



Heart Health Lifestyle Guide



Heart Health Lifestyle Program

Designed for members with heart risks or heart-related illness, the Heart Health Lifestyle program educates members on heart risks and the importance of good heart health. Participants are provided with strategies to address obstacles they'll face along the way as they improve their heart health.

A Staged Approach

If this program is a fit for you – you'll have the opportunity to complete five program levels on the way to improved heart health. Each level takes a minimum of seven days to complete.

- ▶ **Level 1:** You'll start by learning about the heart
- ▶ **Level 2:** Identify your personal risks for heart-related illnesses
- ▶ **Level 3:** Learn how to make the most of your doctor's visit
- ▶ **Level 4:** Tackle heart risks with a heart-healthy lifestyle
- ▶ **Level 5:** Implement a heart-healthy diet and exercise program and create an Action Plan

In order to advance through each stage, you must complete "Action Steps." These steps involve reading the above content, exploring interactive tools and improving behaviors. At the end of each stage, an interactive quiz evaluates your understanding and must be completed to advance.

Automated messaging helps keep you on track

The Online Health Coach will connect you with confidential messaging at each level of the program. These motivational messages will encourage you to review program content and complete your actions steps - helping you stay healthy.

Interactive presentations keep you informed

The following educational presentations are focused on topics that matter to you:

About Cholesterol: Explains what cholesterol is, how it affects heart health and how you can improve your cholesterol levels.

Heart-Healthy Exercise: Describes heart-healthy exercise.

High Blood Pressure: Explains what blood pressure numbers mean, why these numbers are important and how you can improve your blood pressure levels.

What is a Heart Attack: Describes a heart attack, risk factors, symptoms and what action you should take in the event of a heart attack.

Online Health Coaching – a gateway to additional care needs

UnitedHealthcare's online coaching programs are designed to guide you down a path of personalized health and well-being. Made just for you, our highly interactive online coaching experience provides you with support every step of the way; weekly to-do lists, tools and trackers, slide shows, meal plans and messaging to keep you motivated.



All of our Online Health Coaching programs are integrated with UnitedHealthcare's Care Management systems. If your health risks demonstrate a need for further coordination of care or disease management, you may receive an outreach call from our Care Management team. We encourage you to opt-in to these valuable services that are available at no additional cost, as part of your benefit plan.



Tools, trackers and cool features keep you engaged

As part of the program, you'll be able to track important indicators of heart health and interact with engaging tools and features including:

Blood Pressure and Cholesterol trackers: Enter up to five readings with corresponding dates and times.

Medication Tracker & Drug Guide: Monitor your medications (prescription, over-the-counter, vitamins, herbals and supplements), check for drug interactions, obtain drug information and research online.

Coronary Artery & Heart Disease Views: Learn what a healthy heart looks like in addition to viewing a heart that has been impacted by hypertension, angina and a heart attack.

Heart Attack Risk Calculator: Calculate your risk of suffering from a heart attack in the next 10 years given your age, gender, smoking status, total cholesterol, blood pressure and relevant medication usage.

Salty Food Tool: See for yourself - the amount of salt in common food items (i.e. small bag of potato chips, serving of corned beef).

Heart Action Plan: Plan for a heart-related emergency by printing out and completing a medical information form. The plan also includes information on the warning signs of a heart attack and when to call 911.

And more... food guide pyramid, calorie trackers, body mass index calculator, weight tracker, target and resting heart rate tools.

Certificate of Achievement: For having completed the Heart program.

Quizzes: Require a minimum passing rate to advance through the program.

Health Assessment

We recommend that you complete the online health assessment before beginning any wellness program. Our online health assessment provides you with immediate feedback on the current state of your health and it takes approximately 15 minutes to complete. Your responses are then evaluated and used to help customize your online experience. Log on to myuhc.com[®] and click on "Health Assessment" and follow the simple steps.



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Your personalized health e-newsletter *Healthy Mind Healthy Body*[®] is an electronic newsletter that allows you to choose the type of wellness articles that are most relevant to your life. It features the latest information from physicians who have appeared on TV programs and in magazines. You also will see showcased stories from members like you who have improved their health through lifestyle changes and the care provided by network physicians.



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 - Healthy living and well-being
 - Heart health
 - Men's health
 - Women's health

Not registered on myuhc.com? Registration is easy. Just visit myuhc.com click on "Register Now" and follow the simple steps. Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information to you to improve your health practices.

UnitedHealth Wellness[®] is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes.

Components subject to change.

This is for information purposes only, and not intended to be used for diagnosing problems and/or recommending treatment options, and are not a substitute for your doctor's care. Lists of potential treatment options and/or symptoms may not be all inclusive.

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