



## “I’ve got people looking out for me.”

If you find it difficult to manage an ongoing heart condition, the **Coronary Artery Disease Support Program** may be right for you.

The program will connect you with a personal nurse who will work with you over the phone to help you improve your health. It is available at no additional cost as part of your health benefits plan.

See how small steps can lead to meaningful results by working with your nurse to:

- Better manage and reduce your risk factors, such as high cholesterol, high blood pressure, diabetes, obesity, smoking and lack of physical activity
- Maintain a healthy lifestyle and follow your doctor’s treatment plans and medication recommendations, including proper use of beta blockers, ACE inhibitors, statins and antiplatelet medications
- Work to eliminate unnecessary hospital stays

### The Coronary Artery Disease Support Program



Call myNurseLine<sup>SM</sup> for more information about this program.

**1-800-681-3849**

All quotes used herein are fictitious and are intended to illustrate typical member experiences.

The information provided through this program is for your information only. Our nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor’s care. In an emergency or urgent care situation, call 911 or go to the nearest emergency room. Your personal health information is kept private based on your plan’s privacy policy. Some services may not be covered under your benefit plan. Please check your benefits.

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