



## ConditionCare: Heart Failure

# Help in a heartbeat

Heart failure. It's a scary term that simply means your heart isn't doing its job efficiently. If you've been diagnosed with heart failure, your heart has trouble pumping the blood needed to carry oxygen and nutrients throughout your body. Approximately 5 million people in America are living with heart failure. Many of them are enjoying full and comfortable lives. The registered nurses with **ConditionCare** want to help you live well with heart failure, too. If you decide to take advantage of this program, a ConditionCare nurse will call to see how you're doing and offer ideas that can help you follow your doctor's advice. In addition to the initial phone call, you'll receive:

- Follow-up calls, if needed. Since ConditionCare is included with your health plan, there's no extra charge for this personalized service.
- A welcome packet full of tools and information to help you keep track of your symptoms, eat foods low in sodium and saturated fat, understand the various medications you may be taking and more.
- A quarterly newsletter with tips and articles designed to help you maintain or improve your health.
- A toll-free number you can call to speak with a registered nurse any time of the day or night — a real comfort if your symptoms should get worse.

## TAKE HEART

Heart failure can be managed. ConditionCare can help. To get started, call our toll free number, 888-249-3820. To learn more, log in to [anthem.com](http://anthem.com) today. Not registered? Sign up now for access to personalized service and resources. It's fast, easy – and secure.

Source: American Heart Association, [www.americanheart.org](http://www.americanheart.org), November 2008.

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