

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 live a healthier life. Participation and support activities in this voluntary program are tailored according to your condition severity.

As a HeartCare participant, you will receive:

- A letter explaining the program
- Educational information with advice on managing heart failure
- Access to a SummaCare registered nurse to answer questions or provide health coaching support and materials
- Help finding a healthcare provider, 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 healthcare provider)
- 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



As a SummaCare member you have access to:

- SummaCare's WebMD® Health Manager 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 711) or visit **summacare.com**.
