

Cardiovascular Disease Management Program



The Sentara Health Plans Cardiovascular Disease Management Program provides members with the support they need to manage a very complex condition. Coronary Artery Disease (CAD) is a disorder that causes the major blood vessels surrounding the heart to become damaged or diseased. Congestive Heart Failure (CHF) occurs when the heart muscle doesn't pump blood as well as it should. Our overall program goal is to help members establish good self-management practices that improve outcomes, prevent complications, and reduce acute hospital admissions.

Members are eligible for the program if they are in active treatment for CAD.

Key Aspects of the Program:

- Case managers reach out to eligible members to invite them to participate and perform an initial risk assessment.
- Case managers complete a comprehensive health assessment of the participant, including social determinants of health.
- Case managers work together with members and their providers to develop an individualized care plan, which will include measurable goals such as:
 - annual visit with their primary care physician (or more frequently as needed)
 - annual testing for LDL cholesterol levels and blood pressure
 - nutrition and activity plan
- Members and their providers can access the care plan 24/7 through the secure portals on [sentarahealthplans.com](https://www.sentarahealthplans.com).
- Case managers engage members regularly to review and update the care plan.
- Case managers reach out to members at least annually based on changes in the member's condition or needs.



Questions? Call 1-866-503-2730 or email mylifemyplanrewards@sentara.com