

# HEALTH ENHANCEMENT PROGRAM (HEP)

## CORONARY ARTERY DISEASE - DID YOU KNOW?

### CHRONIC CARE COMPLIANCE FORM



*Please read the information below and complete the form to be compliant.*

**Coronary artery disease** is also known as CAD, the most common type of heart disease.

CAD is a type of heart disease that occurs when a substance called plaque builds up in the arteries that supply blood to the heart. CAD can cause a heart attack.

Heart disease is the leading cause of death for both men and women. About **600,000 people** die of heart disease in the United States every year—that's 1 in every 4 deaths.

Coronary artery disease alone costs the United States \$108.9 billion each year. This total includes the cost of health care services, medications, and lost productivity.

Doctors can determine your risk for CAD by checking your blood pressure, cholesterol, and blood glucose, and by finding out more about your family's history of heart disease. The traditional risk factors for coronary artery disease are high LDL cholesterol, low HDL cholesterol, high blood pressure, family history, diabetes, smoking, being post-menopausal for women and being older than 45 for men. Obesity and physical inactivity are also risk factors.

If you have heart disease it is important to have your cholesterol checked and **if you are over the age of 20, you may need a cholesterol test to stay compliant with HEP – check your participant portal.**

The major warning signs and symptoms of having a heart attack are:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, shoulder, back, neck, jaw, or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness, or cold sweats.

***If you think that you or someone you know is having a heart attack, you should call 9–1–1 immediately.***

People who have had a heart attack can reduce the risk of future heart attacks or strokes by making lifestyle changes and taking medication that is prescribed by your doctor. Your doctor may have prescribed medication to help lower high cholesterol, lower high blood pressure, manage symptoms of chest pain (called angina) or medicine to lower your risk of having a blood clot.

Increasing your daily physical activity provides many health benefits. It increases your heart rate, strengthens your heart, and increases blood circulation through your body, bringing more oxygen and nutrients to your organs. Have a check-up before beginning an exercise program. If you have heart problems, your doctor may want to do tests to find out how much activity your heart can safely handle.

Sources: CDC Factsheet, CDC Stats, Healthwise Inc.

Name \_\_\_\_\_ Email Address \_\_\_\_\_

EID or Date of Birth \_\_\_\_\_ Day Time Phone Number \_\_\_\_\_

Relationship (circle one) - employee spouse dependent

Signature \_\_\_\_\_ Date \_\_\_\_\_

By signing, I attest that I have read the fact sheet

**Return to CMS representative or fax: 877-687-1449**

To learn more go to **CTHEP.com** or call **1-877-687-1448**