

The MVP Cardiac Care Program

is designed for members who are living with heart disease, providing extra support to help you better manage your health. By working with your MVP Health Coach—and following your doctor's recommendations—you'll have the tools, education, and resources to better understand heart disease and make lifestyle changes to keep your health under control and on track for improvement.

What does the program provide?

Get private telephone outreach from a Health Coach to develop a custom plan to keep your heart healthy. Your plan may include:

- Educational materials about your specific needs and concerns
- How to reach a healthy LDL cholesterol level
- Developing a heart healthy diet
- Developing a regular exercise program
- Quitting tobacco or vaping
- Reducing stress
- Monitoring for depression and getting treatment as needed

What are the benefits?

You can help keep your heart and blood vessels healthy by taking steps toward a healthier lifestyle.

A heart-healthy lifestyle is important for everyone, not just for people with existing health problems. If you already have heart or blood vessel problems, such as high cholesterol or high blood pressure, a healthy lifestyle can help you lower your risk of a heart attack and stroke.

If you have children, or grandchildren, you can be their healthy role model. If your habits are healthy, your children are more likely to build those habits in their own lives.



A Heart-Healthy Lifestyle

Don't Use Tobacco or Vape

While everyone who uses tobacco or vapes would benefit from quitting, it is especially important for people living with heart disease. When you quit—no matter how old you are—you will decrease your risk of heart attack, stroke, and many other health problems.

Be Active

A regular fitness routine is important for your overall physical and mental health. It is especially good for your heart and blood vessels and helps lower your risk of health problems. Talk to your doctor about the level of activity that is right for you.

Reach and Stay at a Healthy Weight

Maintaining a healthy weight is not only important for your heart, but your overall physical and mental health as well.

Keep Up with Doctor Visits

Seeing your doctor regularly helps you stay on top of your overall health. At your annual wellness exam, your doctor will see if you are due for any preventive screening tests. These tests are important as they help find any problems early, when they are most treatable.

Your doctor will also discuss tests to monitor your cholesterol and blood pressure. The tests you have depend on your age, health, sex, and risk factors. Talk with your doctor about which tests are right for you.

Blood Pressure Categories

	SYSTOLIC	DIASTOLIC
Normal	<120 and	<80
Elevated	120-129 and	<80
High, Stage 1	130-139 or	80-90
High, Stage 2	>140 or	>90
Crisis, Call your doctor!	>180 and/or	>120

Set and Meet Program Goals

Your objectives may include some or all of these heart healthy goals:

- ✓ Exercise 30 minutes, 5–7 days each week, or as recommended by your doctor
- ✓ Adopt the American Heart Association's dietary recommendations
- ✓ Keep your LDL cholesterol levels at a healthy level as recommended by your doctor
- ✓ Keep your blood pressure at a healthy level as recommended by your doctor
- ✓ Take medications as prescribed by your doctor
- ✓ Reduce stress
- ✓ Don't use tobacco products or vape
- ✓ Manage depression

If you have symptoms of a heart attack:

Call 911 immediately, the 911 operator the operator may tell you to chew one adult-strength or two-to-four low-dose aspirin. Wait for an ambulance. Do not try to drive yourself.

Questions?

We are here to help.

Call MVP Case Management at **1-866-942-7966**, Monday–Friday 8:30 am–5 pm.