

### See your doctor for regular visits.

Schedule regular appointments with your doctor. Your doctor will use the information gained from these visits (and any tests) to monitor the progress of your treatment.

### AllOne Health programs support you.

We at AllOne Health want to make better health easier for you. We provide resources that fit your life and lifestyle. The AllOne Health CVD program does not replace the care of your doctor or other provider. Our program offers you additional support and resources that can help you follow your doctor's treatment plan and manage your disease.

### Program resources include:

- Educational materials
- Telephone support by a Health Coach, who is a registered nurse
- Coordination of care with your doctor
- Access to individualized education on CVD-related topics including:
  - Disease knowledge, symptom management
  - Blood pressure management
  - Medication management
  - Physical activity
  - Cholesterol management

If you are interested in receiving educational materials about CVD or would like to speak with a CVD Management Health Coach, please call **1.866.430.ALL1 (2551)** or **(TTY) 1.877.720.7771**, weekdays, 8 a.m. to 8 p.m. EST, or visit [www.myallonehealth.com](http://www.myallonehealth.com)

**AllOne Health is here to help you.**  
Find out how you can get started today!

Your health is important to us and we know your privacy is important to you! Rest assured that information shared on your Health Assessment or with your Health Coach is kept private and confidential. **We will not share your personal information with your employer or anyone else (unless required by law).** We use the information you share through our Health Management programs only to help you meet your goals for better health and a healthier lifestyle!

HEALTH MANAGEMENT

# CardioVascular Disease



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## Are you one of the millions of Americans dealing with cardiovascular disease?

If so, AllOne Health® has a program that will make it easier for you to better manage your health and to make the right choices that will lead to a healthier and more active life.

The AllOne Health's CardioVascular Disease (CVD) Management Program provides education and support from Health Coaches who are registered nurses with specialized training in the management of CVD.

### Management takes understanding.

CVD is a progressive disease caused by the narrowing or blockage of the arteries that supply blood to many important areas of the body. The changes to the blood vessels are commonly divided into two categories—those affecting the heart and its blood vessels (coronary syndrome) and those affecting the arteries in the brain, kidneys and legs (peripheral arterial disease or PAD).



CVD begins with the buildup of fatty substances, or plaque, in the walls of these arteries. When this buildup continues, the following can happen:

- Blood vessels harden, becoming narrow and less flexible
- It becomes harder for blood to flow through the arteries, which causes pain in the affected area
- At any time, the plaque deposit may break open, causing a blood clot to form, which may limit blood flow in the affected area even more
- When blood flow is nearly or completely blocked, a heart attack (or myocardial infarction) or stroke can occur

Symptoms of reduced blood flow to your heart include chest discomfort or chest pain (angina), shortness of breath, palpitations, fast heart rate, dizziness, nausea or weakness and fatigue. Symptoms resulting from reduced blood flow to your peripheral arteries include leg, hip, calf or thigh pain; leg weakness or numbness; changes in the color or temperature of the limb and sores that are difficult to heal.

### Actions lead to better control.

When you are dealing with any type of chronic condition, it is important that you take steps to keep the condition from getting worse by teaming up with your doctor and playing an active role in the management of your specific cardiovascular condition.



### Reduce your risk factors.

The more risk factors you have, the greater your risk for future health problems. These include:

- Smoking or using tobacco products
- High blood cholesterol
- High blood pressure
- Uncontrolled diabetes
- Physical inactivity
- Being obese or overweight
- A diet high in saturated fat, trans fat and cholesterol
- Excessive alcohol use

### Take your medications.

Follow your doctor's instructions about when to take your medications.