

Welcome to the

INETICARE

Cardiac Disease Management Program

INETICARE identifies participants eligible for our disease management program through available claims information and/or payer, provider, self, and other care management referral. It's important for you to learn all you can, make good choices, and work closely with your health care provider to help you prevent or delay complications from your heart/cardiac condition. All identified members receive information specific to cardiac disease through educational mailings, websites, email correspondence, and/or telephone and/or fax.

- **If you have a medical emergency, call 9-1-1.**
- If you have immediate questions about your cardiac disease, as always, call your physician. If you need help selecting a physician, call the customer service number on your ID card.
- We will be sending you and your physician some periodic reminders for care and healthful tips on attaining and maintaining cardiac health.
- If you need diet instructions or other education or cardiac rehabilitation services, talk to your physician. Your physician can order services for you.

PATIENT/PROVIDER TREATMENT GOALS

While the INETICARE Disease Management Program has established goals and specific outcome measures, the program recognizes that the patient and his/her providers should include and be supported by the program to attain and maintain the following goals as well.

Education/Self-Management Training

- The individual must be an active participant in the management of his/her diagnosis to achieve a positive outcome for treatment goals and to avoid complications of the disease process.
- This is achieved through initial education and subsequent reinforcement at physician office visits appropriate to each patient's needs.
- Training in self-management and problem solving is a part of the educational process.
- When possible, a minimum of 10 to 12 hours of instruction should be provided to all patients within 12 weeks of the initial diagnosis.
- The affected individual, and in many instances, family members, must understand the:
 - fundamental disease process,
 - appropriate diet,
 - exercise,
 - Lipid and other lab tests needed on a regular basis
 - B/P monitoring techniques,
 - Daily weights
 - potential complications
 - Importance of including appropriate management of complications and co-morbidities
- Necessity of following physician orders, taking medications properly, and following-through with routine appointments

For more information: Call 1-877-608-2200, email nursing@ineticare.com , fax 813-514-8212, www.ineticare.com //Para más información: llame 1-877-608-2200, email nursing@ineticare.com , fax 813-514-8212, www.ineticare.com