

MESSA Cardiovascular Education and Member Support Program

A way to improve health and lower costs

Many times people with health problems such as high blood pressure, high cholesterol or heart disease have good intentions about making healthy changes in their lifestyles. Sometimes these changes are difficult to achieve.

MESSA's Cardiovascular Health Education Program can help

Our Cardiovascular Health Education 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. The Cardiovascular Nurse Educator can work with you over the course of several months, focusing on one area of your health at a time enabling you to reduce symptoms associated with your particular cardiovascular condition and improve your overall health and quality of life.

How you can benefit from the Cardiovascular Health Education Program

Cardiovascular health education offers a practical and proven approach to effectively manage cardiovascular health. Our program can help you:

- ▶ know and understand key numbers that affect your cardiovascular health.
- ▶ make the changes necessary to live a healthier life.
- ▶ communicate your needs and concerns to your health provider.
- ▶ recognize complications that can occur with your particular diagnosis.

MESSA offers information to its members and their dependents who want to be proactive in managing their cardiovascular disease or who want help managing cardiovascular related conditions. There is no cost for the program or the materials. For more information on cardiovascular disease and effective treatment or prevention strategies, contact MESSA Member Education by calling 800.336.0022 and selecting prompt 3, or e-mail: membereducation@messa.org.



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