



*The Care Factor*

## CAD Care Program

Coronary Artery Disease (CAD) is a disease that affects the heart and blood vessels. The major risk factors for CAD that can be improved upon are: (1) diabetes; (2) elevated blood pressure; (3) elevated blood levels of cholesterol; (4) smoking; (5) being overweight; and (6) lack of physical activity. Each or a combination of these risk factors can lead to heart attack, heart failure, or even open-heart surgery.



EBMC Care Programs are designed to identify and reach out to plan participants with chronic illness and make positive impact on their lives and well-being. By assisting participants in the managing of their illnesses in compliance with the standards of care, we will afford all employers the most value from our Care Programs while helping their plan participants achieve their optimum health status.

**We are different.**

**We can prove it.**

CAD Care Program participants receive:

- Help with identifying & managing risk factors
- Education on a heart-healthy lifestyle
- Assistance with prescription costs to help participants remain compliant with their physician prescribed treatment plan

Learning how to manage risk factors may reduce the chance of developing complications associated with CAD. The CAD Care Program teaches participants how to do this through education. Program participants receive the benefit of saving money on CAD medications (see page 2 for details). Participation in the program is voluntary and confidential. There is no cost to participate.

**To sign up for the program, please call a Nurse Care Coordinator at 1-877-304-0761 or locally 1-614-932-6374.**

### Participant Requirements

*Interaction with a Nurse Care Coordinator*

- Details of the participant's condition, course of treatment, and specific needs are discussed.

*Annual Doctor Visit with Participant's Doctor*

- Complete an annual doctor office visit to ensure the appropriate treatments and medications are being used.

*CAD Testing*

- Lipid Panel and Basic Metabolic Panel laboratory tests at appropriate times throughout the course of the program and submission of the test results to the Nurse Care Coordinator.

*CAD Education*

- A home health nurse will visit the participant's home at a date and time convenient for them and provide education on optimizing their health status.