

ConditionCare: Heart failure

Heartfelt help is just a phone call away

Heart failure. Those are scary words. But they don't mean that your heart stopped working. And they definitely don't mean there's nothing you can do.

Heart failure simply means your heart isn't doing its job as well as it should. It has trouble pumping the blood that brings oxygen and nutrients to your body.

Millions of people in America have heart failure. And many of them lead full and comfortable lives. If you or a covered family member has heart failure, our ConditionCare nurses want to help you live well, too. Best of all, it's already part of your benefits, so there's no extra cost to join.

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse who'll answer any questions or talk about your concerns.
- A health screening by phone the first time you talk with one of our nurses.
- A welcome packet with tools and information, such as how to keep track of your symptoms, eat foods low in salt and fat, understand the medicines you take and more.
- Support from nurse coaches, pharmacists, dietitians, doctors and other health care professionals to help you reach your health goals.
- Guides, newsletters and tools to help you learn more about your health problem.

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll check your address or date of birth before we talk 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 (2011): americanheart.org.

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