr@marathonhealth.com.au

How do I refer to PCCR?

The first step is to talk to your GP to discuss your eligibility and whether this program is suitable for you. They will need to provide a medical clearance to refer into the program.

Your GP can then complete a referral for you, or you can refer yourself to the program. Simply download and complete the referral form from our website at marathonhealth.com.au/pccr and email it to PCCR@marathonhealth.com.au.

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