

HEALTH ENHANCEMENT PROGRAM

CHRONIC CARE COMPLIANCE FORM

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



Hyperlipidemia - DID YOU KNOW?

What Is Hyperlipidemia? (High Cholesterol)

Hyperlipidemia is a chronic condition with elevated levels of the fat-like substance, cholesterol. It can build up on the walls of arteries, putting you at twice the normal risk for heart disease, the leading cause of death in the USA for men and women, and the risk of stroke. Two types of cholesterol are monitored. HDL is good (happy) cholesterol; it helps to reduce fat from your blood. A high level of HDL helps to protect you from a heart attack. LDL is the bad (lousy) cholesterol; it can clog your arteries contributing to the cause of a heart attack. Risk factors that cannot be controlled are age, sex, and heredity.

What Are Signs and Symptoms of High Cholesterol?

There are no warning signs or signs and symptoms! Without monitoring levels, your first sign could be a heart attack!

How is High Cholesterol Diagnosed and Treated?

- Regular simple blood testing by your doctor – once you reach the age of 20, monitoring should be every 2-5 years, increasing with age
- The treatment goal is to reduce your levels to reduce the risk of heart attack, needing heart bypass surgery or angioplasty, and dying of heart disease.
- Medication treatment for high cholesterol levels includes statins/statin combinations, fibrates, and niacin prescriptions.

How Do You Care for Yourself if You Have High Cholesterol?

Quit smoking! If you are a smoker, QUIT SMOKING NOW.

Resources to help you quit include:

"Kick Ash Smoker's Quit Line" 1-800-QUIT-NOW

Know and Use your medications as ordered by your doctor to best manage your numbers

Know your numbers

- Cholesterol Total – reduce/maintain level less than 200 mg/dl
- LDL (lousy) – reduce/maintain level less than 100 mg/dl
- HDL (happy) – raise/maintain level 60mg/dl or higher
- Triglycerides – reduce/maintain level less than 150mg/dl

Be active – exercise will help you reduce your LDL, and maintain a normal, healthy lifestyle

Eat healthy – Eat a low fat diet, especially avoiding saturated fats and trans fats. Eating plenty of whole grains, fruit, and vegetables can also decrease high cholesterol.

Maintain a healthy weight – being overweight can increase your cholesterol

Get the flu vaccine yearly

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