

# ConditionCare: Coronary Artery Disease

*Find the key to your heart*

Coronary artery disease (CAD) doesn't happen overnight. Years of high blood pressure, high cholesterol and other factors can damage your arteries and your heart. There's no cure for CAD. But there's treatment — and there's ConditionCare, too.

Our **ConditionCare** program can help you and your covered family members find the key to improving your heart health.

Our ConditionCare nurses work with you to keep your disease from getting worse by providing support to help you:

- Stop smoking.
- Limit alcohol use.
- Eat healthier.
- Get more exercise.
- Manage your weight.
- Monitor your blood pressure.

The ConditionCare program is already part of your benefits, so there's no added cost to join. When you join, you'll get:

- Educational guides, newsletters and tools to help you learn more about heart health.
- A health screening and follow-up calls to help you stay on track, reach health goals and follow your doctor's advice.
- A toll-free number you can call 24/7 to speak with a nurse.

We may call to find out if ConditionCare can help you and sign you up. For your protection, we'll verify your address or date of birth before talking about your health.



## GET STARTED TODAY

To learn more or to join ConditionCare,  
call us toll-free at **800-522-5560**.



Source: American Heart Association, [americanheart.org](http://americanheart.org), June 2011

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