

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 Heart Failure 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 heart failure-related topics including:
 - Disease knowledge, symptom management
 - Medication management
 - Physical activity

If you are interested in receiving educational materials about heart failure or would like to speak with a Heart Failure 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.

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

Heart Failure



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If you are one of the millions of people in the U.S. living with heart failure, know that with proper treatment and good symptom management, you can lead a healthy and active life.

Heart failure happens when your heart is weakened and cannot pump enough blood, and therefore not enough oxygen, to your body. If you have heart failure, it is important to be under a doctor's care and to effectively manage your condition.



Management begins with awareness.

When you learn about heart failure and have support, you can make the right choices that lead to a healthier, more active life.

AllOne Health® offers programs that make it easier for you to better manage your health. Through the AllOne Health Heart Failure Management Program, you will receive education and support from Health Coaches, who are registered nurses with specialized training in heart failure management.

It's important for you to understand if you are at risk for heart failure. Risk factors include:

- Coronary artery disease
- Past heart attacks (myocardial infarctions)
- High blood pressure
- Abnormal heart valves (this can be due to any number of causes, most commonly an infection)
- Heart muscle disease (cardiomyopathy)
- Heart defects
- Severe lung disease
- Diabetes
- Severe anemia (a blood disorder)
- Hyperthyroidism (an overactive thyroid)



Management takes understanding.

If you have been told by your doctor that you have heart failure or have the following symptoms, we can help you. Symptoms of heart failure include:

- Shortness of breath
- Frequent cough or wheezing (trouble breathing)
- Swollen feet, legs and ankles
- Sudden weight gain
- Nausea or loss of appetite
- Fatigue or weakness
- Rapid or irregular heartbeat

Actions lead to better control.

AllOne Health provides you with support and resources through our Heart Failure Management Program to help you take action. Controlling your health begins with the choices you make each day. People with heart failure must do the following to help manage their disease:

- Take medicines as prescribed because they reduce the work of your heart
- Reduce sodium, fat and cholesterol intake
- Limit fluid intake
- Be careful with use of caffeine and alcohol
- Exercise
- Control symptoms
- Visit your doctor on a regular basis