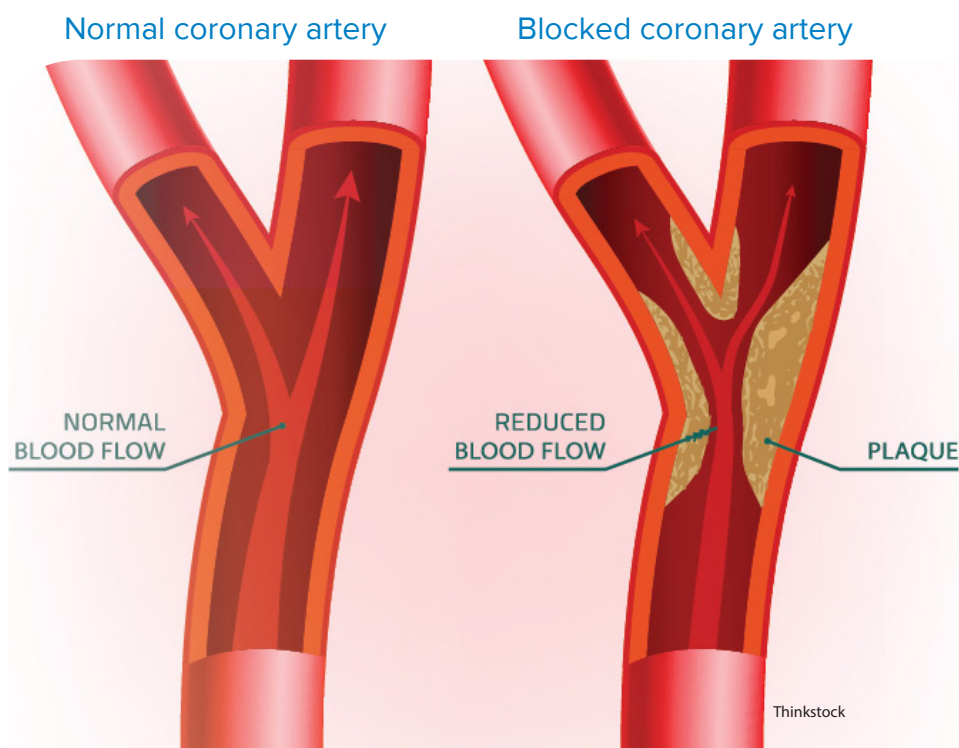


What is coronary artery disease?

Coronary artery disease (CAD) is a condition in which fatty deposits cause thickening of the artery walls which supply blood to the heart muscle. This causes the arteries to narrow, reducing blood flow. When these arteries become blocked, the heart is deprived of oxygen resulting in a heart attack.

By following your doctor's advice and living a healthy lifestyle, you can help slow down damage to your heart and even prevent a heart attack.



Care coordination and integration

Geisinger Gold offers the following case and health management programs to members:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart disease
- Heart failure
- Hypertension (high blood pressure)
- Osteoporosis
- Tobacco cessation (quitting)
- Weight management

For more information, call 800-883-6355 or 570-214-8649, Monday through Friday from 8:00 a.m. to 5:00 p.m. TTY/TDD users should call 711.

GeisingerGold.com

Lifestyle changes

Lifestyle changes play a big role in staying healthy. Lifestyle refers to the habits you form over time. With a little effort, you can replace unhealthy habits with healthier ones.

Aim for:

- Not smoking
- Eating more fruits and vegetables
- Being more active
- Getting to a healthy weight

Heart healthy eating

Your doctor may talk to you about eating healthy. Key things to remember are:

- Portion control
- Choose fat free or low fat dairy items
- Choose skinless chicken or fish
- Eat less red meat
- Eat a variety of fruits and vegetables
- Add beans and nuts to your diet
- Choose whole grain breads and pastas



Quit smoking

Smoking increases your risk for heart attacks. If you smoke, quit. Discuss programs and products with your doctor that can help you stop smoking. Don't forget to avoid second hand smoke too.

Be active

Being active throughout the day keeps your heart strong and makes you feel better too. Routine exercise can also help you lower your blood pressure, lose weight and decrease your cholesterol. Ask your doctor which activities are safe for you before starting any new programs.

Medicines

Take your medicine the way your doctor tells you to. Each medicine works differently. Talk to your doctor before making any medicine changes. Even when you feel well, never stop taking your medicine without talking to your doctor.

When to call your doctor:

If you think you are having a heart attack, do not wait. Call 911 or other emergency services immediately.

Some people are not sure if they are having a heart attack. Getting help fast can save your life.



Symptoms of a heart attack may include:

- Chest pain or pressure in your back, neck, jaw, upper belly or arms
- Strange feelings in your chest, back, neck, jaw, upper belly or arms
- Sweating
- Shortness of breath
- Nausea or vomiting
- Feeling dizzy, faint, or suddenly weak
- A fast or irregular heartbeat

What is our mission?

Our mission is to help members be as healthy as possible. As a member, you can get expert help to better manage your condition - all at no extra charge. Participation is voluntary and in no way affects the status of your healthcare coverage.

Geisinger Gold believes our care coordination program can be beneficial in improving or maintaining your health.

How can I learn more?

To take advantage of this program, call 800-883-6355 or 570-214-8649, speak with your healthcare provider or visit us on the web at GeisingerGold.com

The program will:

- Help you better understand your condition
- Update you on new information
- Provide assistance from a nurse who is trained to help members with their specialized healthcare needs