

Questions

You may have

My doctor recommended that I attend Cardiac Rehabilitation. Is the MVP Cardiac Care program different than Cardiac Rehabilitation? Do I need both programs?

Yes, MVP's program is different than Cardiac Rehabilitation. Cardiac Rehabilitation is an excellent program with many benefits. In the Cardiac Care Program you will work with a health coach to take the information you have learned in Cardiac Rehabilitation and incorporate it into your daily life. The two programs compliment each other, and are excellent to do together!

How much does this program cost?

There is no added cost for this program. The program is part of your MVP benefits.

Where do I have to go to take this program?

You can stay in the comfort of your own home. The program consists of scheduled phone calls from your Health Coach.

I have already made the changes my doctor told me to make. How would this program help me?

Making lifestyle change is often difficult; you should be congratulated on making change so quickly! Often, as the anxiety, fear and resolve to change fades, change is harder to maintain. Your Health Coach can help you to prepare for the times when your dedication to your new changes may waiver.

How long does the program last?

On average, most members stay on the program for seven months. The length of the program is up to you. It is tailored to go as long as you need to reach your goals.

Cardiac Care Program



www.mvphealthcare.com

The Cardiac Care Program

What does the program provide?

The Cardiac Care Program was created for members who are recovering from a recent heart event. The program was designed to assist you in making healthy lifestyle changes and provide you with information and strategies to help you be the best you can be.

Eligibility

You are eligible for the *Cardiac Care Program* if you have recently been hospitalized for the following heart events:

- Heart attack (Myocardial Infarction or MI)
- Open heart surgery to replace a vessel around your heart (Coronary Artery Bypass Graft or CABG)
- Insertion of a catheter into your heart to open up a vessel (Percutaneous Transluminal Coronary Angioplasty -PTCA, Stent placement, Coronary Brachytherapy or Coronary Atherectomy)

A Registered Nurse will be your personal Health Coach. She will assist you in making the recommended lifestyle changes to live a heart healthy lifestyle.

You will work with your Health Coach over the phone to develop an individualized plan that may include:

- Educational materials targeted to your specific needs and concerns
- Reaching an LDL level of <100
- Eating a heart healthy diet
- An exercise plan
- Stress management
- Quitting smoking
- Depression management



Program Goals

Your goals may include some or all of the following heart healthy lifestyle goals:

- Exercise 5 – 7 days per week for 30 minutes
- American Heart Association's dietary recommendations
- LDL cholesterol levels <100
- Blood pressure < 120/80
- Taking medications as prescribed by your doctor
- Stress reduction
- Smoking cessation
- Depression management

To obtain more information about this program, call 1-866-942-7966.

