

## Well Care for Your Heart

### IN-HOME HEART FAILURE MANAGEMENT



Driven by the American Heart Association Clinical Guidelines for Heart Failure, the program includes evidence-based education for patients and caregivers so that they can better manage the chronic disease. Education and interventions focus on medication regimen, a heart-healthy diet, self-monitoring, and advance care planning.

#### PROGRAM BENEFITS:

- ✓ Preventing hospitalizations
- ✓ Preventing emergency room visits
- ✓ Improving self-monitoring and self-care management
- ✓ Improving activity tolerance
- ✓ Assuring goal-directed healthcare

#### PROGRAM FEATURES:

- ✓ Standardized Tests and Measurements
- ✓ Medical Management
- ✓ In-home Imaging (chest x-rays)
- ✓ Customized Acuity-Based Plans of Care
- ✓ Interactive Education book based on American Heart Association guidelines



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888.815.5310



## In Home Programs to Meet Your Needs

✓ HEART FAILURE

✓ BEYOND BALANCE

✓ OPTIMAL BREATHING

✓ STROKE REHAB

## Beyond Balance

### FALL PREVENTION FOR AT-RISK SENIORS



The Beyond Balance program is an evidence-based therapy-driven program designed for patients with a history of falls, or deemed to be at high risk of falls. The program incorporates proven exercises designed to increase strength, improve balance and prevent falls in older adults.

#### PROGRAM BENEFITS:

- ✔ Prevent falls
- ✔ Address physical frailty
- ✔ Prevent emergency room visits
- ✔ Prevent hospitalization
- ✔ Prevent devastating injuries
- ✔ Improve patient confidence and safety

#### PROGRAM FEATURES:

- ✔ Standardized Tests and Measurements
- ✔ Evidence-Based Home Exercise Program
- ✔ Device Use Assessment and Education
- ✔ Credentialed Clinicians
- ✔ Customized Acuity-Based Plans of Care

## Optimal Breathing

### AT-HOME PULMONARY REHABILITATION



A multidisciplinary and comprehensive program designed for patients with chronic respiratory diseases. The program incorporates pulmonary rehabilitation interventions and airway clearance exercises to improve airway capacity, clinical symptoms and quality of life.

#### PROGRAM BENEFITS:

- ✔ Prevent hospitalizations
- ✔ Prevent emergency room visits
- ✔ Improve self-care management
- ✔ Improve dyspnea and secretion elimination
- ✔ Improve airway capacity

#### PROGRAM FEATURES:

- ✔ Standardized Tests and Measurements
- ✔ Medical Management
- ✔ Device Use Assessment and Education
- ✔ In-home Imaging (chest x-rays)
- ✔ Credentialed Clinicians
- ✔ Customized Acuity-Based Plans of Care

## Moving Forward

### AT-HOME STROKE REHABILITATION



A therapy-driven program designed for patients who have had a stroke or TIA. The program incorporates evidence-based rehabilitation techniques, patient and caregiver education, and standard protocols to quickly improve patient mobility, independence, and recovery.

#### PROGRAM BENEFITS:

- ✔ Restores mobility
- ✔ Maximizes independence
- ✔ Strengthens communication and cognitive skills
- ✔ Increases strength and endurance
- ✔ Prevents hospitalizations and emergency room visits

#### PROGRAM FEATURES:

- ✔ Interactive patient and caregiver education book
- ✔ Individualized exercise programs
- ✔ Standardized tests and measurements
- ✔ Multi-disciplinary teams to evaluate and treat post-stroke deficits
- ✔ Durable medical equipment assessment and education