Heart Failure Program

Heart failure is a serious condition and there's usually no cure. But many people with heart failure lead a full, enjoyable life when the condition is managed with medications and healthy lifestyle changes.

How does the Heart Failure Program work?

The Heart Failure Disease Management program seeks to reduce unnecessary hospitalizations and health care costs and works to improve your health. The program provides information and resources to help you:

▸ Manage your condition through daily monitoring of key findings, including weight and symptom changes, and symptom-specific management

▸ Follow physician treatment plans and drug therapy

▸ Manage your risk factors including hypertension, asthma, diabetes, coronary artery disease, chronic obstructive pulmonary disease and depression

▸ Understand your condition and how to receive the most clinically appropriate, cost-effective and timely tests and procedures

How will the Heart Failure Program help me?

You will work with a specially trained nurse who will do a comprehensive assessment to determine the right treatment for you. Our program is based upon American Heart Association and American College of Cardiology clinical guidelines. Your care may include getting you medications to help your heart pump better, 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?

If you have sought or received treatment for heart failure – such as an emergency room visit, hospitalization or your doctor prescribes drugs for specific heart conditions – a registered nurse or health coach may contact you to participate in the Heart Failure Program. The Heart Failure Program is entirely voluntary and rest assured, your health information will be kept private in accordance with your health plan's privacy policy.

Will this program cost me any money?

No. The Heart Failure Program is offered at no additional cost to you and your family.

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