

TRICARE Expands Coverage for Treatment of Congestive Heart Failure

Congestive Heart Failure is now a covered diagnosis under the TRICARE cardiac rehabilitation benefit.

Heart failure occurs when the heart is unable to pump enough blood to meet the body's needs. This may happen when the heart muscle itself is weaker than normal or when there is a defect in the heart that prevents blood from getting out into the circulation. The American Heart Association lists several signs of heart failure:

- Shortness of breath
- Chronic coughing or wheezing
- Build-up of fluid
- Fatigue or feeling light headed
- Nausea or lack of appetite
- Confusion
- High heart rate

If you are experiencing these symptoms, talk to your health care provider. If you have been diagnosed with heart failure, it's important for you to manage and keep track of [symptoms](#) and report any sudden changes to your healthcare team.

Providers of cardiac rehabilitation services must be TRICARE-authorized hospitals or freestanding cardiac rehabilitation facilities. All cardiac rehabilitation services must be ordered by a physician.

For more details on what's covered, visit the [TRICARE](#) website.

<http://www.tricare.mil/CoveredServices/IsItCovered/CardiacRehabilitation>

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