

MULTIFIT Care Management Program

Living Healthier with Multiple Risk Factors for Heart Disease

What is MULTIFIT?

MULTIFIT is a highly effective rehabilitation program for patients who have just had a heart attack, heart bypass surgery, angioplasty or a recent diagnosis of angina. It will support you in recovering and achieving a healthier lifestyle. Designed and researched by Stanford's Cardiac Rehabilitation Program and Kaiser Permanente, the program helps you lower multiple coronary risk factors so that you can become fit. Hence the name: MULTIFIT.

What can you expect from the program?

A cardiac nurse will be your personal care manager for three months to one year, depending on your needs. Your care manager will work together with your primary care physician or nurse practitioner. You will receive guidance and encouragement to make lifestyle changes. This is done through a combination of visits, scheduled phone calls, mailings and secure e-mails.

During your time in the MULTIFIT Program, you will continue to see your primary care physician for medical and follow-up care. In the MULTIFIT program, your rehabilitation is set up to meet your individual needs, and is done at home with the support of your family and friends. Your care manager will provide information that will assist you in reducing your risk factors. With your care manager's support, you will become more confident as you follow your treatment plan at home and learn about healthy living choices so that you can lead a healthier, more active life.

What are the benefits of the program?

- Individualized professional care and advice from a MULTIFIT nurse
- Regular telephone calls or e-mails to follow up on your progress
- Periodic blood tests to check changes in blood cholesterol levels
- Information about heart-healthy eating
- Personalized instruction for home exercise, if appropriate
- Self-care materials to assist you in reducing your risk factors
- Telephone advice as needed
- The convenience of participating from the comfort of your own home

How can I have a healthier heart?

We're here to support you as you learn to live better and healthier with your condition. You can help by:

- Stopping tobacco use—we have programs that can help.
- Making physical activity a part of your daily routine.

- Eating heart-healthy foods.
- Recognizing and managing stress.
- Maintaining your weight, or losing weight if needed.
- Taking medications to help protect your heart.

For more information on heart health topics, visit our Web site at **kp.org/heart**.

Heart-healthy eating and cholesterol education

The first way to lower your blood cholesterol is to cut back on the fat in your diet, especially animal and saturated fats. Your care manager will introduce you to healthy eating resources including:

- Our Health Media™ Nourish® program at **kp.org**
- Classes on healthy eating at your local medical center
- Printed materials about nutrition

Your blood will be tested periodically to make sure your blood cholesterol is at a low level. Through phone calls, e-mails, and visits, your MULTIFIT nurse will help you with your medication and lifestyle, and keep your physician informed of your progress.

Home exercise program

We will design a physical activity/exercise program especially for you. To ensure your safety and to help you be successful, you will receive:

- Personalized activity/exercise guidelines
- Periodic telephone calls or e-mails from your care manager to check your progress
- Ongoing encouragement and education

We encourage you to monitor your pulse during exercise. As you become more fit, your heart rate and blood vessels will become more efficient. Your fitness level will improve and you will very likely experience a boost to your energy and overall well-being.

Stopping tobacco use

If you use tobacco, making a plan to quit is the single most important thing you can do to improve your health. We can help. Your MULTIFIT nurse will introduce you to our many tobacco cessation resources and self-care materials to help you cope with urges to use tobacco and give you support.

Managing stress, anxiety, and depression

Nobody likes to feel stressed out! We will help you identify the things in your life that may trigger your stress and discuss strategies you can use to help you recognize the signs of stress or depression. Once you have a better understanding of your individual response, you and your care manager can work on developing a plan that will help you to manage your stress or depression.

You can use our Health Media™ Relax® program at **kp.org** or attend in-person classes to help you to relax and live healthier.

What will it cost?

There is no fee for office visits with your care manager or for telephone calls. If you are enrolled in one of our deductible plans, some classes or groups may require a fee. You may check your *Evidence of Coverage* (EOC) to confirm the services offered under your plan, or call the Member Services Call Center at 1-800-464-4000 for an estimate of any charges that may apply before you come to a class, individual or group appointment, or support group. Member Services can also send you a copy of your *Evidence of Coverage* if you need one.

Is MULTIFIT for you?

If you are interested in making lifestyle changes, and you are motivated to participate in this program, please tell your physician. Your doctor must approve your entry into the program, but the decision to join is entirely up to you. For further information, the MULTIFIT nurse can be reached at:

Antioch (925) 779-5391
Fresno (559) 448-4328
Hayward (510) 784-4473
Manteca (209) 858-7802
Martinez (925) 372-1369
Modesto (209) 476-5196
Oakland (510) 752-7025
Pleasanton (925) 847-5463
Redwood City (650) 299-2521
Richmond (510) 307-2725

Roseville (916) 784-5225
Sacramento (916) 480-6922
San Francisco (415) 833-3066
San Rafael (415) 444-4754
Santa Clara (408) 851-9015
San Jose (408) 972-7000 ext 5943
South Sacramento (916) 688-6118
Stockton (209) 476-3873
Vacaville (707) 453-5382
Vallejo (707) 651-2760

Other resources:

- Connect to our Web site at **kp.org** to access health and drug encyclopedias, interactive programs, health classes, and much more. Here you can find Health Media™ online programs including programs for stress reduction, eating a healthy diet, quitting tobacco and much more.
- Learn more about the resources your personal physician recommends and send him or her a secure e-mail through the Physician Home Pages at **kp.org/mydoctor**.
- Contact your Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.
- Your health, including your heart condition, can be seriously affected by violence or abuse. If you are hit, hurt, or threatened by a partner or spouse, this can seriously affect your health. There is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to **ndvh.org**.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.