

HEALTH ENHANCEMENT PROGRAM

CHRONIC CARE COMPLIANCE FORM

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



Coronary Artery Disease -

DID YOU KNOW?

What Is Coronary Artery Disease (CAD)?

It is the most common type of heart disease that occurs when 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 men and women in the USA – one in every 4 deaths.

What are CAD Risk Factors?

- High LDL cholesterol
- High blood pressure (hypertension)
- Diabetes
- Low HDL cholesterol
- Family History
- Smoking
- Postmenopausal Women/Men over 45 years old
- Obesity
- Physical inactivity

What are some Heart Attack Signs and Symptoms?

- Chest pain or discomfort that doesn't go away after a few minutes
- Upper body pain
- Discomfort in the arms, shoulders, back, neck, jaw, or upper stomach
- Shortness of breath
- Nausea, lightheadedness, weakness, or cold sweats

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

How Is CAD Diagnosed and Treated?

- Chest X-Ray
- Angiogram
- EKG
- Exercise stress test
- Monitoring Risk factors/Prevention: blood pressure, cholesterol, and blood glucose, and family history

How Do You Care for Yourself If You Have CAD?

- Don't Smoke "Kick Ash Smoker's Quit Line" 1-800-QUIT-NOW
- Know and Use your medications as prescribed by your doctor. Commonly, after a heart attack, these might be medications to lower cholesterol (statins, fibrates, and niacin), lower blood pressure (beta blockers), manage chest pain symptoms, or blood thinners for decreasing the risk of a blood clot.
- Know your numbers – blood pressure, cholesterol, HDL, LDL, A1C
- Maintain a healthy weight
- Eat healthy low fat diet, minimize saturated fats and trans fats
- Be active – exercise will help you maintain a normal, healthy lifestyle - follow your doctor's recommendations. 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.
- Prevent and treat other health conditions especially high blood pressure, diabetes, and high cholesterol
- Get the flu vaccine yearly

Source: CDC Fact Sheet, American Heart.org, Healthwise Association

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