



Heart Management Program

Virginia Premier 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
- 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, click on the links below:

Nutrition Fiction: Healthy eating costs too much

[<http://www.lillyforbetterhealth.com/resources/low-cost-healthy-meals.aspx>]

Figuring out food labels

[<http://www.lillyforbetterhealth.com/resources/reading-food-labels.aspx>]

What is Heart Disease?

[http://www.heart.org/HEARTORG/Caregiver/Resources/WhatIsCardiovascularDisease/What-is-Cardiovascular-Disease_UCM_301852_Article.jsp]

About Heart Failure

[http://www.heart.org/HEARTORG/Conditions/HeartFailure/AboutHeartFailure/About-Heart-Failure_UCM_002044_Article.jsp]

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