

HeartCare

A Health and Wellness program for SummaCare members with heart failure

HeartCare is a heart failure management and complication prevention program that provides tools, health coaching and resources to help you manage your heart failure and live a healthier life. Participation and support activities in this voluntary program are tailored according to your disease severity and needs.

As a HeartCare participant, you will receive:

- A letter explaining the program
- Educational information with advice on managing heart failure
- Access to a SummaCare nurse to answer questions or provide health coaching support and materials
- Help finding a doctor, obtaining community services and access to care in the SummaCare network
- Follow-up after any hospitalization for heart failure to help with post-discharge care or services
- Advice and reminders regarding preventive and self-care for heart failure and your overall health

If you qualify for additional HeartCare services, you will be contacted by a SummaCare registered nurse and invited to participate in personalized health coaching. If you agree to health coaching, you will receive:

- A heart failure and overall cardiac health assessment conducted over the telephone
- A personalized heart failure self-management plan tailored to your goals and needs (some information to help with this plan may be provided by your doctor)
- Easy-to-use educational materials specific to your self-management and treatment plan
- Ongoing telephone contact with a nurse to help you achieve your health goals
- Daily remote telemonitoring of heart rhythm and rate, weight and related cause-and-effect education



You may also receive:

- Access to the SummaCare WebMD portal featuring an online library of health information, symptom tracking tools and educational videos about managing heart failure
- A 24-hour phone number to speak with a nurse about heart failure or other health questions

If you would like more information about our HeartCare program, please call SummaCare at **877.888.1164 (TTY 800.750.0750)** or visit **summacare.com**.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal.
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