

Cardiovascular Case Management Program

Are you at risk of a heart attack or stroke? Are you struggling to control high blood pressure? MESSA's Cardiovascular Case Management Program can provide you with free personal support from a certified nurse educator.

Our Cardiovascular Case Management Program gives you access to a cardiovascular nurse educator who will provide you with important information, encouragement and guidance to help you reach your cardiovascular health goals. Our nurse educator will work with you to reduce your cardiovascular-related symptoms and improve your overall health and quality of life.

Our cardiovascular nurse educator will help you:

- Know and understand key numbers that affect your cardiovascular health
- Make the changes necessary to living a healthier life
- Communicate your needs and concerns to your health provider
- Recognize complications that can occur with your diagnosis



CATHY SCOTT-LYNCH, R.N.
cardiovascular nurse educator

Personal support for you

Our cardiovascular nurse educator, **Cathy Scott-Lynch, R.N.**, will work directly with you to help develop a personal heart health action plan, including strategies you can use to make better lifestyle choices. You'll learn how to identify and track your key health risk numbers, including blood pressure, blood sugar, and good and bad cholesterol, with an eye toward risk reduction.

In addition to healthy lifestyle measures, some people may need prescription medications to control blood pressure. Cathy can help you partner with your physician to develop an effective blood pressure management strategy.

And if you've already suffered a heart attack or stroke, Cathy will show you how to access specific MESSA benefits, such as cardiac rehabilitation, that can dramatically reduce your risk of suffering another attack.

MESSA members and their dependents are eligible to participate in MESSA's Cardiovascular Case Management Program. To get started, call Cathy at **800.336.0022** and select **prompt 3**.

