



Heart Management Program

Virginia Premier CompleteCare (Medicare-Medicaid Plan) a Commonwealth Coordinated Care plan is committed to helping you take control of your health. If you have Heart Disease or Heart Failure, our Heart Management Program will aim to:

- Help you become active in your own care
- Improve your health and quality of life
- Help you understand your heart condition

Why participate in the Heart Management Program?

- To get the most current health information about heart disease and heart failure
- To get support from a Registered Nurse

What does the program include?

A nurse will talk with you about:

- How heart disease or heart failure affects you
- Your overall health
- Your feelings about heart disease or heart failure
- Any heart medications you are taking



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- The importance of seeing your doctor
 - The importance of nutrition, blood pressure control, and daily weights
 - Any other support services you may need

Follow-Up Calls

After the first call, we will sometimes check in to see how you are doing and to answer your questions. We will give you information and support to help you live a healthy lifestyle. In addition to your heart, we may give you information about:

- Healthy weight
- Exercising
- Planning meals
- Quitting smoking

About Heart Disease and Heart Failure

To learn more about heart disease and heart failure, call your Care Manager at 1-855-338-6467 Monday to Friday from 8:00 am to 6:00 pm.

Virginia Premier CompleteCare is a health plan that contracts with both Medicare and the Virginia Department of Medical Assistance Services to provide benefits of both programs to enrollees.

You can get this information for free in other languages. Call 1-855-338-6467, 8:00 a.m. to 8:00 p.m., Monday through Friday. For TTY/TDD services, please call 1-800-828-1120 (Text), 1-800-828-1140 (Voice). The call is free.

You can ask for this information in other formats, such as Braille or large print. Call 1-855-338-6467, 8:00 a.m. to 8:00 p.m., Monday through Friday. For TTY/TDD services, please call 1-800-828-1120 (Text), 1-800-828-1140 (Voice).

