

Health Partners plans Pledges to help reduce heart attacks and strokes by one million

Health Partners Plans (HPP) is continuing its mission of “doing it right” by joining the Million Hearts Campaign. An initiative launched by Department of Health and Human Services and coled by the Centers for Disease Control and Prevention (CDC) and Centers for Medicare & Medicaid Services (CMS), the goal is to reduce the number of heart attacks and strokes in the U.S. by 1 million by 2017.

This national initiative brings health systems, nonprofit organizations, federal agencies and communities together to fight heart disease and strokes. As a managed care organization committed to improving the health of the communities it serves,

HPP was eager to make the Million Hearts pledge. Through a multidisciplinary team of peer coaches, health educators, nutritionists, social workers and care coordinators, HPP continues to help its members remember their “ABCS” for heart health.

Aspirin for people at risk
Blood pressure control
Cholesterol management
Smoking cessation
“We continually strive to improve the health outcomes of our members, by encouraging healthy living through exercise and smart food choices,” said Dr. Steven E. Szebenyi, Senior Vice President of Healthcare Management and Chief Medical Officer. “Since our comprehensive

care programs align with the Million Hearts Initiative this partnership complements how we assist our members and the communities we serve.”

To promote its partnership with the Million Hearts Initiative, HPP recently hosted a tweet chat about heart health and preventing cardiovascular disease. Titled “Love your Heart,” the chat featured Michael DeAngelis, M.D., a cardiologist with the Lankenau Heart Group, and Stephanie Nichols, a health educator at HPP.

“It’s important for peo-

ple to know that any pain from your nose to your navel, including your arms, can be attributed to your heart,” tweeted Dr. DeAngelis during the chat. “With heart disease being the number one killer among women and men in the United States, I’m honored to bring this important conversation online.”

To view HPP’s pledge, visit the Million Hearts website. You can also make the pledge to reduce the number of heart attacks and strokes by 2017.

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