



Healthy at Heart Reduce Your CV Risk

The *Healthy at Heart Reduce Your CV Risk* is a **free** educational program for HPM members and providers. *Healthy at Heart* can teach you about heart-healthy living and tips to stop heart disease. This program is sponsored by Pfizer Pharmaceuticals.

How this Program Works:

- All members with heart disease are mailed invitations to enroll in the *Healthy at Heart* program by Health Plan of Michigan. Enrollment forms are usually mailed in the first three months of the year (January, February and March).
- Members who are interested in the program should fill out the form and mail it back to *Healthy at Heart* in the envelope provided.
- HPM does not release any member names to the *Healthy at Heart* program. *Healthy at Heart* will only have a member's name if the member mails back the enrollment form.
- Members enrolled in the *Healthy at Heart* program receive 12 mailings over the year to help them control their risk factors for heart disease.
- Mailings include a series of newsletters with articles about common health problems, health tips, and more. Members can also get more information and help on the *Healthy at Heart* website (www.healthyatheart.com).

If you did not get an enrollment form in the mail, but would like to join this program, please call the HPM Disease Management department at 1-888-437-0606, ext. 1395.