

## ➤ Cardiac Care program: Wellness



Heart disease is the leading cause of death in America, but there are many lifestyle changes that can reduce your risk. Our Cardiac Care program offers you a chance to take charge of your health.

### As a participant in our Cardiac Care program, you will:

- Work one-on-one with a trained health coach over the phone or via email
- Set goals and learn how to achieve these goals
- Track your progress to better health

## Meet Gary,\* 38, diagnosed with high blood pressure and high cholesterol.

In his first call with Barbara, his Moda Health coach, Gary said he wasn't concerned about his health. His parents had been living with heart disease and they seemed okay.

After a few calls with Barbara, Gary realized there was a lot he could do to get on the right track.

He started going for walks every day and eating better.

He is now on blood pressure and cholesterol medications prescribed by his doctor.

Gary is glad he enrolled in the Moda Health Cardiac Care program. After one year of working with Barbara, he has lost weight and lowered his blood pressure and cholesterol, and he feels great.

*\*Name has been changed.*

### Get results.

Coaching is easy!  
Contact us to get started.

Phone: 503-948-5548  
877-277-7281  
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