

What is the Cholesterol Management Program?

The Cholesterol Management Program is a special Kaiser Permanente program. Its goal is to help members at high risk of heart disease lower their cholesterol and their risk of heart disease. If you already have heart disease, this program may help you slow the progression of your disease. The best ways to lower your cholesterol levels are by eating heart healthy foods, being physically active, and if necessary, taking medications. A specially trained nurse or pharmacist, working with a physician specialist, will help you to improve your health. They will support you in making any needed lifestyle changes through phone calls, mailings and referrals to health education programs. Your cholesterol nurse or pharmacist will assess your possible risk for heart disease, track your blood tests and medications, and keep your personal physician informed of your progress. You will receive reminder letters to let you know:

- When to come in for another blood test.
- The results of your last blood test.
- The next steps to take based on your health evaluation.

Who is the Program for?

The Cholesterol Management Program is for anyone with high cholesterol who is also at high risk for heart disease, or for anyone who already has heart disease.

What about Taking Cholesterol Lowering Medication?

Cholesterol lowering medication is not needed for everyone. However, some people may need medication in addition to making changes in their eating habits to lower their blood cholesterol. Your nurse or pharmacist will work with you to identify your need for cholesterol lowering medication. If it is necessary for you to take medication, you may need to come in for an appointment. Your nurse or pharmacist will explain how to take your medication and inform you of possible side effects. If you experience any problems with your medication, they will be available to help you. During this time, you will also continue to see your primary care physician for your other medical care.

What Will It Cost?

There is no charge for appointments or mail contacts. Your usual copayments will be charged for all laboratory blood tests and prescription drugs

Lowering Your Risk for Heart Disease

We're here to support you as you learn to live healthier. Most people can lower their risk of heart disease by making gradual lifestyle changes. You can have a healthier heart by:

- Making a plan to quit smoking if you use tobacco. This is the single most important change you can make to improve your health.
- Enjoying at least 30 minutes of physical activity on most days of the week.
- Eating more fruits, vegetables, whole grains, and other heart healthy foods.
- Maintaining a healthy weight.
- Controlling your high blood pressure and diabetes (if you have them).
- Taking any prescribed heart-protective medication regularly.

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Please consider these Kaiser Permanente resources for reliable health information:

- ❖ Check out **kp.org/mydoctor**. Type in your personal physician or nurse practitioner's name and click on the "Healthy living resources" link.
- ❖ Connect to our Web site at **members.kp.org** to access health and drug encyclopedias, interactive programs, message boards, health classes, and much more.
- ❖ Check your *Kaiser Permanente Healthwise Handbook*.
- ❖ Contact your Kaiser Permanente Health Education Center or Department for health information, programs, videos, classes, group appointments, and other resources to help you make these lifestyle changes.
- ❖ For more information about cholesterol and heart disease, check out Kaiser Permanente's Healthphone system. It is a free, confidential community service offering more than 200 health information tapes, in English and Spanish, 24 hours a day. Call 1-800-332-7563.
- ❖ If you have any questions, contact your cholesterol nurse or pharmacist specialist.

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.