

# Get heart support when you need it

## ConditionCare: heart failure

### Help is just a phone call away

A heart failure diagnosis can sound pretty scary. It means your heart isn't working as well as it should, and has trouble pumping the blood that brings oxygen and nutrients to your body.

But there's hope for leading a full, comfortable life. And ConditionCare can help get you there.

If you or a covered family member is living with heart failure, this no-cost health and wellness program connects you to nurse care managers for heart-health support and resources.

#### ConditionCare provides:

- 24/7, toll-free phone access to nurses who can answer health questions.
- Guidance from nurse care managers, pharmacists, dietitians and other health care professionals to help you reach your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about heart health.

You might get a call from us to see whether the program is a good fit for your needs. Before discussing your health on the phone, we'll verify your address or date of birth to be sure we're speaking only with you and protecting your privacy. Any information you share will be kept confidential.



**You're never alone with ConditionCare**

For more details or to join ConditionCare, call us  
toll free at 866-962-1071.



Source: The American Heart Association website: [americanheart.org](http://americanheart.org).

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