



# Coronary Artery Disease Program

## What is Coronary Artery Disease?

Coronary Artery Disease is the most common type of heart disease – affecting approximately 13 million people in the United States. Each year, more than half a million Americans die from coronary artery disease, making it the country's leading cause of death for both men and women.

## What is the Coronary Artery Disease Program?

The Coronary Artery Disease program is designed to reduce unnecessary hospitalizations and health care costs, and improve your quality of life. The program gives you information and resources to help you:

- ▶ Reduce or eliminate your risk factors, such as high cholesterol, high blood pressure, diabetes, excess weight, obesity, cigarette smoking, and lack of physical activity
- ▶ Maintain a healthy lifestyle and follow your doctor's treatment plans and medication recommendations including proper use of beta blockers, ACE inhibitors, statins and antiplatelet medications
- ▶ Effectively manage your coronary artery disease with other conditions, including depression
- ▶ Receive the most clinically appropriate, cost-effective and timely tests and procedures

## How will the Coronary Artery Disease Program help me?

Our program is based upon accepted clinical guidelines and you will work with a specially trained nurse who will do a comprehensive assessment to determine the right treatment for you. Your care may include getting you medications to help reduce symptoms and manage risk factors, telephone reminder calls to make sure you get regular checkups and tests, and education materials to assist you in pursuing a healthy lifestyle.

## How do I participate?

Your doctor or health plan recommends the Coronary Artery Disease program for you, and you'll receive a letter in the mail to let you know you're eligible to participate. A registered nurse will call you and soon after your conversation, an information packet containing educational materials will arrive. Your nurse will then contact you to help you set up a Coronary Artery Disease management plan.

## Will this program cost me any money?

No. The Coronary Artery Disease program is offered at no additional cost to you and your family.



### Coronary Artery Disease program include:

- ▶ Comprehensive assessments by specialty-trained registered nurses to determine the appropriate level of intervention
- ▶ A focus on compliance with medication regimens and reducing/eliminating risk factors
- ▶ Individualized action plans to help program participants to proactively monitor symptoms
- ▶ Proactive outbound and responsive inbound nurse calls
- ▶ Educational programs that promote good lifestyle choices and self care

