



## Coronary artery disease (CAD)

Anthem Blue Cross and Blue Shield has a case management program for coronary artery disease (CAD). This program will help you better know and manage your CAD. We can assist you to set health goals and create a care plan that fits your way of life. You do not have to join the program. You are signed up as a member of Anthem.

## Living with CAD

CAD happens when fatty deposits called plaque build-up inside the arteries. These arteries supply blood to your heart. Built up plaque can block passageways and reduce blood getting to your heart.

We want you to know you can take control of CAD. You can take steps to help manage your condition and enjoy life. The following simple steps can make real changes:

- Eating less salt
- Eating less saturated and trans fats in your diet
- Taking your medications correctly

We will keep your doctor up to date. We will update your doctor on your condition and the services we provide you. Your case manager can help you learn how to better manage your CAD.

### Things to know:

- Plaque is made up of fats, calcium and other things in your blood.
- The plaque inside your arteries makes them stiff and hard.
- An artery without plaque can get wider and stretch when you exercise to let more blood flow.
- An artery with plaque does not stretch. In this case, your heart has to work harder to give your body the blood flow it needs.
- Other illnesses and health conditions like high blood pressure and diabetes can affect your CAD.
- You may not have any symptoms that you have CAD. Many people only find out when they have a heart attack.
- There are many things you can do to slow CAD and reduce your risk of future problems.
- We can give you more support to help you manage your CAD.
- Your doctor may want to do testing to see how well your CAD is controlled.

### Tips to monitor your CAD “Know your cholesterol”:

- Your doctor may want you to take your blood pressure at home. Work with your case manager to learn about checking your blood pressure at home.

- Learn what your blood pressure reading means.
  1. Blood pressure readings have two numbers.
  2. The top number is called the Systolic, for example, the 120 in 120/80. It measures the pressure when the heart is pumping.
  3. The bottom number is called the Diastolic, for example, the 80 in 120/80. It measures the pressure when the heart is resting.
- Healthy adults should have a blood pressure of 120/80 or less.
- Hypertension or high blood pressure is 130-139/80-89 or higher.
  - When blood pressure is too high, it starts to damage the blood vessels, heart and kidneys.
  - Untreated high blood pressure can cause major health problems such as stroke, heart attack, heart failure and kidney disease.
  - Manage your blood pressure to improve your health.
  - Reduce blood sugar to manage your CAD.

**Learn how to recognize signs that you may be having a heart attack. Call 911 if you have any of the following symptoms:**

- Chest pain or discomfort that is crushing or squeezing, feels like pressure on your chest, and lasts more than five minutes
- Chest pain that happens with any of these symptoms:
  1. Sweating
  2. Trouble breathing
  3. Nausea or vomiting
  4. Pain that moves from the chest to the neck, jaw or one or both shoulders or arms
  5. Dizziness or lightheadedness, feeling like you may pass out
  6. A fast or irregular heart beat
  7. Feel weak or have trouble standing up
  8. Confused or unable to answer questions
- Chest pain that has not gone away five minutes after you have taken one nitroglycerin (if prescribed by your doctor) or rested

**How to take your CAD medications:**

- Manage BP
- Reduce blood sugar
  - You may need to take medicine that lower your blood pressure or lower your cholesterol. Medications prescribed are different for each person. Your doctor will work with you to find the right medicine for you.
  - If you do not take your medicines the way your doctor says, the medicines may not work as well. It is best to take your medicines about the same time every day.
  - Don't take over-the-counter medicines, including cold medicines and herbal supplements, without talking to your doctor. They can prevent your CAD medicines from working the right way.

- Call your doctor if you think you are having side effects from your medicines.
- We can help you learn how to take your medicines the right way.
- We can help you understand how your medicines work.

### **Ways you can improve or manage your CAD:**

- Quit smoking. Quitting smoking can make a big improvement in controlling your CAD. We have support programs, and there are medicines that can help you stop smoking.
- Make short and long-term goals. Goals to eat better, exercise and maintain a healthy weight can be made to fit your lifestyle. We can assist you to make healthy changes one small step at a time to improve your CAD.
- Get a flu shot every year. Ask your doctor if you should also have the pneumonia shot.
- Limit alcohol. Ask your doctor how much, if any, is safe.

### **Support to help you manage your CAD:**

- We can help you talk to your family or caregiver about your CAD.
- We can help you in finding group programs and resources in your area.
- Tips to talk with your doctor and get the most out of your visit:
  1. Ask any questions you may have about your CAD. You can write them down and take them with you to your visit.
  2. Follow your doctor's advice. If you have questions or concerns, let your doctor know.
  3. Make sure your doctor knows what medicines you are taking.

### **Important screenings:**

- Depression
- Other health conditions
- Preventive care screenings such as wellness checkups, mammograms and Pap tests

### **Other helpful information**

- [U.S. National Library of Medicine](#)
- [American Heart Association](#)
- [National Heart, Lung & Blood Institute](#)

### Sources:

\* National Heart, Lung & Blood Institute

What is Atherosclerosis?

<http://www.nhlbi.nih.gov/health/health-topics/topics/atherosclerosis/>, accessed November 8, 2013.

\* American Heart Association [www.heart.org/HEARTORG/](http://www.heart.org/HEARTORG/)

\* Publication: Your Guide to Lowering Blood Pressure  
National Heart, Lung & Blood Institute  
[https://www.nhlbi.nih.gov/files/docs/public/heart/hbp\\_low.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf), accessed  
November 8, 2013.

\*Healthfinder.gov  
Use Medicines Safely  
<http://www.healthfinder.gov/HealthTopics/Category/everyday-healthy-living/safety/use-medicines-safely>, accessed November 8, 2013.

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## Communicating with you is important

For people with disabilities or who speak a language other than English, we offer these services at no cost to you:

- Qualified sign language interpreters
- Written materials in large print, audio, electronic, and other formats
- Help from qualified interpreters in the language you speak
- Written materials in the language you speak

To get these services, call the Member Services number on your ID card. Or you can call our Member Advocate at **1-262-523-2424**.

Anthem Blue Cross and Blue Shield follows Federal civil rights laws. We don't discriminate against people because of their:

- Race
- National origin
- Disability
- Color
- Age
- Sex or gender identity

That means we won't exclude you or treat you differently because of these things.

### Your rights

Do you feel you didn't get these services or we discriminated against you for reasons listed above? If so, you can file a grievance (complaint). File by mail or phone:

Member Advocate

Phone: **1-262-523-2424**

N17 W 24340 Riverwood Drive

Waukesha, WI 53188

**Need help filing?** Call our Member Advocacy Manager at the number above. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

- **On the Web:** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
- **By mail:** U.S. Department of Health and Human Services  
200 Independence Avenue  
SW Room 509F, HHH Building  
Washington, D.C. 20201
- **By phone:** **1-800-368-1019** (TTY/TDD **1-800-537-7697**)

For a complaint form, visit [www.hhs.gov/ocr/office/file/index.html](http://www.hhs.gov/ocr/office/file/index.html).



**ATTENTION:** If you speak English, language assistance services are available to you free of charge. Call 1-855-690-7800 (TTY: 711).

**ATENCIÓN:** Si habla español, los servicios de asistencia de idiomas están disponibles sin cargo, llame al 1-855-690-7800 (TTY: 711).

**CEEB TOOM:** Yog koj hais lus Hmoob, kev pab rau lwm yam lus muaj rau koj dawb xwb. Hu 1-855-690-7800 (TTY: 711).

**注意:** 如果您说中文，您可获得免费的语言协助服务。请致电 1-855-690-7800 (TTY 文字电话：711)。

**DIGTOONI:** Haddii aad ku hadasho afka Soomaaliha, adeegyada caawimada luqadda waxaa lagu heli karaa iyadoo bilaash ah. Wac 1-855-690-7800 (TTY: 711).

**ໝາຍເຫດ:** ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-855-690-7800 (TTY: 711).

**ВНИМАНИЕ:** Если Вы говорите по-русски, Вам будут бесплатно предоставлены услуги переводчика. Позвоните по номеру: 1-855-690-7800 (TTY: 711).

**ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည် မြန်မာစကားပြောသူဖြစ်ပါက၊ သင့်အတွက် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။ 1-855-690-7800 (TTY: 711) တွင် ဖုန်းခေါ်ဆိုပါ။**

تنبيه: إذا كنتم تتحدثون العربية، تتوفر لكم مساعدة لغوية مجانية. اتصلوا بالرقم 1-855-690-7800 (هاتف نصي: 711).

**PAŽNJA:** Ako govorite srpsko-hrvatski imate pravo na besplatnu jezičnu pomoć. Nazovite 1-855-690-7800 (telefon za gluhe: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos Sprachhilfsdienste zur Verfügung. Rufen Sie die folgende Nummer an: 1-855-690-7800 (TTY: 711).

주의: 한국어를 쓰시는 경우, 언어 지원 서비스가 무료로 제공됩니다. 1-855-690-7800 (TTY: 711) 번으로 연락해 주십시오.

**CHÚ Ý:** Nếu bạn nói tiếng Việt, thì có sẵn các dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Hãy gọi 1-855-690-7800 (TTY 711).

**GEB ACHT:** Wann du Pennsylvanisch Deutsch schwetzsch, Schprooch Hilfe Services sin meeglich mitaus Koscht. Ruff 1-855-690-7800 (TTY: 711)

**ATTENTION :** Si vous parlez français, les services d'assistance linguistique vous sont accessibles gratuitement. Appelez le numéro 1-855-690-7800 (TTY : 711).

**UWAGA:** Jeśli mówisz po polsku, usługi wsparcia językowego są dostępne dla Ciebie bezpłatnie. Zadzwoń pod numer 1-855-690-7800 (TTY: 711).