

Living with **CARDIOVASCULAR DISEASE**



Here for you now. Here for you in the long run.

At Kaiser Permanente, our goal is to help you make your overall health the best it can be, now and for years to come. We understand that living with an ongoing condition can be difficult. That's why we offer programs to help our members manage cardiovascular disease.

Cardiovascular disease includes coronary artery disease, stroke, hypertension, and chronic heart failure. Certain risk factors, such as age, family history, and chronic illnesses, may be unavoidable. But many others can be modified or treated, including smoking, exercise, eating habits, and other lifestyle choices.

Managing cardiovascular disease

Our specialized program is designed to help you if you have high blood pressure, unhealthy cholesterol or triglyceride levels, or uncontrolled diabetes. You'll be working closely with your primary care physician, so make an appointment with your doctor to get started.

Research by Kaiser Permanente cardiologist Eleanor Levin, MD, has shown that lifestyle changes can contribute to lowering your risk of heart disease by as much as 30 percent. To help you make changes that are easy to stick to, we offer in-person and online programs on nutrition and weight management, smoking cessation, and stress management, as well as programs that encourage physical activity.

Our integrated approach to specialized condition management includes:

- ▶ Helping you work closely with your primary care physician to ensure that appropriate and needed treatments are undertaken and closely monitored.

- ▶ An electronic medical record to help physicians and care managers reach out to members by phone, mail, or office visits to reinforce treatment plans.
- ▶ Medication management to help ensure your medications are taken regularly at the right dose. The management of these medications may also involve additional caregivers and care managers working closely with your primary care physician.
- ▶ Participation in groups with other members, educators, and experts to share your experiences.
- ▶ In-person and online programs promoting healthy lifestyles.
- ▶ Information about cardiovascular care provided as a featured health topic on **kp.org**, plus many more online tools and resources, all available 24 hours a day.

To learn more about cardiovascular disease

Visit **kp.org/heart** or call the Kaiser Permanente Healthphone at **1-800-332-7563** or **1-800-777-9059** (TTY for the deaf, hard of hearing, or speech impaired). For a list of topics, you can request a copy of the *Kaiser Permanente Healthphone Directory* by calling your Member Services department (except in Ohio), or you can download one from our Web site by searching for "Healthphone."

kp.org/heart

We're here to help you **FEEL YOUR BEST, NOW AND FOR YEARS TO COME.**

To learn more about what Kaiser Permanente has to offer, visit us at kp.org or call us at one of the numbers below.

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California

Mon.–Fri., 7 a.m.–7 p.m.

Sat.–Sun., 7 a.m.–3 p.m.

1-800-464-4000 English, Tagalog, Vietnamese

1-800-788-0616 Spanish

1-800-757-7585 Chinese dialects

1-800-777-1256 English (Coachella Valley members only)

1-800-777-1370 (TTY)

Colorado – Colorado Springs

Mon.–Fri., 8 a.m.–5 p.m.

1-888-681-7878

1-800-521-4874 (TTY)

Colorado – Denver/Boulder

Mon.–Fri., 8 a.m.–5 p.m.

(303) 338-3800 Denver metro area

1-800-632-9700 From other areas

(303) 338-3820 or **1-800-659-3656** (TTY)

Georgia

Mon.–Fri., 8:30 a.m.–9 p.m.

Sat.–Sun., 8 a.m.–2 p.m.

(404) 261-2590

1-888-865-5813 Outside of Atlanta

1-800-255-0056 (TTY)

Hawaii

Mon.–Fri., 8 a.m.–5 p.m.

Sat., 8 a.m.–noon

(808) 432-5955 Oahu

1-800-966-5955 Neighbor Islands

1-877-447-5990 (TTY)

Mid-Atlantic States – Maryland, Virginia, and Washington, DC

Mon.–Fri., 7:30 a.m.–5:30 p.m.

(301) 468-6000 Inside metro Washington, DC

1-800-777-7902 Outside metro Washington, DC

(301) 879-6380 (TTY)

Northwest – Oregon, Washington, and Northern Idaho

Mon.–Fri., 8 a.m.–6 p.m.

(503) 813-2000 Portland area

1-800-813-2000 All other areas

1-800-735-2900 (TTY)

1-800-324-8010 Language interpretation

Ohio

Mon.–Thu., 8:15 a.m.–5 p.m.

Friday, 9:30 a.m.–5 p.m.

1-800-686-7100

1-877-676-6677 (TTY)

Kaiser Foundation Health Plan of Ohio
Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
2101 E. Jefferson St., Rockville, MD 20852

Kaiser Foundation Health Plan of Georgia, Inc.
Nine Piedmont Center; 3495 Piedmont Road, NE; Atlanta, GA 30305
(404) 364-7000

Kaiser Foundation Health Plan of the Northwest
500 NE Multnomah St., Portland, OR 97232