

Better health is within reach with UMR Disease Management

UMR's disease management team includes registered nurses who can motivate and guide you in making informed decisions to control your hypertension. Our nurse coaches are available at times that are convenient to you. They can help you set goals for your health and discuss strategies for success. Our coaches have helped members like you lower their blood pressure and reduce their need for medications. Most importantly, our coaches can arm you with the confidence to take charge of your health and welcome the rewards that follow.



UMR Disease Management nurse coaches help people like you achieve real results and lasting success. Please call 866-575-2540 to enroll.

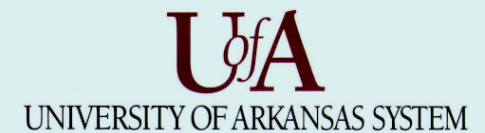


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The U of A **Healthy Heart Program**



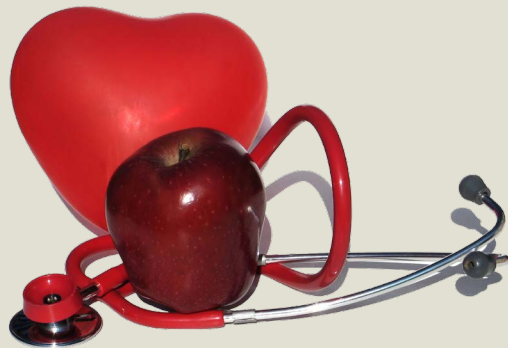
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The U of A Healthy Heart Program is for you.

About 50 million Americans — one in three adults — are living with hypertension (high blood pressure). If you have hypertension, the force of the blood against your artery walls is high enough that it may eventually cause health problems, like heart disease.

Hypertension is sometimes called the “silent killer” because it usually has no noticeable warning signs or symptoms until other serious problems arise.

The U of A System has teamed up with UMR to provide a comprehensive, personal approach to the treatment of hypertension.



How the program works

The U of A Healthy Heart Program is available at no charge to eligible U of A members ages 18 and older. This program offers the support needed to help you reach your optimal health care goals and adhere to the treatment plan established by your physician.

Members enrolled in the U of A Healthy Heart Program will receive periodic calls from a UMR Disease Management registered nurse health coach to discuss:

- Signs and symptoms of hypertension
- Medications and medication adherence
- Importance of a diet that is low in sodium (salt)
- Doctor appointments
- Prevention of hospital admissions
- How to monitor and record blood pressure

Participating members will receive copayment waivers on specific hypertensive medications. Members newly engaged in the program are eligible to receive a blood pressure monitoring kit (one per lifetime, zero copay up to \$70) by prescription through your MedImpact pharmacy. To learn more, call MedImpact customer service at 800-788-2949.



Take advantage of this opportunity to speak with a health coach as a first step on your road to better heart health. Making healthy lifestyle changes can help you avoid complications of hypertension, such as kidney disease, coronary artery disease and stroke.

It takes more than medication to manage your hypertension. By using all the resources available, you can take control of your high blood pressure.

Call UMR Disease Management at **866-575-2540** to enroll in the U of A Healthy Heart Program today.