



Chronic Care Management Program Heart Management

Virginia Premier is committed to helping you take control of your health. If you have Heart Disease or Heart Failure, our Heart Management Program will aim to help you become active in your own care, improve your health and quality of life and help you understand your heart condition.

Why participate?

- You can receive the most current health information about heart disease and heart failure
- You can get support from a Registered Nurse

Follow-Up Calls

After the first call, we will sometimes check in to see how you are doing and to answer your questions. We will give you information and support to help you live a healthy lifestyle. In addition to your heart, we may give you information about:

- Healthy weight
- Exercising
- Planning meals
- Quitting smoking

What does the program include?

A nurse will talk with you about:

- How heart disease or heart failure affects you
- Your overall health
- Your feelings about heart disease or heart failure
- Any heart medications you are taking
- The importance of seeing your doctor
- The importance of nutrition, blood pressure control, and daily weights
- Any other support services you may need

How can I join?

To learn more about heart conditions and how Virginia Premier can help, please call our Chronic Care Management Nurses, Monday - Friday, 8 am - 5 pm, at 1-866-243-0937.



Virginia Premier is an HMO and HMO SNP organization with a Medicare contract. Enrollment in any Virginia Premier plan depends on contract renewal.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year.

Virginia Premier complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Call Member Services at 1-877-739-1370 (TTY: 711). October 1 to February 14, we are open daily from 8:00 am to 8:00 pm, 7 days a week. From February 15 through September 30, we are open Monday through Friday, 8 am to 8 pm. On certain holidays your call will be handled by our automated phone system.

This information is available for free in other languages.

Virginia Premier is a registered trademark of Virginia Premier Health Plan, Inc. All other trademarks/ service marks remain the property of their respective companies. All rights reserved. Virginia Premier Health Plan, Inc. is a fully-owned subsidiary of VCU Health. Other Pharmacies/Physicians/Providers are available in our network.