



*The Quality Choice for Heart Health Management*



*Our internally-administered **Healthy Heart Program** uses evidence-based, nationally accepted clinical protocols with a personal approach.*

### **The Healthy Heart Program is for You**

Hypertension (high blood pressure) is sometimes called the “silent killer” because it usually has no noticeable warning signs or symptoms until other serious problems arise. About 50 million Americans — one in three adults — are living with hypertension. QualChoice offers a complete, multi-pronged program for its treatment.

### **How the Program Works**

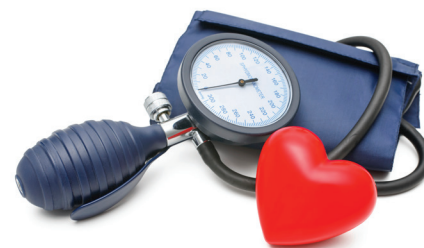
The *Healthy Heart Program* is available at no charge to eligible QualChoice members age 18 and older. The program offers the support needed to help our members reach their optimal health care goals and stick to the treatment plan established by their doctor.

Members enrolled in the *Healthy Heart Program* will from time to time receive calls from a QualChoice registered nurse health coach to discuss:

- Signs and symptoms
- Medications and following medication instructions
- Importance of a low-sodium (low-salt) diet
- Doctor appointments
- Preventing hospital stays
- How to monitor and record blood pressure

Members taking part also receive a free blood pressure monitoring kit.

We urge members to take advantage of this chance to speak with a registered nurse health coach as a first step on their healthy heart journey. Making lifestyle changes can help avoid problems from hypertension such as kidney disease, coronary artery disease, and stroke.



It takes more than medication to manage hypertension. By using all the resources available, QualChoice members can take control of high blood pressure!

**To enroll in our *Healthy Heart Program*, contact a QCARE health coach at 501.228.7111 or 800.235.7111.**

QCARE, our personal health and wellness management program, delivers valuable support and educational tools for QualChoice members, keeping our healthiest members healthy and giving those with chronic illnesses the special attention they need. QCARE is led by a team of health professionals including a staff of registered nurses and a Medical Director. For more information, including a list of QCARE programs, visit [QualChoice.com](http://QualChoice.com); select *QCARE Health Programs*.  
\*NOTE: As program availability varies by group and benefit plan, members should check with their benefits administrator.

