

CARDIAC CARE

Cardiac Health Management Program



Unison Health Plan would like to make sure members with hypertension (HTN), coronary artery disease (CAD) or congestive heart failure (CHF) receive education and help managing their disease. The Cardiac Health Management program does just this.

FACTS

The Cardiac Health Management program helps members with their heart and vascular disease. Whether you have hypertension alone or in combination with coronary artery disease and congestive heart failure, the program is available to assist our members. The Cardiac Health Management program has helped many members since it began in 2006. Heart disease is the #1 cause of death in the United States¹. It can lead to kidney disease, stroke and lung complications.

HOW DOES THE PROGRAM WORK?

The program helps members improve their health by educating them on their condition. The care managers works with your doctor on identified issues to help improve your health. Care managers coordinate Unison services and help members follow their doctors' treatment plans.

The program separates members into certain levels of care. Members can ask for Care Management services no matter their cardiac

level. The difference between the levels is how often you are contacted. This can be either by mailings or phone calls from a nurse care manager. The care managers will review your condition and how it affects your life. They will make the program fit your health needs.

HOW DOES MY DOCTOR KNOW HOW I AM DOING?

Every 3 months your primary care provider (PCP) gets a list of their Unison members who are identified with a cardiac condition. It includes a summary on how well you are doing. Doctors who have members in Care Management also get a letter telling them that their members are enrolled.

WHAT SHOULD I DO IF I HAVE AN EMERGENCY CONDITION?

You can still get services 24 hours a day, 7 days a week for an emergency. You should go to the nearest emergency room or 24-hour care center. If you need emergency transportation, contact your local emergency service. You will need to

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call your PCP and Unison Health Plan as soon as the emergency is under control. If you have any questions, we will be happy to help you.

HOW DO I JOIN?

Unison Health Plan identifies members who have these cardiac conditions by looking at claims for services. They include data for medications and claims for hospital, doctor or emergency room visits for heart care. Your doctor can also call and request that we help you. Also, any member with hypertension, coronary artery disease or congestive heart failure can call Member Services to join the program.

WHAT IF I DON'T WANT TO BE IN THE PROGRAM?

You don't have to join the program if you don't want to. All members that are identified as having a cardiac condition are eligible for

the Cardiac Health Management program. Any member who does not wish to be in the program can contact Unison Health Plan in writing and ask to be removed. This is known as "opting out". The same process works for Care Management services.

CONTACT OPT OUT INFORMATION

If you do not want to join the Cardiac Health Management program, you can tell us by writing to:

**Integrated Care Management
Unison Administrative Services
1001 Brinton Road
Pittsburgh, PA 15221**

¹ <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/prelimdeaths04/preliminarydeaths04.htm>



FOR MORE INFORMATION about cardiac health, call Care Management 1.800.414.6641 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Medicaid & Medical Assistance