

Take Action Against Heart Disease

CONTRACT



You **can** lower your chances of getting heart disease. You need to work with your doctor on certain risk factors. Many of these risk factors can be controlled and some can't. You can eat right and exercise to lower your cholesterol and blood pressure. You can quit smoking and lose weight. You can't do anything about your family history, your age, race, or gender. But if you work on the things you **can** control, you may be able to minimize or avoid heart disease altogether.

Together, you and your doctor can develop the best approach for managing your health. Read through this contract and discuss it with your doctor. Both you and your doctor should sign the contract to show that you have agreed on a partnership to manage your health.

Doing the following will help to decrease your risk factors:

MONITOR BLOOD PRESSURE

It is important to keep track of your blood pressure. A blood pressure reading measures the pressure of blood as it flows through the arteries. There are two readings for blood pressure. The first is called systolic blood pressure. This is the top number of the two measures. The second reading is for diastolic blood pressure. This is the bottom number.

Current blood pressure reading: _____ Systolic/ _____ Diastolic Date: _____

Goal blood pressure: _____ Systolic/ _____ Diastolic Date: _____

Notify doctor if blood pressure exceeds: _____ Systolic/ _____ Diastolic Date: _____

(Blood pressure 140/90 and above is considered high. Normal blood pressure is 120/80 and lower.)

Check blood pressure every (circle one) Day Week Month

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

Date: _____ Systolic/ _____ Diastolic

MANAGE CHOLESTEROL LEVEL

Too much cholesterol and fat in your blood can build up on the walls of the arteries that supply blood to the heart. This can lead to blocked arteries that cause heart attacks.

Current cholesterol level: _____	Target cholesterol level: _____
Total Cholesterol _____	Total Cholesterol _____ (200 or less)
LDL _____	LDL _____ (100 or less)
HDL _____	HDL _____ (40 or more)
Triglycerides _____	Triglycerides _____ (150 or less)

These are some **“actions”** I can begin to take now to reduce my cholesterol level:

- _____
- _____
- _____

WEIGHT MANAGEMENT

You can lower your cholesterol level and blood pressure by watching what you eat. Eating too much fat, especially saturated fat, can increase cholesterol levels. When you weigh too much, your heart has to work harder. Your heart will benefit if you lose just 7 to 10% of your current weight.

Current weight: _____ lbs. **BMI:** _____ **Date:** _____

Goal weight: _____ lbs.

Month	3 Months	6 Months	9 Months	12 Months
Date				
Weight				
BMI *				

* Goal: Body mass index of 25 or less. To find your BMI, visit www.healthplus.org, click on *My HealthQuest, HealthQuest Programs, Interactive Tools and Calculators*

SMOKING CESSATION

Nicotine causes blood vessels to constrict. It also increases your heart rate and raises your blood pressure. Cigarettes and other kinds of tobacco can increase your risk for heart disease and stroke. Second-hand smoke can also seriously affect heart health.

Currently smoke: _____ packs or _____ cigarettes per day

Goal – Decrease to: _____ packs or _____ cigarettes per day

My target quit date: _____

I have received counseling from my doctor to quit tobacco: Yes ___ No ___

The HealthQuest Tobacco Cessation Program is free of charge to all HealthPlus members. It can guide you if you want to quit tobacco, or prevent a relapse if you have already quit. The program includes:

- Self-directed education kit
- Phone counseling
- Community classes
- Nicotine replacement and/or zyban (bupropion) (for members with prescription benefit)

Take the first step in living a healthier life and call 1-800-345-9956, extension 2118, to enroll or find out more about the program.

EXERCISE/PHYSICAL ACTIVITY

Regular moderate exercise and physical activity has been shown to decrease risk for heart disease by reducing high blood pressure, lowering high cholesterol, and reducing stress. Getting at least 30 minutes of exercise a day is a good prescription for improving heart health. If you need to, you can divide the exercise periods into shorter ones of at least 10 minutes each. Before starting any exercise routine, be sure to first discuss your plan with your doctor.

Exercise goals:

Minutes	Type of Exercise	Daily	3 times per week	Once per week	Other

STRESS MANAGEMENT

Everyone experiences stress now and then. But excess stress can increase your heart rate and blood pressure. It can also lead to poor health habits. It is important to be aware of stress at all times and control it constructively.

These are some **“actions”** I can take right now to better manage my stress:

1. _____
2. _____
3. _____

Glossary of Terms

- **Blood Pressure** – the force of blood against the walls of arteries
 - ◆ **Systolic Blood Pressure** – the force of the blood against the artery walls when the heart beats; recorded as the “top” number, normal systolic blood pressure is less than 120
- **Diastolic Blood Pressure** – the force of the blood against the artery walls when the heart is at rest; recorded as the “bottom” number, normal diastolic blood pressure is less than 80
- **BMI** (body mass index) – a measure of body fat based on your height and weight, using a chart to calculate
- **Cholesterol** – a fat-like substance in your blood that builds up in the walls of your arteries; desirable level is less than 200mg/dL
 - ◆ **LDL** (bad cholesterol) – the main source of cholesterol buildup in the arteries; optimal level is less than 100mg/dL
 - ◆ **HDL** (good cholesterol) – helps keep cholesterol from building up in the arteries and protects against heart disease – so for HDL levels, higher is better; HDL levels of 60mg/dL or more help to lower your risk for heart disease
- **Heart Disease** – a collection of diseases of the heart and blood vessels that includes heart attack, stroke, and heart failure
- **Hypertension** – also known as High Blood Pressure; a blood pressure level of 140/90 or greater, and a major risk factor for heart disease

■ **Risk Factor** – a condition that increases your chance of getting a disease

◆ Risk factors you can control include:

- High Blood Pressure
- High Blood Cholesterol
- Cigarette Smoking
- Diabetes
- Overweight
- Physical Inactivity

◆ Risk factors you cannot control include:

- Age (45 or older for men; 55 or older for women)
- Family History of early heart disease

■ **Triglycerides** – a form of fat in your blood (different than cholesterol) that can increase your risk of heart disease

HealthPlus HealthQuest Resources

- Health Resource Lending Library and Self-Help Booklet Series: Library listing at www.healthplus.org, choose *My HealthQuest*, then *HealthQuest Programs* and *HealthQuest Library Program*, or call 1-800-345-9956, ext. 1943
- HealthQuest Weight Reduction Program – *Healthy Weigh*: Call 1-800-345-9956, ext. 1943, and choose option 3, or email hquest@healthplus.org; or get information and possible discounts for Community Weight Management Programs – *Weight Watchers* or *Diet Workshop*
- America on the Move, exercise/fitness walking: www.healthplus.org, choose *My HealthQuest*, then *HealthQuest Programs* and *HealthQuest Physical Activity Program*

HealthPlus HealthQuest Resources ... CONTINUED

- Confidential Mental Health Screening Service: Call 1-800-216-2716 for alcohol problems and depression, or www.healthplus.org, choose *My HealthQuest*, then *HealthQuest Mental Health Programs* for depression, manic-depression, alcohol, or other problems
- Tobacco Cessation Program: 1-800-345-9956, ext. 2760, or www.healthplus.org, choose *My HealthQuest*, then *HealthQuest Programs* and *HealthQuest Tobacco Cessation Program*

I have read and discussed this contract with my doctor, and together we have developed **actions** that I can take now and in the future to reduce my risk for heart disease.

Patient Signature

Date

Doctor Signature

Date



The Plus makes all the difference.