

Take your health to heart



A healthy heart is key to a healthy, happy life.

In the U.S., heart disease ranks as the number one cause of death for adults. However, there are many lifestyle changes you can make to reduce your risk and feel better.

Let's work together

Our Cardiac Care program offers you a chance to take charge of your health. As a participant, you'll work with a trained health coach by phone or email. Your coach will help you:

- > Understand your heart disease
- > Learn about lifestyle changes
- > Set your own health goals
- > Keep track of your progress
- > Stay motivated
- > Find out about resources to help you along the way

Count on your coach

We want to help you manage your heart health so you can feel your best. Your health coach will send you reminders, worksheets, workbooks and links to online support tools. You can count on your coach to provide information and advice whenever you need it.

Questions?

We're here to help. Call us toll-free at 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.



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