



# The Cholesterol Care Management Program

## What is the Cholesterol Care Management Program?

The Cholesterol Care Management Program is a program specifically designed by Kaiser Permanente to help members lower their cholesterol and reduce their overall risk of heart attack and stroke. This program is for anyone with any of the following:

- High LDL (or “bad”) cholesterol
- A family history of early heart attack or stroke
- High triglycerides or low HDL (“good”) cholesterol
- Previous heart attack or stroke or other heart conditions

## What can you expect from this program?

A specially trained registered nurse or clinical pharmacist care manager will contact you to discuss your personal health history and lifestyle. They will guide you in learning the best ways to lower your cholesterol levels and make positive changes in your life. These include eating heart healthy foods, being physically active, and if necessary, taking medications. Your care manager will help you and provide you with the resources you need. Most of the contact with your care manager will be by phone call or mail. Occasionally, they will see you in person. They will let you know:

- When to come in for another blood test
- The results of your last blood test
- The next steps to take based on your health evaluation

Often, cholesterol lowering medication is needed to get cholesterol levels to a healthy level and prevent heart attack or stroke. Working together, your doctor and your care manager will determine if you are a candidate for cholesterol lowering medication. Your Care Manager will explain the risks, benefits and side effects of the best medication for you. They will be available to help you with any questions or concerns and will become your point person for all cholesterol-related issues. Your doctor or nurse practitioner will continue to see you for your other medical care.

## What will it cost?

For most Kaiser Permanente members there is no fee for office visits or telephone calls with your care manager. If you are enrolled in one of our deductible plans, some classes or groups may require a fee. Please call the Deductible Product Service Team at 1-800-390-3507 for more information and for an estimate of any charges that may apply before you come to a class, group appointment, or support group. You may also check your Evidence of Coverage (EOC) to confirm the services offered under your plan, or call Member Services at 1-800-464-4000. Member Services can also send you a copy of your Evidence of Coverage if you need a copy.

## What can you do?

The more you put into the program, the more you will get out of it. You and your care manager will work together to set goals and actively work toward meeting them. Most people can lower their risk of heart disease by making gradual lifestyle changes. You can have a healthier heart by:

- Making a plan to quit smoking if you use tobacco. This is the single most important change you can make to improve your health.
- Enjoying at least 30 minutes of physical activity on most days of the week.
- Eating more fruits, vegetables, whole grains, and other heart healthy foods.
- Maintaining a healthy weight.
- Controlling your high blood pressure and diabetes (if you have them).
- Taking any prescribed heart-protective medication regularly.

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## Other resources

- Check out [kp.org/mydoctor](http://kp.org/mydoctor). Type in your personal physician or nurse practitioner's name and click on the "Healthy living resources" link.
- Connect to our Web site at [kp.org](http://kp.org) to access health and drug encyclopedias, interactive programs, health classes, and much more.
- Contact your Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.
- If you are hit, hurt, or threatened by a partner or spouse, this can affect your health, including your risk for heart conditions. There is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to [ndvh.org](http://ndvh.org).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.