



2025

Cardiovascular Health Resource Guide



**An Overview of Cardiovascular Health
Prevention, Management, and Available Resources**

Cardiovascular Health Resource Guide

Cardiovascular health (CVH) is crucial for overall well-being, as cardiovascular disease (CVD) remains the leading killer of Americans. According to the Centers for Disease Control and Prevention (CDC), one person dies from heart disease every 33 seconds (CDC, 2023). CVD accounts for \$216 billion in health care costs annually, and by 2035 costs are projected to exceed \$1 trillion (American Heart Association, 2017). Moreover, heart disease and stroke are responsible for nearly 30% of all deaths in Delaware (USA Facts, 2024).

It is also critical to note that CVH inequities are present across race, ethnicity, sexual orientation, and geography.

The Delaware Department of Health and Social Services (DHSS) has long recognized the importance of the social determinants of health (SDOH). Its most recent state health assessment argues that “quality of life and health status are intrinsically linked to the economic, income, and educational attainment of Delaware residents. Differences in these social conditions drive health inequities in Delaware, such that many Delaware communities — those that lack employment opportunities, have poor quality schools and low graduation rates, lack healthy food retailers but have an abundance of alcohol and tobacco establishments, unstable housing and a lack of safe recreational spaces — have poorer health than communities with more resources.”

Some strategies to promote CVH equity include recognizing structural inequalities, diversifying clinical trials, training a workforce in cultural humility, and addressing SDOH.

This Cardiovascular Health Resource Guide was designed to provide an overview of resources for maintaining and improving CVH through education, prevention, and management strategies.

The vendor resources included are based on submissions to a general outreach to the marketplace. The information included is intended to provide employers with potential options and there has been no evaluation of the representations made by the vendors. The evaluation of any option considered should be performed by the employer and/or their broker/consultant/advisor based on the specific needs and objectives.

Staying informed, maintaining a healthy lifestyle, and seeking regular medical care are vital steps for cardiovascular health. Explore the resources mentioned below to support your journey toward better heart health.

References:

- Centers for Disease Control and Prevention. (2023). *Heart Disease Facts*. Retrieved from www.cdc.gov/heart-disease/data-research/facts-stats/?CDC_AAref_Val=https://www.cdc.gov/heartdisease/facts.htm
- American Heart Association. (2017). *Cardiovascular Disease: A Costly Burden for America*. Retrieved from www.heart.org/-/media/Files/About-Us/Policy-Research/Fact-Sheets/Public-Health-Advocacy-and-Research/CVD-A-Costly-Burden-for-America-Projections-Through-2035.pdf
- USA Facts (2024). *Delaware Vital Statistics Annual Report*. Retrieved from www.usafacts.org/answers/what-are-the-leading-causes-of-death-in-the-us/state/delaware/

Cardiovascular Health Overview:

Understanding Cardiovascular Health:

What is Cardiovascular Health? Cardiovascular health refers to the health of the heart and blood vessels. It includes conditions such as heart disease, hypertension (high blood pressure), stroke, and others.

Medical Conditions Related to Cardiovascular Health:

Hypertension (High Blood Pressure):

- **Symptoms:** Severe headaches, chest pain, dizziness, difficulty breathing, nausea, vomiting, and blurred vision or other vision changes.
- Uncontrolled hypertension can lead to heart disease, stroke, and kidney disease. Regular monitoring and medications (if prescribed) are crucial.

Angina:

- **Symptoms:** Dull or heavy-to-sharp chest pain or discomfort, pain in the neck/jaw/throat (women), and pain in the upper back or abdomen.
- Angina is a symptom of an underlying heart condition, usually coronary heart disease (CHD) aka coronary artery disease (CAD).

Coronary Artery Disease (CAD):

- **Symptoms:** Chest pain that can feel like a dull pressure, constriction, or burning. The pain can spread to the arms, neck, back, upper belly, or jaw. Additional symptoms include shortness of breath, extreme tiredness, nausea, dizziness, swelling in the hands or feet, heart palpitations, cold sweat, pain, numbness, and weakness, or coldness in the legs or arms if blood vessels are narrowed.
- CAD is caused by atherosclerosis — the buildup of plaque in the arteries — which can reduce blood flow to the heart and lead to heart attacks.

Heart Failure:

- **Symptoms:** Shortness of breath, fatigue, and swelling of extremities.
- A condition where the heart doesn't pump blood efficiently, leading to fluid buildup and shortness of breath.

Arrhythmias (irregular heartbeats):

- **Symptoms:** Fluttering feelings or palpitations.
- Irregular heartbeats that can lead to complications if untreated.

Heart Attack:

- **Symptoms:** Heavy-to-sharp chest pain or discomfort, indigestion, heartburn, nausea/vomiting, extreme fatigue, upper-body discomfort, and shortness of breath
- A heart attack occurs when a blood clot blocks blood flow to the heart.

Stroke:

- **Symptoms:** Weakness, paralysis, trouble speaking or understanding speech, difficulty seeing in one or both eyes, shortness of breath, dizziness, loss of balance or coordination, loss of consciousness, or sudden and severe headache.
- A stroke occurs when blood supply to part of the brain is interrupted. Prevention focuses on controlling blood pressure and managing other cardiovascular risk factors.

Risk Factors for Cardiovascular Diseases:

- **Modifiable:**
 - High blood pressure, high cholesterol, smoking, poor diet, physical inactivity, obesity, and diabetes.
- **Non-modifiable:**
 - Age, sex assigned at birth, family history, and ethnicity.

Key Metrics for Cardiovascular Health:

- **Blood Pressure**
 - **What it is:** Blood pressure measures the force of blood pushing against the walls of your arteries as your heart pumps.
 - **Why it matters:** High blood pressure (hypertension) increases the risk of heart disease, stroke, and other serious health issues.
 - **Ideal range:** Less than 120 (systolic) over 80 (diastolic) mmHg.
- **Cholesterol Levels**
 - **HDL (High-Density Lipoprotein) – Ideal: >60 mg/dL**
 - Known as "good cholesterol," HDL helps remove excess cholesterol from the bloodstream. Higher levels are protective against heart disease.
 - **LDL (Low-Density Lipoprotein) – Ideal: <100 mg/dL**
 - Called "bad cholesterol," LDL can build up in the arteries, leading to plaque formation and an increased risk of heart attack and stroke.
 - **Triglycerides – Ideal: <150 mg/dL**
 - Triglycerides are a type of fat in the blood. High levels can contribute to atherosclerosis (hardening of the arteries) and increase the risk of cardiovascular disease.
- **Body Mass Index (BMI)**
 - **What it is:** BMI is a measure of body fat based on your height and weight.
 - **Why it matters:** Maintaining a healthy BMI helps reduce the risk of heart disease, diabetes, and other chronic conditions.
- **Blood Sugar Levels**
 - **HbA1c (Glycated Hemoglobin)**
 - **For people with diabetes – Ideal: ≤ 48 mmol/mol (6.5%)**
 - **For people at risk of type 2 diabetes – Ideal: < 42 mmol/mol (6%)**
 - **What it is:** HbA1c reflects your average blood sugar levels over the past 2–3 months.
 - **Why it matters:** Keeping HbA1c within target levels can help prevent or delay complications of diabetes and reduce cardiovascular risk.

Screening, Prevention, and Lifestyle Tips for Heart Health:

- Get regular checkups with your health care provider to monitor your blood pressure, cholesterol, blood sugar, and BMI.
- Age-appropriate screenings include echocardiograms, stress tests, and blood work to assess cardiovascular risks.

Dietary Recommendations:

- Follow a heart-healthy diet, such as the Mediterranean or DASH (Dietary Approaches to Stop Hypertension) diet.
- Include foods rich in omega-3 fatty acids, like fish, nuts, and seeds.
- Limit saturated fats, trans fats, sodium, and processed sugars.

Quit Smoking:

- Smoking is a significant risk factor for cardiovascular disease.

Limit Alcohol Consumption:

- Moderate alcohol intake (one drink or less per day for women and two drinks or less per day for men) is generally considered safe, but excessive consumption can increase blood pressure and risk of heart disease.

Manage Stress:

- Chronic stress can negatively impact heart health. Consider mindfulness techniques, yoga, or talking to a counselor for stress management.

Exercise and Physical Activity:

- Aim for at least 150 minutes of moderate-intensity aerobic activity (like brisk walking) per week, or 75 minutes of vigorous-intensity activity (like running).

- Incorporate strength training exercises twice per week.

Cardiovascular Treatment Options:

Medications:

- **Statins:** Help reduce cholesterol levels.
- **Beta-Blockers:** Reduce heart rate and blood pressure, easing the heart's workload.
- **Angiotensin-converting enzyme (ACE Inhibitors):** Help relax blood vessels, lowering blood pressure.
- **Antiplatelets/Anticoagulants:** Prevent blood clots, reducing the risk of heart attack or stroke.

Surgical Interventions:

- **Angioplasty:** A procedure to open blocked arteries and improve blood flow.
- **Coronary Artery Bypass Graft (CABG):** Surgery to bypass blocked arteries and restore blood flow to the heart.
- **Pacemaker Installation:** Helps regulate abnormal heart rhythms.
- **Heart Transplant:** For end-stage heart failure when other treatments are not effective.

Emergency Response: Recognizing Heart Attack and Stroke:

Heart Attack Signs:

- Chest pain, discomfort in the arms, back, neck, or jaw, shortness of breath, nausea, and lightheadedness.

Stroke Signs (FAST Method):

- Face drooping, arm weakness, speech difficulty, time to call 911

Action Steps:

- Call emergency services immediately (911 in the U.S.), administer aspirin if advised, and perform CPR if necessary.

Apps for Cardiovascular Health:

MyFitnessPal:

- Tracks diet and exercise, helping to monitor cardiovascular health.

Heart Rate Monitor:

- Uses your phone or a wrist band to measure heart rate and track cardiovascular health.

Blood Pressure Monitor:

- Allows tracking of blood pressure to ensure heart health remains stable.

Wearables:

- Devices like Apple Watch, Fitbit, and Garmin provide heart rate monitoring, ECG readings, and activity tracking to promote cardiovascular health.

DELAWARE

Cardiovascular Health

Resources

DELAWARE Specific Cardiovascular Health Resources:

Support for Chronic Diseases | Healthy Delaware

- Learn how to live better and how you can prevent, get tested for, and get treated for chronic diseases. Whether you have insurance or not, you may be eligible for programs and services.
 - Healthy Living Program:
 - Website: www.healthydelaware.org/Individuals#healthy-living
 - Cancer Program:
 - Website: www.healthydelaware.org/Individuals#cancer
 - Website: www.healthydelaware.org/Individuals/Cancer/Get-Help/Screening-For-Life
 - Website: www.cancercareconnection.org
 - Heart Program:
 - Website: www.healthydelaware.org/Individuals#heart
 - The Healthy Heart Ambassador Blood Pressure Self-Monitoring Program
 - Website: www.healthydelaware.org/Individuals/Heart/High-Blood-Pressure#healthy-heart-program
 - Diabetes Program:
 - Website: www.healthydelaware.org/Individuals#diabetes
 - Website: www.healthydelaware.org/Individuals/Self-Management-Programs/Diabetes
 - Tobacco Program:
 - Website: www.healthydelaware.org/Individuals#tobacco
 - Self-Management Program:
 - Website: www.healthydelaware.org/Individuals#self-management

Diabetes and Heart Disease Prevention and Control Program (DHDP) - Delaware Health and Social Services (DHSS) - State of Delaware

- The Delaware Diabetes and Heart Disease Prevention and Control Program (DHDP) goal is to decrease the state's emotional, physical, and financial burden from diabetes and heart disease by preventing the diseases and reducing their complications. This program supports community clinical linkages, health systems interventions, environmental approaches, and activities such as epidemiology and surveillance.
- Website: <https://dhss.delaware.gov/dph/dpc/diabetes.html#:~:text=The%20Delaware%20Diabetes%20and%20Heart,public%20and%20private%20health%20organizations>.

Tobacco Prevention and Control Program (TPCP) - DHSS - State of Delaware

- The Delaware Division of Public Health works to prevent the use of tobacco products through its Tobacco Prevention and Control Program (TPCP). The TPCP collaborates with the IMPACT Delaware Tobacco Prevention Coalition, health care organizations, youth and community groups, educational organizations, grassroots networks, and state agencies. The Tobacco Program offers two programs to help smokers quit, conducts media campaigns, and funds youth-led campaigns and peer-education groups.
- Website: www.dhss.delaware.gov/dph/dpc/tobacco.html

WISEWOMAN - Centers for Disease Control and Prevention (CDC)

- The Delaware Division of Public Health WISEWOMAN program, funded by the CDC, aims to improve cardiovascular health for women aged 35-64, particularly those who are uninsured, underinsured, or have lower incomes, by offering screenings, counseling, and support for lifestyle changes.
- Website: www.cdc.gov/wisewoman/php/about/index.html

Physical Activity Nutrition and Obesity Prevention (PANO) Program - DHSS - State of Delaware

- The Physical Activity, Nutrition, and Obesity Prevention (PANO) Program is in the Division's Bureau of Health Promotion. The PANO program uses a public health approach to addressing the role of physical activity and nutrition in improving health and preventing chronic diseases for all Delawareans.
- Website: www.dhss.delaware.gov/dhss/dph/dpc/panohome.html

[Advancing Healthy Lifestyles \(AHL\) - DHSS - State of Delaware](#)

- Advancing Healthy Lifestyles (AHL) is part of the Division of Public Health's PANO Program. AHL's goal is to reduce adult and childhood obesity, along with other chronic conditions, to achieve long-term health equity for schools, communities, and workplaces throughout Delaware.
- Website: www.healthydelaware.org/Community-Partners/Advancing-Healthy-Lifestyles#intro

[DE Hypertension and Diabetes | Quality Insights State Services](#)

- Quality Insights has partnered with the Delaware Division of Public Health (DPH) on this exciting initiative to prevent and control diabetes, heart disease, obesity, and associated risk factors by providing no-cost assistance to health care providers across Delaware.
- Website: www.qualityinsights.org/stateservices/projects/de-cvd-dm

[Delaware AHA Aims to Control State's High Blood Pressure Rates – Eastern States Blog \(heart.org\)](#)

- The Delaware Hypertension Control Network aims to reduce the number of Delaware residents with high blood pressure and lower the risk of stroke.
- Every library across the state has blood pressure devices and offers free blood pressure checks to those with valid library cards. The Delaware libraries also offer blood pressure monitors for check-out for up to three weeks at no cost. The monitors are easy to use and come with information on measuring blood pressure correctly.
- Website: www.easternstates.heart.org/2021/09/22/delaware-aha-aims-to-control-states-high-blood-pressure-rates/#:~:text=As%20part%20of%20the%20Delaware,operate%20and%20read%20and%20include

[Cardiovascular Diseases – Delaware Chronic Disease Coalition](#)

- The Delaware Chronic Disease Coalition provides a reliable resource of information about the prevention, diagnosis, and treatment of chronic disease for all Delawareans and provides ongoing support for those living with chronic disease.
- Website: www.dechronicdiseasecoalition.org/?page_id=539

[Cardiovascular Specialists in Delaware | AFC \(afcurgentcare.com\)](#)

- American Family Care locations in Delaware provide cardiovascular health evaluations and management strategies. Taking care of your heart health is the best way to avoid heart disease and other cardiovascular-related illnesses that can diminish quality of life or even be fatal.
- Website: www.afcurgentcare.com/delaware/patient-services/cardiovascular-health-and-care/

[Delaware | American Heart Association](#)

- The American Heart Association works to improve the health and well-being of Delaware residents through education, screenings, and more.
- Website: www.heart.org/en/affiliates/delaware#:~:text=Board%20of%20Directors-,Community%20Impact,e-cigarette%20education%20and%20prevention

[Explore Cardiovascular Diseases in Delaware | AHR \(americashealthrankings.org\)](#)

- The Americas Health Ranking (AHR) works on improving cardiovascular health among adults.
- Website: www.americashealthrankings.org/explore/measures/CVD/DE

[DCA | Delaware Cardiovascular Associates \(decario.com\)](#)

- Delaware Cardiovascular Associates is a group of cardiologists whose mission is to provide the highest quality care in all aspects of cardiovascular diseases. All physicians are board certified in cardiology, with sub-specialty boards in areas such as: nuclear medicine, echocardiography, interventional cardiology, and peripheral vascular disease.
- Website: www.decario.com/#:~:text=Welcome%20to%20Delaware%20Cardiovascular%20Associates,upon%20the%20referring%20physician%27s%20request

[Healthy Heart Ambassador Blood Pressure Self-Monitoring Program | Delaware Health and Social Services \(DHSS\) - State of Delaware](#)

- The Healthy Heart Ambassador Blood Pressure Self-Monitoring Program can help adults with hypertension. This is a free, 100%-virtual program that focuses on self-monitoring of your blood pressure with individualized support and teaches lifestyle techniques through nutrition education and cooking classes. During the four-month program, you will learn how to get healthier and stay that way.
- Website: www.healthydelaware.org/Individuals/Heart/Healthy-Heart-Ambassador-Program#intro

[Association of Black Cardiologists | Saving the Hearts & Minds of a Diverse America \(abcario.org\)](#)

- The Association of Black Cardiologists (ABC) promotes the prevention and treatment of cardiovascular disease, including stroke, in black individuals and other minorities and to achieve health equity for all through the elimination of disparities.
- Website: www.abcario.org

[Shine a Light on Stroke](#)

- The mission of Shine A Light On Stroke is to raise awareness in the community for stroke survivors and their caregivers. A dedicated team of volunteers, advocates, and professionals create lasting change through collaboration and innovation. They work to address the lack of support for this population, by focusing on sustainable solutions that uplift and empower individuals as well as the community. Through partnerships with local businesses and other nonprofits, they strive to make a tangible impact. Their goal is to assist any and all individuals who have been negatively impacted by stroke in reducing their financial burdens due to out-of-pocket expenses that insurance hasn't covered.
- Website: www.shinealightonstroke.org

[Delaware Independent Resources Inc \(iri-delaware.org\)](#)

- Delaware Independent Resources, Inc. strives to unlock the potential of Delawareans with disabilities by empowering them to realize, achieve and maintain independent living.
- Website: www.iri-delaware.org/c/about-us/

[Division of Family Services – Department of Services for Children, Youth & Their Families \(DSCYF\) - State of Delaware](#)

- The Division of Family Services (DFS) promotes the safety and well-being of children and their families through prevention, protection, and permanency.
- Website: www.kids.delaware.gov/family-services/

[Patient Information Center \(PIC\) of Delaware](#)

- PIC serves thousands of parents and professionals statewide to meet the mission and improve outcomes for children. PIC is committed to helping parents of children with disabilities from birth to 26 to help them access appropriate education and related services for their children.
- Website: www.picofdel.org/our-work/

[atTAcK addiction](#)

- atTAcK addiction is a non-profit group whose mission is to raise awareness about the disease of addiction. Through educating communities, assisting families in their quest for information, and supporting those in recovery, atTAcK addiction seeks to remove the stigma of addiction by affecting positive change in Delaware.
- Website: www.attackaddiction.org

[Publicly Funded Addiction Treatment in Delaware:](#)

- Resource Flyer:
www.dhss.delaware.gov/dhss/dsamh/files/DSAMH_Publicly_Funded_Tx_Editable_Flyer_updated_7.17.24.pdf
- Website: www.treatmentconnection.com

[Delaware Psychological Association - Home \(depsych.org\)](https://depsych.org)

- The Delaware Psychological Association promotes the profession of psychology and enhances and improves the quality of life for Delawareans through public and professional educational programs, by supporting high ethical standards and integrity for psychologists, and by working collaboratively with other groups to affect positive change in individuals, groups, and the community.
- Website: www.depsych.org

[TeleHelp 24/7 | New Castle, DE](https://www.telehelp247.org)

- Virtual mental health care company committed to providing comprehensive behavioral health that is primarily focused on communities of color.
- Website: www.telehelp247.org

[T2C Services – Mental Health Services](https://www.t2cservices.org)

- The Mental Health Services for Women who experience difficulty staying focused, lack motivation to complete daily tasks, excessive worry, trouble sleeping, frequent changes in mood, poor social interactions, or struggle to adjust to recent life changes.
- Website: www.t2cservices.org

[Zoe Ministries, Inc.](https://www.zoe-delaware.org)

- The mission of Zoe Ministries is to provide safety, healing, and advocacy for those impacted or potentially impacted by sex trafficking.
- Website: www.zoe-delaware.org

[Division of Medicaid & Medical Assistance \(DMMA\) - Delaware Health and Social Services - State of Delaware](https://www.dhss.delaware.gov/dhss/dmma/#:~:text=On%20April%201,%202023,%20the%20DHSS%20Division%20of)

- Delaware State Assistance and Support Services provide general information and assistance to DMMA and Division of Social Services applicants, clients, staff and others inquiring about Medicaid benefits and services.
- Website: www.dhss.delaware.gov/dhss/dmma/#:~:text=On%20April%201,%202023,%20the%20DHSS%20Division%20of

[The YMCA of Delaware](https://www.ymcade.org)

- The YMCA is a leading non-profit organization committed to strengthening community through youth development, healthy living, and social responsibility.
- Website: www.ymcade.org

Additional Cardiovascular Health Resources

Additional Cardiovascular Health Resources:

Stroke resources:

- Website: www.cdc.gov/stroke/about/index.html
- Website: www.stroke.org
- Website: www.strokeinfo.org/resources/?gad_source=1&gclid=CjwKCAjwmaO4BhAhEiwA5p4YL-YNT2vA4huQqadVdKcCpylrOU_Fzc51fY_3vdipkl8FGAELQ945dBoCqRwQAvD_BwE
- Website: www.strokerecoveryfoundation.org/stroke-prevention/?keyword_session_id=vt~adwords|kt~how%20to%20prevent%20a%20stroke|mt~b|ta~385575154789&vsrefdom=wordstream&gad_source=1&gclid=CjwKCAjwmaO4BhAhEiwA5p4YL5tWDnPsFG844AoTYL_v0oz0EW7Kei1ZUttorgJiYCiLIAXPUTo0zRoCr08QAvD_BwE
- Website: www.ninds.nih.gov/health-information/stroke
- Website: www.strokesupportassoc.org/community-resources-for-survivors-of-stroke-2/

Cardiovascular Health Organizations, Heart Disease Management, and Support:

The CDC:

- The CDC Division for Heart Disease and Stroke Prevention focuses on preventing heart disease with practical lifestyle and diet tips.
- Website: www.cdc.gov/heart-disease/about/index.html

American Heart Association (AHA):

- The AHA provides educational resources, community programs, and support for heart disease prevention and treatment.
- Website: www.heart.org

The Mayo Clinic:

- The Mayo Clinic provides information on risk factors like smoking, diet, and inactivity, and tips for healthy living.
- Website: www.mayoclinic.org/diseases-conditions/heart-disease/symptoms-causes/syc-20353118

World Heart Federation:

- The World Heart Federation (WHF) is a global organization that provides information on cardiovascular disease prevention and advocacy. It promotes global cardiovascular health through research and awareness campaigns.
- Website: www.world-heart-federation.org

National Institutes of Health (NIH) Heart Disease Resources:

- The NIH provides research-based insights into managing heart disease.
- Website: www.nih.gov

Cardiosmart (American College of Cardiology):

- The Cardiosmart is a patient-focused site with information on treatment options, symptoms, and living with heart disease.
- Website: www.cardiosmart.org

Mended Hearts:

- The Mended Hearts is a support group for heart disease patients and their families.
- Website: www.mendedhearts.org

Blood Pressure and Cholesterol Management:

Million Hearts:

- The Million Hearts provides information on controlling blood pressure and cholesterol to reduce cardiovascular disease risks.
- Website: www.millionhearts.hhs.gov/about-million-hearts/optimizing-care/bp-control.html

- Website: www.millionhearts.hhs.gov/about-million-hearts/optimizing-care/cholesterol-management.html

American Society of Hypertension:

- The American Society of Hypertension focuses on high blood pressure education and management strategies.
- Website: www.heart.org/en/health-topics/high-blood-pressure
- Website: www.heart.org/en/health-topics/cholesterol/cholesterol-tools-and-resources

Dietary Resources:

Harvard T.H. Chan School of Public Health - The Nutrition Source:

- Offers dietary advice tailored to cardiovascular health, including heart-healthy recipes.
- Website: www.nutritionsource.hsph.harvard.edu

Dietary Approaches to Stop Hypertension (DASH Diet):

- National Heart, Lung, and Blood Institute's guide to the DASH diet for blood pressure control.
- Website: www.nhlbi.nih.gov/education/dash-eating-plan

Smoking Cessation Resources:

The American Lung Association:

- Offers free resources to help quit smoking.
- Quitline: 1-800-LUNGUSA
- Website: www.dhss.delaware.gov/dph/dpc/quitline.html
- Website: www.smokefree.gov

Alcohol Cessation Resources:

The National Institute on Alcohol Abuse and Alcoholism (NIAAA):

- Generates and disseminates fundamental knowledge about the adverse effects of alcohol on health and well-being, and applies that knowledge to improve diagnosis, prevention, and treatment of alcohol-related problems, including alcohol use disorder (AUD), across the lifespan.
- Website: www.nih.gov/about-nih/what-we-do/nih-almanac/national-institute-alcohol-abuse-alcoholism-niaaa

The CDC:

- The CDC offers steps you can take to quit or limit alcohol to improve your health and reduce your risk of heart disease, cancer, lung disease, and other alcohol-related illnesses.
- Website: www.cdc.gov/drink-less-be-your-best/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fdrinklessbeyourbest%2Findex.html

Exercise Resources:

Physical Activity Guidelines for Americans:

- The U.S. Department of Health provides recommended exercise routines for heart health.
- Website: www.health.gov

Exercise is Medicine:

- The American College of Sports Medicine resource emphasizing the role of physical activity in maintaining cardiovascular health.
- Website: www.exerciseismedicine.org

Heart Health for Women:

Go Red for Women (AHA):

- Heart disease prevention and education specifically targeting women.
- Website: www.goredforwomen.org

WomenHeart: The National Coalition for Women with Heart Disease:

- Support network and education resource for women living with or at risk of heart disease.

- Website: www.womenheart.org

Wisewoman:

- The Well-Integrated Screening and Evaluation for WOMen Across the Nation (WISEWOMAN) program extends preventive health services to achieve optimal cardiovascular health for women aged 35-64 who participate in the CDC-funded National Breast and Cervical Cancer Early Detection Program (NBCCEDP). The program helps participants understand and reduce their risk of CVD and benefit from early detection and treatment.
- Website: www.cdc.gov/wisewoman/php/about/index.html

Mental Health and Heart Disease:

American Psychological Association (APA) - Heart Disease & Stress:

- Information on the psychological aspects of managing stress and heart health.
- Website: www.apa.org

HeartMath Institute:

- Research and techniques on the connection between mental well-being and heart health.
- Website: www.heartmath.org

Heart Disease Research and Clinical Trials:

ClinicalTrials.gov - Cardiovascular Studies:

- Database of ongoing clinical trials related to cardiovascular conditions.
- Website: www.clinicaltrials.gov

National Heart, Lung, and Blood Institute (NHLBI):

- Provides access to cardiovascular research and breakthroughs.
- Website: www.nhlbi.nih.gov/science

To learn more about hypertension, visit GPBCH Comprehensive Benefit Design: [Comprehensive Benefit Design for Hypertension](#)

Vendor Resources

VENDOR RESOURCES TABLE OF CONTENTS

The vendor resources included in this guide are based on submissions received through a general outreach to the marketplace. This information is intended solely to provide employers with potential options to consider. No evaluation, verification, or endorsement of the vendors' representations, data, studies, or claims regarding effectiveness has been conducted.

All information, including any referenced studies or claims of outcomes or effectiveness, has been provided directly by the vendors. Employers are strongly encouraged to independently evaluate any vendor or solution under consideration in consultation with their broker, consultant, or advisor, taking their unique needs, objectives, and circumstances into account.

This compilation is for informational purposes only and does not constitute a recommendation or guarantee of any kind.

VENDOR NAME	PAGE NUMBER
<u>Abacus Health Solutions</u>	17
<u>American Society of Transplantation – Power2Save</u>	18
<u>American Specialty Health, Inc.</u>	19
<u>Avidon Health</u>	20
<u>Cardio Diagnostics</u>	21
<u>Catapult Health</u>	23
<u>Ciba Health</u>	24
<u>Embold Health</u>	25
<u>First Stop Health</u>	26
<u>Genomic Life</u>	27
<u>HBD International</u>	28
<u>HealthCheck360</u>	29
<u>Health Promotion Council (HPC)</u>	30
<u>Hello Heart</u>	31
<u>Highmark</u>	32
<u>Lantern (fka Employer Direct Healthcare)</u>	33
<u>Omada Health</u>	34
<u>Patient-Centered Outcomes Research Institute (PCORI)</u>	36
<u>Pulse4Pulse</u>	37
<u>Quarvis Health, Inc.</u>	38
<u>Ramp Health</u>	39
<u>Recovery-Plus.health</u>	40
<u>Spire Wellness</u>	41
<u>Teladoc Health</u>	42

<u>THRIVEbyAI</u>	43
<u>Tria Health</u>	44
<u>Truth Initiative Foundation dba Truth Initiative</u>	46
<u>Ucardia</u>	47
<u>Vālenz® Health</u>	49
<u>Visana Health</u>	50
<u>Welldoc</u>	51
<u>Wellthy</u>	52

Abacus Health Solutions

Organization Name:

Abacus Health Solutions

Contact information:

Jeremy Doak, SVP of Sales and Marketing

401-741-6887

jdoak@abacushealth.com

A brief overview of products and services:

Abacus Health is a pioneer in behaviorally focused disease management. Their programs for diabetes, hypertension and obesity attack high cost-drivers with precise interventions which improve health, reduce hospitalizations and lower costs. Use of the latest health care technology fosters high rates of adoption, drives members to providers, leverages remote monitoring technologies, and facilitates improved health outcomes. The result is healthier, more productive employees and decreased costs for the plan sponsor. Their participants are supported through a focused program which requires consultation with an Abacus clinician to develop a personalized plan to improve blood pressure. The program incentivizes participants to complete a medication therapy management encounter with an Abacus clinical pharmacist, and to complete remote monitoring of blood pressure fourteen times per month using a cellular connected blood pressure cuff (provided). Participants must share blood pressure readings with their physician.

Pricing information:

Abacus utilizes a per participant per month pricing model which ties their success to program adoption rates. Abacus typically works with self-funded groups with 500 or more employees.

Experience:

Abacus has more than 300 clients utilizing one or more of the programs. Engagement levels with their programs range from 30 to 45% of the targeted population, which is often twice that of other point solutions and three to five times higher than carrier-based offerings. Abacus programs are scientifically proven to improve health metrics like HbA1c, blood pressure and weight and to reduce hospital admissions thereby lowering costs. An example of this that was published in 2021 can be viewed here www.ajmc.com/view/behavior-based-diabetes-management-impact-on-care-hospitalizations-and-costs.

Certifications and quality assurances:

Abacus programming has earned awards from the New England Employee Benefits Council. Their results have been published more than 200 times, most recently in the *American Journal of Managed Care*. Claims regarding program adoption, improved clinical outcomes, reductions in hospital admissions, and cost savings have been validated by third-party groups, including the Validation Institute.

Support services:

Abacus programming is comprehensive in nature, meeting members where they are on their health journey and providing them with a detailed plan, comprehensive support and a variety of resources to achieve health goals.

Website for additional information:

www.abacushealth.com

American Society of Transplantation – Power2Save

Organization Name:

American Society of Transplantation – Power2Save

Contact Information:

Brooke Tarkowski, Transplant Community Program Manager

908-442-3450

btarkowski@myast.org

A brief overview of products and services:

Power2Save is an initiative developed by the American Society of Transplantation (AST) dedicated to education and information for the transplant community. A transplant is *not* a cure — it's a treatment. It marks the first step on a new journey. In many cases, post-op care is as challenging as pre- and peri-operative care. They explain what to expect before, during, and long after the transplant.

Pricing information:

All resources and materials are offered free via their website and physical brochures can be sent out as requested.

Experience:

[Power2Save \(www.myast.org/power2save\)](http://www.myast.org/power2save) was created in 2018 to represent and assist transplant patients and community members. Resources range from pre-transplant to post-transplant, living donation, caregiving, and financial calculators. AST recently launched a patient survey to determine the unmet needs of transplant recipients and received over 10,000 responses. The data is currently being analyzed to improve patient outcomes.

Certifications and quality assurances:

All educational resources posted on the AST and Power2Save website are peer-reviewed by transplant professionals.

Websites for additional information:

www.myast.org/resources/getting-a-new-heart-information-for-patients-about-heart-transplant

www.myast.org/caregiver-toolkit

American Specialty Health, Inc.

Organization Name:

American Specialty Health, Inc. (ASH)

Contact information:

Vicky Shugart, National Account Executive, Health Management

813-503-0852

VickyS@ashn.com

A brief overview of products and services:

The Active&Fit Direct™ fitness program offers Something for Everyone® to encourage physical activity and program participation. First, program members get fitness center access through two national ASH networks: Standard (12,700+ fitness locations) and Premium (8,800+ fitness locations). The program also includes access to 15,000+ digital workout videos — the largest collection of digital workout videos in the market. Additionally, Active&Fit Direct Connected!™ is a tool that allows members to track their exercise and activity using one of 250+ wearable wireless fitness trackers and mobile applications.

Pricing information:

Active&Fit Direct fitness program is a zero-cost program to your organization. It provides an easy payment process where the member is responsible for paying an enrollment fee and a monthly fee directly to the Active&Fit Direct fitness program. The member must agree to participate for a minimum of two months. After the initial enrollment payment, the monthly fee will be automatically collected on or close to the same day each month, as long as the participant remains enrolled. (Members must provide at least 30-day notice of cancellation.) More pricing model information can be made available.

Experience:

Active&Fit Direct currently serves clients through multiple channels, including employers, health plans, associations, and more. A traditional ROI model is not applicable to this Active&Fit direct program, given it is a zero-cost program to your organization.

Certifications and quality assurances:

ASH holds Utilization Review Accreditation Commission (URAC), National Committee for Quality Assurance (URAC), Health Information Trust Alliance (HITRUST) accreditations. In addition, ASH's Quality Improvement program incorporates continuous monitoring of transactional and performance metrics of ASH processes and tracks fitness outcomes identify opportunities for improvement, implementing real-time/ad hoc interventions, and structured quality improvement initiatives.

Support services:

The Active&Fit Direct team will provide the new client a step-by-step implementation guide, coordinate with the client to ensure implementation timelines are adhered to, and ensure all materials are approved and the operational requirements are in place prior to the launch date of the Active&Fit Direct Program. After the program launch date, the Active&Fit Direct client services team supports clients in a coordinated fashion via a dedicated service email system.

Websites for additional information:

<https://www.ashcompanies.com>

<https://www.activeandfitdirect.com>

Avidon Health

Organization name:

Avidon Health

Contact information:

Tim Aumueller, Co-Founder and President

855-224-0303

taumueller@avidonhealth.com

A brief overview of products and services:

Digital Coaching Platform:

The Avidon Health wellness platform integrates digital and live coaching to prioritize cardiovascular health. Participants receive expert guidance through self-guided resources and interactive coaching, fostering long-term behavior change. Their digital coaching tools offer on-demand courses, challenges, and progress tracking, empowering users to manage risk factors and build healthier habits. Live coaching sessions provide real-time support, helping participants with goal setting, problem-solving, and accountability. By combining digital convenience with personalized coaching, they deliver measurable results for heart health.

The proactive approach ensures a seamless experience while driving measurable improvements through personalized coaching. By providing expert guidance, motivation, and support, their solution empowers individuals to make sustainable lifestyle changes, stay engaged, track progress, and achieve lasting well-being.

Pricing information:

Flexible pricing starts at \$100/month, with options ranging from fully digital solutions to packages that include live coaching.

Experience:

With 30+ years of experience delivering health and wellness programs, they have achieved:

- **85%** improved chronic care management
- **80%** better nutrition habits
- **70%** increased physical activity
- **71%** reduced blood pressure (avg. 20 mm/Hg decrease)
- **85%** reduced waist circumference (avg. 2 inches in 3 months, 4 inches at 9 months)

Certifications and quality assurance:

Their platform meets Health Insurance Portability and Accountability Act (HIPAA), General Data Protection Regulation (GDPR), International Organization for Standardization (ISO 27001), and Web Content Accessibility Guidelines (WCAG 2.0 Level AA standards). Their board-certified coaches are trained in mental health first-aid and receive continuous professional development. Content is reviewed by experts in lifestyle medicine, psychology, and coaching.

Support services:

They offer comprehensive support for clients and participants:

- Dedicated platform support for technical assistance
- Client Success Representative for onboarding and ongoing support
- Regular check-ins, training, and coaching for maximum engagement

Website for additional information:

www.avidonhealth.com

Cardio Diagnostics

Organization name:

Cardio Diagnostics Inc

Contact information:

Elizabeth Streiff, Revenue and Strategy Manager, 312-585-8828

Brian Croy, Director, Employer Revenue and Strategy, 312-261-8565

A brief overview of products and services:

Cardio Diagnostics Inc. is a Precision Cardiovascular Medicine company that is making heart attack prevention and early heart disease detection more accessible, personalized, and precise. Their solutions drive value for employees, employers, and their benefit leaders and partners.

An individual's heart health is as unique as their fingerprint. While heredity plays a role, it's not the full picture. The Cardio Diagnostics approach using physician prescribed blood tests dives deeper, analyzing biological signatures of lifestyle and environmental factors (epigenetics) in addition to genetics to deliver more comprehensive heart health insights for employees. For employers and their benefit leaders and partners, these real-time cardiovascular insights of drivers of heart disease among their employee populations is aggregated in a compliant manner to help inform benefits strategy and design while mitigating risks without solely relying on retrospective claims data.

Their solutions are developed with accessibility, convenience, and utilization in mind. Their blood tests can be deployed via telemedicine, onsite clinic or via an employer's trusted provider partner. Blood samples from employees can be collected via at-home kits, onsite clinic, provider setting, or via a mobile health clinic at one or more locations.

Products:

- Epi+Gen CHD is a heart attack risk assessment test which answers the question, "What is the likelihood that this individual may have a heart attack in the next three years, and what is driving it?" This solution is meant for employees and their providers.
- PrecisionCHD is a diagnostic aid which answers the question, "Does this individual have coronary heart disease, and what is driving it?" This solution is meant for employees and their providers.
- Both tests are more sensitive than traditional assessments, giving employees and their providers deep actionable insights to tackle coronary heart disease and prevent heart attacks.
- HeartRisk is their proprietary reporting platform provides aggregated, real-time insights for employers and their benefits leaders and partners to optimize benefits strategies. This data integrates seamlessly with claims and pharmacy data to help drive better health and financial outcomes, while mitigating risks.

Pricing information:

Cardio Diagnostics offers pilot pricing and volume-based pricing. For context, retail pricing is:

- \$350/test for Epi+Gen CHD
- \$850/test for PrecisionCHD
- \$99/employee telemedicine cost - if the employer would like to offer a telemedicine option to their employees via Cardio Diagnostics' telemedicine partner. This cost would not be incurred if an employer would like to use their own onsite clinic or an existing provider partner.
- HeartRisk Basic is free for both tests - depicting test utilization progress and aggregated insights of heart disease drivers

Experience:

They collaborate with both providers and employers to deliver personalized cardiovascular solutions.

- Epi+Gen CHD has been shown in a peer-reviewed study to be two times more sensitive than standard risk estimators today to predict risk for a heart attack, with another peer-reviewed study showing strong economic value of up to \$42,000 in cost savings per quality adjusted life-year and improved survival.

- PrecisionCHD was shown to be highly sensitive in a peer-reviewed study and more sensitive than a stress test in detecting coronary heart disease, with another peer-reviewed study demonstrating a cost savings of \$133.57 per member per year.

Certifications and quality assurance:

SOC 2 Type I Compliance: In June 2024, the company successfully completed its System and Organization Controls (SOC) 2 Type I audit, demonstrating a strong commitment to data security and confidentiality.

Support services:

To drive engagement and utilization among employees, they offer dedicated customer success and care navigation services. Specifically, customer success will be dedicated to ensuring seamless implementation of their solutions, personalized onboarding of employees, and ongoing engagement of employees via webinars, workshops, and educational outreach to drive utilization. Their care navigation team will answer questions from employees after they undergo testing, provide tailored ongoing education for heart disease prevention, connect employees to existing employer-sponsored wellness programs and create a custom wellness program if needed.

Best of all, these support services are available at no cost to the employers or employees.

Website for additional information:

www.cdio.ai

Catapult Health

Organization name:

Catapult Health

Contact information:

Matthew Van Thuyne, Regional VP of Sales

610-724-8185

matthew.vanthuyne@CatapultHealth.com

A brief overview of products and services:

Catapult Health is a premier national provider of onsite and virtual preventive health care solutions, with a focus on cardiovascular health, diabetes, and psychological well-being. Their array of services includes:

- Blood sample collection and precise lab analysis
- Physical measurements for accurate health assessments
- Screening for depression, anxiety, and other mental health concerns
- Evaluation of family health history, personal health history, and active symptoms
- Identification of gaps in care and assessment of medication usage
- Comprehensive cancer screening and vaccination compliance checks
- Evaluation of access to care, tobacco use, physical activity levels, sleep patterns, and alcohol consumption.

Each individual receives personalized attention from a board-certified nurse practitioner. Together, they review results and collaboratively develop a tailored plan of action towards improved health. This plan includes referrals into health plan and employer sponsored wellness programs and resources. For high-risk patients, proactive follow-up ensures continuous support and monitoring.

Results are sent to the patient's primary care provider. For those without a provider, Catapult assists in connecting them with an in-network professional. Employers receive detailed aggregate reporting, empowering them to support the health of their workforce.

Pricing information:

Catapult's fees are typically processed as a claim. If your insurer is not yet affiliated with Catapult or if you would like to include employees not on your health plan, fees are billed directly. There are no fees for implementation, travel, external labs, reporting, data transfer, or high-risk follow-up, and there are never out-of-pocket costs for the patient. Catapult Health checkups are typically half the cost of in-office wellness visits with the associated lab work.

Experience:

Catapult actively serves more than 450 employers across all 50 states. Over the last 12 years, they have provided more than 1.3 million checkups.

Certifications and quality assurance:

All Catapult nurse practitioners (NP) and field technicians are employees of the company. All NPs are board certified and licensed across multiple states. Chart reviews are routinely conducted, and training is ongoing. Their lab is Clinical Laboratory Improvement Amendments (CLIA)-certified and Commission on Office Laboratory Accreditation (COLA)-accredited. Their technology is Health Information Trust Alliance (HITRUST) certified.

Support services:

Patient support is available by email, text messaging, and phone.

Website for additional information:

www.catapulthealth.com

Ciba Health

Organization name:

Ciba Health

Contact information:

Michael Tomback, SVP of Sales

312-246-9555

mtomback@cibahealth.com

A brief overview of products and services:

Ciba Health is a digital health and integrated care platform that prevents and reverses common, complex, and costly diseases. Their solution blends advanced labs — including up to 300 functional biomarkers — physician-led care teams, cutting-edge technology, and ongoing in-depth nutrition and lifestyle support to get to the root of chronic conditions. Their double board-certified physicians, nurses, registered dietitians, and health coaches are highly trained practitioners who will come up with near-term and long-term plans for members to achieve their health goals. Lastly, they treat each member holistically, meaning that even though they may enter their solution for a cardiovascular diagnosis, all other related comorbidities are addressed by solving the shared root cause(s).

Pricing information:

All of the elements of the Ciba Health care delivery model are bundled under one price, including the program as described above, and:

- Dedicated care team (Physician, Certified Health coach, Registered Dietician)
- Advanced labs
- Food-as-Medicine healthy food delivery membership
- Medical grade supplements as needed
- Full suite of marketing materials

Their standard billing is based on a per-engaged-member, per-month format, with alternative models available, such as value-based pricing or milestone-based pricing. The cost is \$2,499 for one member to complete the 12-month program, with up to 100% of fees at-risk based on the achievement of critical milestones.

Experience:

Since 2020, Ciba Health has partnered with 32 clients to treat over 20,000 patients in the US, China, the United Arab Emirates, and Canada. Their patients have seen remarkable outcomes, and here are some key data points demonstrating that:

- Average Systolic BP Reduction: 9.80%
- Average Diastolic BP Reduction: 3%
- Average weight loss: 30 lbs.
- Average sleep score improvement: 1.1-1.6 points ($p < 0.01$)
- 85% medication reduction
- 75% program completion rate
- 79 NPS score (patient satisfaction)

Certifications and quality assurances:

Their outcomes have been validated by the Validation Institute, which comes with a \$100,000 guarantee of outcomes.

Support services:

For patient and client support, they offer live support from the hours of 8:00 am to 5:30 pm EST. For patient support, they have 24/7 support via asynchronous chat and email. Clients have 24/7 support via email as well.

Website for additional information: www.cibahealth.com

Embold Health

Organization name:

Embold Health

Contact information:

Nick Armes, Strategic Growth Executive

269-208-0607

nick.ames@emboldhealth.com

A brief overview of products and services:

Embold Health is a provider quality solution which steers employees to higher quality, better performing physicians. In turn, this lowers costs for the employer by an average of \$2,200 per member per year. Embold does this by analyzing over 500,000 providers across 68 specialties and focus areas, using a national closed claims dataset covering 200 million lives and over five million members across more than 30 clients. Cardiovascular health and providers are one of their 17 specialties and 68 different focus areas.

Pricing information:

Pricing varies because Embold Health is a customizable, configurable solution that offers many options of deployment, engagement and integration. With that said, their pricing varies between \$1.25 Per Member Per Month (PMPM) and \$2.50 Per Member Per Month (PMPM).

Experience to date:

Embold has more than 30 clients using their solution and over five million members. Across their book of business, clients see an average of \$2,200 per member per year savings for each member using Embold to find a high quality, high-performing doctor.

Certifications and quality assurances:

Embold Health is Health Information Trust Alliance (HITRUST) certified.

Support services:

Support services include their Provider Engagement team who support physicians looking to learn more about their ranking system and obtain a higher quality score, their 800 number for customer service inquiries and technical issues, and EVA which is their Embold Virtual Assistant to help guide members through health care questions and find them the most appropriate and highest quality doctor when needed.

Website for additional information:

<https://emboldhealth.com>

First Stop Health

Organization name:

First Stop Health

Contact information:

Bryce Breen, Vice President of Sales

860-710-8877

bbreen@fshealth.com

A brief overview of products and services:

First Stop Health offers a comprehensive telehealth platform specializing in urgent care, primary care, and mental health services. Within their primary care offerings, they provide a multidisciplinary approach to cardiovascular disease prevention and management, integrating:

- Primary care physicians for personalized medical oversight including prescription therapy.
- Dietitians for heart-healthy dietary counseling.
- Health coaches for lifestyle modifications and goal-setting for obesity, hypertension, hyperlipidemia, prediabetes and type II diabetes.
- Certified diabetes educators for diabetes-related cardiovascular care.

Their evidence-based programs target critical cardiovascular risk factors, including hypertension, hyperlipidemia, weight management, prediabetes, and type II diabetes.

Pricing information:

- **Packages**
 - Complete Care: Urgent Care, Enhanced Primary Care and Whole Mental Health
 - Elevate: Urgent Care and Short-Term Mental Health
 - Essentials: Urgent Care
- **Pricing - PEPM**
 - Complete Care: under 1,000 EEs at \$19.50, @/over 1,000 EE's @ \$16.65
 - Elevate: under 1,000 EEs at \$8.45, @/over 1,000 EE's @ \$7.75
 - Essentials: under 1,000 EEs at \$5.95, @/over 1,000 EE's @ \$5.10
- **Differentiators**
 - Average utilization across their book of business is 60%.
 - They create, manage and pay for the communications to the employees including an at home mailer.
 - They have a guarantee. Contact them for details.
 - They have a 95% client retention rate.
 - Their north star is helping the swarms of people going without care to get the care they need: quickly, from high quality doctors, nurses, therapists, and at no or low cost to the employee

Experience:

- Successfully serving 1.2 million members and 1300 clients with integrated telehealth solutions.

Certifications and quality assurances:

- All providers are board-certified and licensed in their respective states.
- Their programs adhere to ACC/AHA guidelines and are informed by the latest evidence-based research.

Support services:

- 24/7 access to health care providers through their urgent care platform.
- Continuous engagement with health coaches for motivation and support.
- For employers who purchase, they have Integrated mental health services, addressing psychosocial factors affecting cardiovascular health.

Website for additional information: www.firststophealth.com

Genomic Life

Organization name:

Genomic Life

Contact information:

Mark Burgin, Regional Sales Director

302-553-2764

Mark.burgin@genomiclife.com

A brief overview of products and services:

Genomic Life provides DNA screenings to help identify hereditary risk for cardiovascular conditions, cancers, and other medically actionable conditions. Testing informs individuals of their individual risk factors, empowers preventive action, and helps avert high-cost conditions and surprise events. Cardiovascular conditions included in the screening include aortopathies, arrhythmias, cardiomyopathies, thrombophilia, and genetic forms of high blood pressure and high cholesterol. Members with risk factors receive personalized navigation to preventive actions and resources.

Pricing information:

Genomic Life programs are often implemented as a voluntary program or as an opt-in program. Pricing ranges from \$13 to \$18 per member per month. Eligible members are employees and spouses/domestic partners.

Experience:

Genomic Life serves over 300 employers and has been opening access to genetic tests and services since 2017. About one in five individuals tested through this program has some actionable condition in their genetics.

Certifications and quality assurances:

Genomic Life is committed to empowering better health outcomes through responsible use of DNA-informed health actions. All labs are Clinical Laboratory Improvement Amendments (CLIA)-certified and College of American Pathologists (CAP)-accredited, and their security and privacy framework includes Health Information Trust Alliance (HITRUST r2)-certification, Service Organization Control (SOC 2 Type 2)-certification, and National Institute of Standards and Technology Cybersecurity Framework (NIST CSF) compliance.

Support services:

Genetic counseling, ongoing personalized navigation for members with risk factors, clinical action plans, digital resource library, additional genetic test options, and peer-to-peer support for physicians.

Website for additional information:

www.genomiclife.com

HBD International

Organization name:

HBD International

Contact information:

Andrew Stephenson

astephenson@hbdinternational.com

A brief overview of products and services:

HBD International originated in Australia as “Health by Design” and they are proud to be celebrating 30 years achieving the broadest cardiovascular risk reductions across entire work populations than any other provider, globally.

Health behaviors are the primary driver of chronic conditions that are responsible for a large majority of health costs. Disease management programs are narrowly focused and only help a small portion of your group. They will not significantly shift the needle on health status, costs, and outcomes at your group level. Group-wide engagement in proactive behavior change results in more significant group risk, cost, and performance benefits.

Programs:

HBD works collaboratively with clients to build effective, evidence-based programs that integrate with their normal daily work in order to effectively achieve ongoing organic engagement. Balancing a mix of elements such as onsite coaching; onsite and remote, structured educational content; screenings; meetings, portal and challenges. HBD states they effectively “*meet your people where they are*” allowing them to provide relevant coaching to address individual needs.

Outcomes:

Across their book of business, their comprehensive programs average the following as percentages of their client’s total employee population (not subgroups of participants):

- 93% participation,
- 79% improving health behaviors,
- 50% with measured health improvements, and
- 31% eliminating at least one measured chronic health risk.

They have successfully demonstrated reductions in cardiovascular risk prevalence in populations including less high blood pressure, less high cholesterol, less tobacco use, less alcohol intake, and improved levels of exercise, sleep, and fruit and vegetable intake.

HBD is the wellness vendor of the 2022 C. Everett Koop National Health Award winner (DENSO).

Pricing information:

HBD has successfully worked with employers in every major industry sector, with groups ranging from 20 - 80,000 employees. Due to the custom nature of their approach, pricing varies greatly, but typically ranges from \$20 Per Employee Per Year (PEPY) - \$180 Per Employee Per Year (PEPY). Contact HBD to learn more or get an estimate for your group.

Website for additional information:

Online: www.hbdinternational.com

Email: info@hbdinternational.com

HealthCheck360

Organization name:

HealthCheck360

Contact information:

Jennifer Young, Sales Executive

563-235-3123

Jennifer.Young@healthcheck360.com

A brief overview of products and services:

Every year, individuals with chronic conditions cost company health plan 2.4 to 5.5 times more than members without a condition. HealthCheck360's approach to cardiovascular health is different from the marketplace. They will dig in and address gaps in care for individuals with a chronic condition to make real and lasting cost and health improvements. HealthCheck360 objectively measures compliance based on physician visits, lab work completion, whether prescriptions are being filled, and tracking daily blood pressure readings. While many vendors focus on letters sent or calls made, they work with members to achieve real health results that lower costs for employers. HealthCheck360's auto-enroll program means 100% of eligible employees are being enrolled. When clients incentivize the HealthCheck360 Chronic Condition Management program for Cardiovascular Chronic Conditions, they see 29% higher engagement and can see savings up to \$2,490 per member each year compared to a non-incentivized program.

Pricing information:

1. Pricing varies on number of conditions that are covered under the program.
2. One-Time Implementation fee (Initial Year Only): \$3,500
3. Per Employee Per Month (PEPM) Fee's:
 - a. 1 Covered Condition: \$3.75 Per Eligible Employee, Per Month
 - b. 2 Covered Conditions: \$4.35 Per Eligible Employee, Per Month
 - c. 3 Covered Conditions: \$4.95 Per Eligible Employee, Per Month
 - d. 4 Covered Conditions: \$5.25 Per Eligible Employee, Per Month
4. Cellular Device Pricing is quoted upon request for Blood Pressure Cuffs.

Experience:

HealthCheck360's chronic condition management program serves over 200 clients, significantly reducing health plan expenses. On average, clients without a condition management program spend over \$13,300 per member annually for chronic health conditions. With an incentivized program in place, care plan compliance rates soar from a national average of under 20% to over 80% within two years. This leads to annual savings of up to \$2,500 per member, per chronic condition.

Certifications and quality assurances:

- a. HealthCheck360 has an amazing in-house team of registered nurses and clinical team members. Their program adheres to the guidelines set forth by the American Heart Association (AHA) and the American Diabetes Association (ADA), which they consistently update as part of their quality assurance efforts.

Support services:

- a. Registered Nurse Management Team
- b. Condition Management Account Specialists
- c. Certified Health Coaches
- d. Wellness Representatives for Customer Service Needs.

Website for additional information:

www.healthcheck360.com/chronic-condition-management

Health Promotion Council (HPC)

Organization name:

Health Promotion Council (HPC)

Contact information:

HPC Health Referral Hub (for inquiries and information about programs)

Center Square East

1500 Market Street

Philadelphia PA 19102

215-608-1477 (call or text)

programinfo@phmc.org

A brief overview of products and services:

Health Promotion Council (HPC) is a nonprofit organization that through the Health Referral Hub, a cloud-based call center, can link individuals to direct programs and services through a vast network of organizational providers across Pennsylvania and Delaware. Interested individuals and/or providers can call/text/email to find access to chronic disease management and prevention programs. Available programs that address cardiovascular health include the National Diabetes Prevention Program (National DPP), Chronic Disease Self-Management Program (CDSMP), Walk With Ease (WWE), and the Heart Healthy Ambassador Blood Pressure Self-Management Program (HHA BPSM).

Pricing information:

No participant cost to enroll in programs.

Experience:

HPC has delivered and coordinated a network of providers who deliver the Chronic Disease Self-Management Program since 2020. Since then, over 650 individuals have enrolled in self-management programs addressing various chronic health issues, including diabetes, chronic pain, and cardiovascular health.

Certifications and quality assurances:

Health Promotion Council is a licensed Medicare Provider for the National Diabetes Prevention Program in Pennsylvania and Delaware.

Support services:

Not applicable.

Website for additional information:

<https://www.makeachoice.org>

Hello Heart

Organization name:

Hello Heart

Contact information:

Jen Lehner, Director of Enterprise Marketing

240-277-2143

jen.lehner@helloheart.com

A brief overview of products and services:

Hello Heart is on a mission to change the way people care for their hearts. Cardiovascular disease continues to be the #1 cause of death despite being highly preventable. Their vision is to prevent avoidable heart disease for as many people as possible. They provide users with a Bluetooth-enabled heart health monitor and easy-to-use mobile app. Through human-centric design, users receive tailored and actionable insights around healthy eating, exercise, and medication tracking. Users can also track key heart metrics like blood pressure (BP), cholesterol, physical activity, weight, and symptoms. The experience is unique to each person yet consistent with clinical guidelines. Their personalized, AI-driven coaching helps users understand and manage top heart health risk factors. They also help users identify and understand changes in heart markers that might indicate heightened risk.

Pricing information:

There are no start-up, implementation, or communication/outreach fees. Clients only pay for the people who enroll in the program. They charge a one-time fee that covers the heart health monitor and the one-year subscription for the user. After the initial year, the billing adjusts to quarterly, and if a member becomes disengaged, the client is no longer billed for him/her. This is a per participant per year (PPPY) model in year one, and a per participant per quarter (PPPQ) model beginning with year two and beyond. Most of Hello Heart's clients choose to bill through medical or pharmacy claims.

They offer 100% of their fees at risk through their performance guarantees.

Experience:

Hello Heart is trusted by more than 130 leading Fortune 500 and government employers, national health plans, and labor organizations. Their outcomes include:

- **Clinical Outcomes:** Hello Heart provides industry-leading, peer-reviewed clinical results:
 - Twenty-one mmHg average reduction in systolic BP (blood pressure) over three years by members with baseline above 140/90. Over 84% of those members achieved a reduction in their systolic BP and sustained it for up to three years.
 - Sixty-seven mg/dL average reduction in LDL (bad cholesterol) over 13 months by members with baseline high LDL.
 - Twelve pound average reduction in weight over 7.2 months by members with a baseline obese BMI.
- **Financial Outcomes:** Hello Heart has achieved the highest validation and credibility certification from Validation Institute for cost savings. Their analysis found a 17% potential reduction in medical costs per participant per year

Certifications and quality assurances:

Hello Heart is Health Information Trust Alliance (HITRUST) and System and Organization Controls (SOC2) Type II certified to ensure privacy, technical, and security safeguards for patient health information.

Support services:

Each client is assigned a Customer Success Manager who serves as the primary point of contact, responsible for day-to-day communication and strategic support. Regular check-ins, business reviews, and responsive troubleshooting ensure that client needs are addressed quickly and effectively. Users of the Hello Heart app can receive technical support through their call center via phone, app, or email modalities.

Website for additional information: www.helloheart.com

Highmark

Organization name:

Highmark

Contact information:

Jonathan Majernik, Vice President, National Business

412-626-0801 (mobile) or 412-544-3303 (office)

Jonathan.majernik@highmark.com

A brief overview of products and services:**Cardiovascular Health Programs:**

A Holistic Approach to Wellness.

Highmark is committed to improving cardiovascular health. They offer a comprehensive suite of programs designed to address various risk factors and conditions, ultimately leading to better outcomes and reduced health care costs. Their approach leverages a combination of digital tools, personalized coaching, clinical interventions, and a whole-person care philosophy.

Cardiometabolic Program (2026):

Directly addresses major risk factors for cardiovascular disease (CVD), such as obesity, high blood sugar, and high blood pressure. Improved weight management, better blood sugar control, and reduced inflammation are key to preventing and managing CVD.

CHF Program:

Directly improves the management of CHF, a serious cardiovascular condition. Improves symptom control, reduces hospital readmissions, and enhances quality of life for individuals with this condition.

Case Management:

Proactive identification and management of individuals at high risk for CVD, helping them avoid adverse events and complications. Improved management of co-morbid conditions linked to CVD. Coordination across care teams for seamless care. Transition-of-care programs decrease the chance of hospital readmissions related to post-discharge events.

Wellness Coaching:

Improves multiple risk factors for CVD. Effective tobacco cessation programs help drastically decrease the risk of heart attack, weight management and improved stress reduction support improve cardiovascular health, and positive behavior changes directly related to the conditions being addressed.

My Highmark Digital Platform:

Facilitates increased member engagement and adoption of healthy behaviors related to risk factor reduction through consistent data monitoring and targeted interventions based on identified member needs. Increased use of available interventions and member participation increases the likelihood of positive cardiovascular health outcomes.

Website for additional information:

www.highmark.com

Lantern (fka Employer Direct Healthcare)

Organization name:

Lantern (fka Employer Direct Healthcare)

Contact information:

Mike Cook, VP, Strategic Accounts

513-304-6869

Mike.Cook@lanternicare.com

A brief overview of products and services:

Lantern is a comprehensive specialty care platform that connects individuals with top-tier, high-quality health care services in surgery, cancer treatment, and infusion therapy. By guiding members to local, excellent care, Lantern reduces costs for both plan sponsors and members while ensuring access to the best medical expertise.

Their surgery care solution features a highly curated surgeon-first network and access to world-class, nationally recognized facilities (650+), offering bundled pricing at approximately half of typical carrier rates. They cover **all plannable surgeries** for all members, including non-emergent cardiac surgery through partners like the Cleveland Clinic.

Pricing information:

For surgery, Lantern's preferred approach utilizes a Performance-Based Pricing model, eliminating upfront costs by only charging a percentage of the savings they achieve for their clients. They also offer flexibility by considering a Per Employee Per Month (PEPM) model for select clients, particularly those with fewer than 2,500 employees, based on their plan design and specific needs.

Experience:

Lantern, founded in 2011, serves over 450 employers nationwide, covering over six million lives. Their broad client base spans multiple industries including the public sector, finance, technology, manufacturing, labor/union, and more.

Certifications and quality assurances:

System and Organization Controls (SOC2 Type II), Health Information Trust Alliance (HITRUST).

Support services:

Concierge Care Navigation: Their Care Team provides personalized support to each member, including travel arrangements, appointment scheduling, provider selection, and more.

EMO: Lantern partners with industry leaders such as Expert MD and AccessHope for second opinion and peer-to-peer consultations.

Website for additional information:

<https://lanternicare.com>

Omada Health

Organization name:

Omada Health

Contact information:

1-888-987-8337

askomada@omadahealth.com

A brief overview of products and services:

Omada for Hypertension:

45% of people who are overweight, obese, or with prediabetes also have hypertension. To address this comorbidity, Omada for Hypertension focuses on reducing your members blood pressure. Applying clinical protocols recommended by the American Medical Association (AMA), the American College of Cardiology (ACC), and the American Heart Association (AHA), their dedicated and certified health coaches support clinically eligible adults 18 and over with hypertension, and their coaches consult with a credentialed Hypertension Specialist or Licensed Clinical Social Worker (LCSW) when needed. Similarly, their NCQA Population Health Program-accredited Hypertension program uses personal paths as described above with a focus on hypertension-specific care. Members receive a cellular-enabled scale, BP monitor—all at no cost.

Pricing information:

- Their pricing is designed with the success of members and customers in mind. Their cardiometabolic programs (Prevention, Hypertension, and Diabetes) use the activity-based billing (ABB) model, working to ensure that they are actively using their program and managing their health. Under the ABB billing model, each program has a monthly condition fee. Fees vary depending on the program, contracting path, and billing methodology. Generally, the multi-program pricing through their alliance partners for groups with 10,000+ employees are their lowest fees in the market. A customer is only billed if a user is active in the program for the billing lookback period (number of months). When a member is no longer actively participating in the program, they stop billing for that member. Omada doesn't typically charge a setup fee or implementation fee and standard reporting is included. If there are additional technical integrations required, there may be an additional fee to offset non-standard work.
- There is no annual or monthly minimum fee threshold or minimum enrollment thresholds for the Omada program. Discounted bundled pricing is also available to customers who implement their cardiometabolic programs. Omada doesn't have any client minimums, but for clients with less than 1,000 eligible employees who are not using a health plan relationship, they require the purchase of all three cardiometabolic programs (Prevention, Diabetes, and Hypertension).
- In addition to an activity-based billing model, they can offer Performance Guarantees and place a percentage of billed/paid fees at risk. **If Omada misses the contractually agreed-upon clinical metrics measured on an annual basis, they will pay the client the applicable percentage of fees back.**

Experience:

- **Health Plans:** They partner with 27 national and regional payers, health systems, pharmacy benefit managers, and wellness platforms to service their Affordable Care Act (ACA), Administrative Services Only (ASO), fully insured members, Managed Medicaid members, and Medicare Advantage members. Through these partnerships and direct contracts, Omada's programs are available to over 20 million total covered lives.
- **Employers:** Their customer base comprises 2,000+ customers across a wide range of industries, including health care, banking, insurance, retail, information technology, aerospace, manufacturing, government, and education.
- Combined, their solutions have improved the lives of more than 1.4 million all-time enrolled participants (<https://resourcecenter.omadahealth.com/latest-content/celebration-of-1m-members>), and growing.
- **With their Hypertension program,** they also conducted a retrospective, observational study (<https://resourcecenter.omadahealth.com/peer-reviewed-studies/long-term-results-of-a-digital-hypertension-self-management-program>). Members who started the Omada program with stage two hypertension experienced an average 10 mmHg decrease in systolic BP and a 7.5 mmHg decrease in diastolic BP and maintained this reduction at one year.

Furthermore, members who started the Omada program with stage two hypertension lost an average 6.5 pounds with baseline SBP ≥ 130 and lost an average 5.6 pounds with baseline SBP < 130 and maintained this reduction at one year. These decreases are extremely important related to the long-term effects of BP on cardiovascular conditions and mortality.

- The above results also reduce the incidence of various chronic conditions in your population, and ultimately lower their risk.

Certifications and quality assurances:

Omada is the first fully virtual health care provider to earn the National Committee for Quality Assurance (NCQA) Population Health Program Accreditation for Type 2 Diabetes and Type 2 Diabetes + Hypertension programs.

Support services:

Their Member Support team is available to applicants and members 24/7/365 by email at support@omadahealth.com or through their <https://support.omadahealth.com>

Website for additional information:

<https://www.omadahealth.com>

Patient-Centered Outcomes Research Institute (PCORI)

Organization name:

Patient-Centered Outcomes Research Institute (PCORI)

Contact information:

Greg Martin, Chief Officer, Engagement, Dissemination and Implementation

202-827-7000

gmartin@pcori.org

A brief overview of products and services:

The Patient-Centered Outcomes Research Institute (PCORI) is an independent, nonprofit research funding organization that seeks to empower patients and others with actionable information about their health and health care choices by producing and promoting high-integrity, evidence-based information that comes from research guided by patients, caregivers and the broader health care community. PCORI has awarded more than \$5 billion to fund over 2,400 research studies and projects.

Comparing Emergency Services To Diagnose and Treat Stroke:

Mobile stroke units (MSUs) — specialized ambulances with diagnostic tools and expert staff — can immediately begin treatment while transporting patients to the emergency room. A PCORI-funded comparative clinical effectiveness research (CER) study compared MSUs to standard ambulance transportation and showed MSU patients received treatment an average of 36 minutes faster and were more likely to recover without disability.

Comparing Methods of Blood Pressure Checks:

A PCORI-funded CER study compared three ways of checking blood pressure: In a clinic with staff, self-check in patients' homes or at pharmacy or clinic kiosks. The study found that at-home or kiosk readings were most accurate; the clinic method missed high blood pressure more than half of the time. Patients most preferred checking blood pressure at home.

Evidence Updates: Reducing Risk of Stroke in Patients With Atrial Fibrillation:

A review of research found some newer anticoagulants do better at reducing the risk of stroke, and some also reduce the risk of serious bleeding compared to traditional therapies. View the Evidence Updates for patients, clinicians and other members of the health care community at <https://www.pcori.org/evidence-updates/reducing-risk-stroke-patients-atrial-fibrillation>.

Pricing information:

Not applicable. They are a funder of patient-centered comparative clinical effectiveness research

Experience:

PCORI, the leading funder of patient-centered comparative clinical effectiveness research (CER) in the United States, is committed to changing the culture of research by bringing together patients, caregivers and other members of the broader health care community to help drive useful, relevant research about what works best for individual patients.

As of February 2024, PCORI funded almost 100 patient-centered CER studies on cardiovascular health, including hypertension, stroke, cardiovascular and vascular diseases and congestive heart failure.

Certifications and quality assurances:

Not applicable.

Support services:

Not applicable.

Websites for additional information:

<https://www.pcori.org/topics/cardiovascular-disease>

www.pcori.org/funding-opportunities

Pulse4Pulse

Organization name:

Pulse4Pulse, LLC

Contact information:

Jim Marckstein, Project Manager

215-872-5179

MGC@Pulse4Pulse.com

A brief overview of products and services:

Pulse4Pulse, LLC offers a specialized on-site cardiovascular testing service tailored to businesses, providing a convenient way to assess the health of employees without them needing to leave the workplace. The service involves a 20-minute, non-invasive test that gives employees crucial insights into their internal health, focusing on arterial elasticity, which naturally decreases with age and affects blood flow.

This test is important even for individuals who do not experience noticeable symptoms, as it evaluates circulatory health to help detect potential issues early.

Each test includes a comprehensive, live two-page report. On-site clinical professionals are available to explain the results directly to employees, ensuring that everyone understands their cardiovascular health. Pulse4Pulse's customized programs can be adapted to the needs of each company, making it easier for organizations to prioritize the well-being of their workforce.

Pricing information:

Greater Philadelphia Business Coalition on Health (GPBCH) discounted pricing starts at \$175 per test, Wellness Dollars accepted, and volume discounts are available. Contact Pulse4Pulse for a detailed quote.

Experience:

Approaching their tenth year in the clinical setting, Pulse4Pulse continues to expand its national reach partnering with hospital groups and physicians to provide patients with valuable diagnostic testing.

In addition to clinical settings, significant impact on the wellness space is growing nationally. Pulse4Pulse collaborate with employers, unions, first responders, senior communities, school systems, and municipalities to promote proactive health initiatives.

Their technology has contributed to measurable improvements in patient health outcomes, including increased early detection rates and enhanced patient engagement.

Certifications and quality assurances:

Pulse4Pulse technology is FDA Cleared and meets the recommended standards of care for both the American Heart Association and American Diabetes Association.

Support Services:

To ensure success of wellness initiatives, Pulse4Pulse provides clinicians for test reviews at events, event/corporate aggregated report provided post event and a convenient variety of wellness apps for employees.

Website for additional information:

www.Pulse4Pulse.com

Quarvis Health, Inc.

Organization name:

Quarvis Health, Inc.

Contact information:

Rachel Levine, VP of Sales

610-551-4216

RLevine@quarvishealth.com

A brief overview of products and services:

The Q Ring by Quarvis Health seamlessly blends advanced health tracking technology with personalized coaching to offer a tailored, educational, and transformative experience that can significantly impact cardiovascular health. By monitoring key health metrics, the Q Ring helps users gain valuable insights, empowering them to make positive lifestyle changes to decrease the risk of cardiovascular events. It tracks heart rate, blood oxygen levels, sleep, and stress — all of which are crucial to cardiovascular well-being. Lightweight, stylish, and built to last, the Q Ring features a durable, water-resistant design ideal for comfortable use day and night. With its powerful capabilities, users can stay connected, active, and constantly aware of their health. Paired with Quarvis's personalized health coaching, it enables users to set and achieve meaningful health and wellness goals that lead to outcomes.

Quarvis Health offers an innovative approach to overall well-being by integrating evidenced-based coaching, AI technology and a navigation platform to improve the overall well-being of their members with real results. Their human coaches are available around the clock (24/7) to connect and help in real-time within a secure mobile messaging app (No Appointments). Their coaches leverage clinically proven techniques and machine learning technology that enable them to focus on what they're best at, coaching their members. AI assists the coaches by suggesting optimal next steps, identifying opportunities to improve the service, and guiding them to company benefits and resources while resulting in real outcomes. Optional therapy visits through their partner, Better Help also available.

Pricing information:

Pricing varies based on quantity (10 ring minimum) or Per Employee Per Month (PEPM) pricing available.

Website for additional information:

www.quarvishealth.com

Ramp Health

Organization name:

Ramp Health

Contact information:

John Rickards, VP of Client Strategy, 215-431-8980, Jrickards@ramphealth.com

Nicole Putnam, VP of Client Strategy, 215-694-0908, Nputnam@ramphealth.com

A brief overview of products and services:

Ramp Health offers a comprehensive approach to cardiovascular disease prevention, management, and treatment, including:

1. **Health and Wellness Coaching:** Their health and wellness coaching programs are designed to help participants achieve lasting lifestyle changes in the areas of weight management, physical activity, nutrition, and stress management.
2. **Group Programming:** Their service includes various group engagement activities such as educational seminars, blood pressure screenings, cooking demonstrations, and more to educate, engage, and motivate populations to take control of their health.
3. **Personalized Nutrition Counseling:** They offer one-on-one nutrition counseling sessions with registered dietitians to help individuals make informed dietary choices, which are crucial for preventing and managing cardiovascular disease.
4. **Biometric Screenings:** Their screenings capture bloodwork (venipuncture or fingerstick), blood pressure, body composition, and other metrics to establish a baseline health assessment and evaluate risks for a variety of health issues. Many of these can be prevented through early detection and lifestyle changes.
5. **Digital Health Platform:** Their HIPAA-compliant platform enhances engagement through easy onboarding, on-demand access to the care team, personalized content, and data analytics, providing insights into population health trends and outcomes.

Experience:

With 20 years of experience, Ramp Health has become a leading provider of clinical, chronic condition management, and digital health solutions. They are committed to health equity by offering culturally competent care, addressing social determinants of health, and providing multilingual services.

Pricing information:

Pricing is dependent on eligible population size and dedicated service hours. Some services may be eligible to be billed through your Health Plan.

Outcomes:

Ramp Health Coaches have averaged 86% employee engagement when deployed onsite. For employees with two or more Coaching sessions, 84% have improved their blood pressure, and 76% have improved their BMI.

Website for additional information:

www.ramphealth.com

RecoveryPlus.health

Organization Name:

RecoveryPlus.health

Contact information:

Ashley Sanfilippo, VP of Partnerships

806-576-2688

Ashley.Sanfilippo@recoveryplus.health

A brief overview of products and services:

RecoveryPlus.health is a medically supervised program aimed at enhancing your heart health — now available from the comfort of your own home. With a team of experts, including doctors, nurses, exercise physiologists, dietitians, and more, they provide personalized care to help you reach your health goals. Their focus is on empowering you to improve both your heart health and overall well-being.

Each program is tailored to your needs, creating a plan that supports a healthy routine and lifestyle. A typical program includes individual exercise sessions, nutrition consultations, and regular care management calls. You'll also have access to group exercise sessions and educational webinars to help you make lasting lifestyle changes.

Pricing information:

RecoveryPlus.health is reimbursable by most Medicare, Medicaid, and commercial insurance plans.

Experience:

In 2024 they maintained a less than 2% hospital readmission rate!

See clinical study here: <https://pubmed.ncbi.nlm.nih.gov/39150858/>. This study evaluated the feasibility and impact of a digital home-based cardiac rehabilitation (HBCR) program, RecoveryPlus.health, integrating telehealth and mobile health (mHealth) on adults with cardiovascular disease (CVD). The trial involved 75 participants, aged 40 and up, with conditions like stable angina, myocardial infarction, or heart failure. The program lasted 12 weeks and combined synchronous telehealth exercise sessions and asynchronous mHealth coaching. Results showed that 83% of participants completed the telehealth component, and 79% completed the mHealth component. After the program, 81% improved their six-minute walk test performance, and physical and mental health quality of life scores increased. There were no exercise-related adverse events, suggesting the program's safety and effectiveness. The study concluded that the dual-modality digital HBCR program was feasible, effective, and could help address barriers to cardiac rehabilitation access, providing a promising alternative to traditional in-person programs.

Certifications and quality assurances:

Health Insurance Portability and Accountability Act (HIPPA) compliant, Nurse Practitioners, Exercise Physiologist, Dietitians, Medical Oversight.

Support services:

[RecoveryPlus.health](https://www.recoveryplus.health) (www.recoveryplus.health), a comprehensive home-based cardiac rehabilitation and chronic care management program.

Who is eligible: Anyone with two (2) chronic diagnosis (such as, but not limited to hypertension, diabetes, obesity, depression, anxiety, osteoporosis, COPD)

For a provider: How to Enroll: to refer a patient, simply fax/email Referral Form, Most Recent Clinical Note, Patient Facesheet

For a patient: How to Enroll: email info@recoveryplus.health

Website for additional information: www.recoveryplus.health

Spire Wellness

Organization name:

Spire Wellness

Contact information:

Kelly Fenol, Managing Director

317-341-4731

kfenol@spirewell.com

A brief overview of products and services:

Partnering with Spire provides you with the tools, resources, and support needed to implement effective health programs tailored to your team's needs. Spire focuses on creating proactive health programs that provide solutions designed to foster well-being and prevent health issues and effectively manage or even reverse chronic conditions.

Pricing information:

- Lifestyle Medicine 12-week program - starting at \$450 per enrolled individual:
 - Edutainment video, cookbook, journal, and one-on-one coaching.
 - Focused on six pillars of lifestyle medicine.
 - Curriculum on sustainable motivation and behavior change.
- Mental Health and Health Coaching - price per utilization:
 - Coach approach designed for whole-person care.
 - Certified coaches available virtually.
- Wellness Platform and Program Design - starting at \$2.50 Per Employee Per Month (PEPM):
 - Build a culture of health with wellness strategy and tools.
 - Wellness challenges, online microlearning, group engagement.
 - Wellness program design to create environmental, communication, and engagement strategies to drive results.

Experience:

Spire has been partnering with clients for almost 15 years to provide award winning wellness programs and proven outcomes. Their evidence-based programs are American College of Lifestyle Medicine (ACLM) certified and serviced by experienced professionals. Spire partners with employers (with 50-2,000 employees), and with industries spanning manufacturing and transportation to professional and entertainment. Many of their clients are recognized as Best Places to Work, Healthiest Employers, and Achieve Well organizations.

Most participants report additional outcomes such as better sleep, more energy, less pain and inflammation, and improved mood. Many are also able to decrease or eliminate medications for blood pressure, diabetes, cholesterol, and pain.

Cardiac health outcomes

- Total Cholesterol: 65% of high-risk participants improved. Avg. improvement 8.5%
- Blood Glucose: 71% of high-risk participants improved. Avg. improvement 9.4%
- A1c: 81% of high-risk participants improved. Avg. improvement 5.2%
- BMI: 83% of participants reduced BMI by an average of 4.2%

Website for additional information:

www.spirewell.com

Teladoc Health

Organization name:

Teladoc Health

Contact information:

Kate Beebe, Senior Manager, Employer Segment

857-205-6311

kbeebe@teladochealth.com

A brief overview of products and services:

Only one in four adults with hypertension successfully controls their condition. Relying solely on doctor visits to monitor and manage hypertension isn't enough to drive lasting improvements. Sustaining healthy lifestyle habits is essential to mitigating serious health risks like heart attacks, strokes, and heart failure.

Teladoc Health's Hypertension Management solution equips members with an intuitive program to track their progress and receive personalized, clinically-backed support. By combining expert care with advanced data science, the solution empowers individuals to take control of their blood pressure and overall health.

Key features:*Connected devices*

- Connected blood pressure monitor to empower self-monitoring.
- Food and activity tracking helps build better lifestyle habits.

Personalized support

- Tasks are recommended daily based on goals and progress to drive engagement.
- Members receive data-driven messages that encourage behavior change.

Expert coaching

- One-on-one access to credentialed and experienced coaches following evidence-based practices.
- Medication support to address members' barriers to adherence.

Pricing information:

They put full program fees at risk for their Hypertension solutions. Meeting members where they are at the start of their health journey, they establish clinically appropriate target outcomes that align with reduced risk of more serious and costly long-term health problems. If they don't meet or exceed these clinical goals, you don't pay full-service fees.

Experience:

Nearly half of activated members check blood pressure more than once a week, which is connected with better outcomes. Their programs have a 95% member retention rate at six months. The average systolic blood pressure reduction after one year is 11.4 points. Additionally, 88% of members maintained or improved blood pressure control after one year.

Certifications and quality assurances: *Certified based on programs:*

- ADCES – Association of Diabetes Care & Education Specialists
- NBC-HWC – National Board-Certified Health and Wellness Coach
- Follow evidence-based Practices:
 - American Heart Association
 - American Diabetes Association
 - CDC – Centers for Disease Control and Prevention

Support services:

- Provider, Health coach, Registered Dietician, Mental Health Coach

Website for additional information: <https://www.teladochealth.com/organizations/employers>

THRIVEbyAI

Organization name:

THRIVEbyAI

Contact information:

Mark Mulray, CEO

mark@thrivebyai.com

A brief overview of products and services:

THRIVEbyAI- Leveraging the power of AI to help your population THRIVE!

At THRIVEbyAI, they are on a mission to empower individuals and organizations to make informed, sustainable, and healthier choices. Harnessing the transformative power of artificial intelligence, THRIVEbyAI created cutting-edge tools and services that prioritize employee well-being, ensuring your team thrives in every aspect of life.

Their solutions are customizable and are offered as standalone or plugged into an existing website, platform, or custom URL. Their streamlined user experience increases engagement and leads to better outcomes.

Cardiovascular Health Portfolio:

- **HeartAge** is an innovative solution that reveals your heart's true age and overall cardiovascular risk using scientifically validated insights from the trusted Framingham study. By evaluating key risk factors, it predicts your likelihood of experiencing a heart attack or stroke in the next 10 years and offers personalized lifestyle recommendations — including guidance on nutrition, physical activity, and behavioral changes — to help improve your heart health. Designed to be simple and accessible, HeartAge empowers users of all backgrounds to take proactive steps toward better cardiovascular well-being.
- **THRIVE Assistant - Text-based Preventive Screenings and Benefits Navigation:** THRIVE Assistant is your secure, text-based partner in proactive health, with a special focus on cardiovascular wellness. By delivering personalized insights and timely preventive care reminders, it helps users identify potential heart health risks and make informed lifestyle adjustments that support a healthier heart. Beyond cardiovascular care, THRIVE Assistant streamlines benefits navigation and bolsters overall employee wellness and mental health — all without the need for an app.

Pricing information:

THRIVEbyAI offers a streamlined Per Employee Per Month (PEPM) pricing model which is based on the population size, number of products licensed, and duration of contract. Average THRIVE Assistant price is \$1.50 Per Employee Per Month (PEPM). HeartAge is \$1 per use.

Experience:

Their organization was founded in 2023 with deep expertise in digital health and wellbeing. Their clients include wellness companies leveraging their solutions to enhance client wellbeing, employers aiming to improve workforce health, and benefits consultant networks licensing their innovative tools for their clients. Their custom AI solutions for health care are designed to facilitate behavior change, optimize operational workflows, and achieve significant cost savings.

Website for additional information:

<https://www.thrivebyai.com/>

Tria Health

Organization Name

Tria Health

Contact information:

Vince McLaughlin, Vice President, Sales

610-761-2899

vmclaughlin@triahealth.com

A brief overview of products and services:

Tria Health supports cardiovascular health through Tria Health's Pharmacy Advocate Program (PAP). This program takes a whole-person approach, addressing the entire patient rather than focusing on a single condition. Appropriate medication use is critical to people with cardiovascular disease. Tria Health begins engagement with a comprehensive medication and lifestyle review to understand each person's unique needs and develop a customized care plan to improve overall health outcomes.

Tria's pharmacists help improve health literacy, close care gaps, and resolve drug therapy problems. From there, they tailor their approach with additional tools such as remote monitoring with blood pressure cuffs and blood glucose devices. The benefit of Tria Health is that they only provide remote monitoring devices to members that really need them to protect the plan from additional costs, while ensuring the right patients get the support they need.

Pricing information:

Tria Health offers pricing based on per employee per month with add on programs and list the programs that are based on a per participant per month. On average, Tria Health achieves a 3.7:1 ROI and provides a 1:1 financial guarantee.

Experience:

Tria Health has approximately 321 clients managing over 700,000 lives. Tria Health recommends a minimum of 500 employees to ensure the best results. On average, Tria Health identifies approximately 20% of members and engages between 15-20% of those members into the program.

Based on Tria Health's 2023 book of business, Tria Health:

- Saves \$2,432 per engaged member.
- Reduces A1C by 1.7 for those with uncontrolled diabetes.
- 41% Reduction in Emergency Room costs
- 59% Reduction for Inpatient Hospital costs

Certifications and quality assurances:

Tria Health provides personalized consultations with pharmacists to help individuals with cardiovascular disease manage their medications safely, appropriately, and effectively.

In addition, in the first year of service, Tria Health offers a one-to-one financial guarantee. At the end of the year, Tria Health will provide its financial report. Should Tria Health fail to provide savings equal to or greater than the client's investment, Tria Health will repay the difference between the verified savings and the client's investment. Guarantees are contingent upon an agreed upon incentive, executive/HR support from the client, and a defined communication strategy that includes outbound phone calls from Tria Health to the identified members.

Support services:

In addition to one-on-one pharmacist consultations, Tria Health offers remote monitoring to support patients. This includes cellular diabetes monitors, blood pressure cuffs, and scales, all of which send readings directly to Tria Health. These readings help support patient consultations and notify pharmacists if any readings are out of range, prompting the pharmacist to reach out directly to provide support.

Tria Health also has an app that provides access to readings, care plans, and medication lists, making it easy for patients to share this information with other providers. This is especially helpful for those with cardiovascular disease, who often have multiple conditions.

Their customer service department, known as Member Advocates, offers white glove service and advocates on behalf of their members.

Websites for additional information:

www.triahealth.com

www.triahealth.com/knowledge-center

www.youtube.com/watch?v=9cl-uQcO2NM

www.validationinstitute.com/validated-provider/tria-health/

Truth Initiative Foundation dba Truth Initiative

Organization name:

Truth Initiative Foundation dba Truth Initiative

Contact information:

Drake McCrary, Vice President, Business Development

202-454-5934

dmccrary@truthinitiative.org

A brief overview of products and services:

Smoking is a major cause of cardiovascular disease. EX Program is a digital tobacco cessation program that provides tailored quit support to people with cardiovascular health issues. EX Program is the only tobacco cessation program that combines Mayo Clinic's proven treatment model with scientific leadership in digital tobacco solutions from Truth Initiative, a public health non-profit leader in tobacco cessation. For those with cardiovascular disease, EX Program offers tailored text messaging support to help them navigate quitting in a way that's meaningful, personalized, and effective. Text content is developed with Mayo Clinic, and designed to engage these unique populations, with coaches providing tips as well. Plus, their thriving online community provides peer support from other current and former smokers who are concerned about heart health.

For clients, they offer tailored campaigns to engage those with heart disease in quitting. Client success experts can build and execute a year-round promotional plan designed to engage this specific population. Additionally, clients receive a real-time dashboard to give transparent visibility into program performance.

Pricing information:

Truth Initiative Foundation offers a per participant pricing model with a 35-person minimum and tiered pricing structure as follows:

- \$300 for 1-500 registrants
- \$280 for 501-1,000 registrants
- \$260 for over 1,000 registrants

Experience:

Their greater than 70 client base includes employers in industries such as manufacturing, investments/finance, construction, gaming, technology, health care, hospitality, and agriculture. A cost-effectiveness study by NORC at the University of Chicago showed EX Program delivered:

- 4.75 times return on investment in health care cost savings in year one relative to matched controls.
- \$1,910 in savings per individual in year one, combining health care cost savings and productivity gains.

Among clients that follow their best practices, participants have a 52% seven-day abstinence rate. A clinical trial of EX Program shows a long-term quit rate of 34%, defined as 30-day point prevalence abstinence at nine months. Member satisfaction is high, with 96% of members saying the program was helpful and 93% willing to recommend the program to family or friends.

Certifications and quality assurances:

EX Program is a HIPAA-compliant program that protects sensitive health information from being disclosed without the participant's consent or knowledge. From a technical standpoint, the program is certified under ISO 27001, a global standard for information security management systems. They are in the process of becoming Security Operations Center (SOC 2) certified.

Support services:

Clients receive: Strategic support from a client success team; tobacco surcharge/incentive real-time data; real-time reporting on program performance; award-winning year-round promotional materials.

Website for additional information:

<https://www.theexprogram.com/>

Ucardia

Organization Name:

Ucardia

Contact information:

Adam J. Weber, Co-Founder & President

214-543-5503

adam.weber@ucardia.com

A brief overview of products and services:

Transforming Cardiovascular Care with Proven, Personalized Programs:

Ucardia is the leading digital heart health platform, delivering evidence-based, data-driven solutions that empower employees — and their covered dependents — to take control of their cardiovascular wellness. By combining credentialed human expertise with innovative technology, they provide personalized coaching, structured care plans, and real-time insights that drive measurable health improvements while reducing health care costs for employers.

Ucardia's programs are designed to be accessible, adaptable, and outcomes-driven, ensuring employers see a sustained impact on workforce health, engagement, and cost savings.

Customizable Heart Health Programs for Employees & Their Dependents:

Ucardia's programs meet employees and their covered dependents where they are in their heart health journey, offering one-on-one virtual coaching, structured care plans, and digital tools to track progress and optimize engagement.

- **Prevent:** For individuals proactively working to improve heart health, reduce risk factors, and build sustainable habits.
- **Recover:** For those recovering from a cardiac event (e.g., heart attack, surgery) who need expert-led guidance to regain strength, confidence, and independence.
- **Transform:** For individuals managing weight and cardiometabolic health — including those using GLP-1 medications—through coordinated care between heart coaches and dietitians, integrating structured exercise and nutrition strategies for long-term results.
- Each program delivers high-touch coaching, behavior modification strategies, and proactive engagement to drive measurable health improvements and mitigate costly claims — not just for employees, but for dependents who also contribute to employer health care spend.

Pricing information:

Performance-Driven Pricing Model: 100% Fees at Risk: Ucardia's pricing model is built on performance and accountability, ensuring employers only pay based on results.

\$900 per enrolled participant (employees or dependents), paid in three phases:

- **Enrollment & Onboarding (\$300):** Member completes onboarding, risk assessment, and first coaching session.
- **Active Engagement (\$300):** Member actively participates in coaching sessions and utilizes the platform.
- **Sustained Outcomes (\$300):** Member demonstrates measurable improvement in biometric data, health behaviors, or engagement thresholds.
- **Zero upfront costs** — Ucardia puts 100% of their fees at risk, aligning employer investment with engagement, impact, and cost savings.

Proven Impact and Outcomes: Driving ROI for Employers

Ucardia has successfully partnered with employers nationwide, demonstrating measurable reductions in health care costs and risk factors.

- **74%** of members improve at least one biometric marker (e.g., blood pressure, weight, cholesterol) within 90 days.
- Projected over **\$2,000** in annual health care savings per participant — including dependents — through reduced ER visits, hospitalizations, and medication reliance.
- Employer-sponsored programs see an **85%** engagement rate, ensuring high participation and long-term impact.

Comprehensive Employer Support:

Ucardia ensures a seamless implementation process with minimal lift from HR teams, making it easy for employers to provide a scalable, high-impact heart health benefit.

- Dedicated Employer and Employee Support: End-to-end assistance for onboarding, program promotion, and engagement strategies to maximize workforce participation.
- Marketing and Communications Toolkit: Co-branded enrollment guides, educational materials, email campaigns, and on-site/virtual sessions to drive awareness and utilization.
- On-Site and Virtual Engagement: Biometric screenings, interactive workshops, and wellness webinars tailored to employer needs.

Websites for additional information:

Visit ucardia.com to learn more or ucardia.com/for-business to schedule a demo.

Vālenz® Health

Organization name:

Vālenz® Health

Contact information:

Kevin O'Donnell, EVP Solution Strategy and Expansion

866-762-4455

kodonnell@valenzhealth.com

A brief overview of products and services:

Vālenz® Health is the platform to simplify health care— the destination for employers, payers, providers, and members to reduce costs, improve quality, and elevate the health care experience. With fully integrated solutions, Valenz engages early and often to execute across the entire patient journey— from member experience to payment integrity, plan performance, and provider quality.

Valenz integrates member-centric services with data-driven insights, connecting the dots with personalized service and guidance for high-quality care and improved outcomes for all members including those with cardiovascular support. Members begin their health care journey with access to the digital front door and intuitive navigation. This omni channel approach supports members at every step in their health care journey leveraging the largest health care quality and cost dataset in the United States. Coupled with support from their care management team, thousands of procedure bundles including over 40 different cardiovascular procedures, specialty infusion solutions and predictive analytics they can be the solution or a part of the equation alongside other solutions. Their focus is on simplifying health care for everyone involved. They can empower employees to make better, more informed health decisions and lead strong, vigorous and healthy lives.

Pricing information:

Their configurable model offers several pricing options from Per Employee Per Month (PEPM), % of savings, and Case Rate.

Experience:

Valenz core business started over 20 years ago focused on reducing out of network claim costs and expanded to support every step of the health care journey. They serve over 200 Third Party Administrator (TPAs), health plans and employers, representing over 2,500 customers, about 10 million members and adjudicating roughly 7.5 million claims per month, on average.

Certifications and quality assurances:

Utilization Management solution is Utilization Review Accreditation Commission (URAC) accredited

Website for additional information:

<https://www.valenzhealth.com>

Visana Health

Organization name:

Visana Health

Contact information:

Matt Hodes, VP of Business Development and Partnerships

matt@visanahealth.com

A brief overview of products and services:

Visana is a comprehensive virtual women's health clinic that recognizes women's unique cardiovascular health needs and risk factors. Their medical group provides whole-person care that addresses cardiovascular health through prevention, early intervention, and condition management. They specialize in treating conditions that increase women's cardiovascular risk, including Polycystic Ovary Syndrome (PCOS), menopause, and pregnancy complications, while managing co-existing conditions like hypertension, diabetes, and obesity that impact heart health.

Pricing information:

Visana contracts as an in-network provider with health plans, with all services billed through standard medical claims. No Per Member Per Month (PMPM) fees or implementation costs.

Experience:

Currently serving 30 million covered lives across 50 states through partnerships with major national health plans and more than 50 employer groups. Their model delivers actuarially verified savings of \$2,434 per patient in year one while achieving 93% clinical improvement within three months. The average patient manages 3.6 conditions simultaneously.

Certifications and quality assurances:

- a) Service Organization Control (SOC 2 Type II) compliant
- b) Health Insurance Portability and Accountability Act (HIPAA) compliant
- c) 50-state licensed medical group

Support services:

- a) Integrated care coordination
- b) Seamless referral management
- c) Provider directory integration
- d) Member services support
- e) Customized engagement campaigns
- f) Outcomes reporting and analytics

Website for additional information:

www.visanahealth.com

Welldoc

Organization name:

Welldoc

Contact information:

Kathy Brunner, VP Employer Sales

262-389-8507

kbrunner@welldocinc.com

A brief overview of products and services:

Welldoc's comprehensive Cardiovascular Health platform provides multi-condition support across diabetes, hypertension, heart failure, prediabetes, weight management, and mental wellbeing support.

Through Artificial Intelligence (AI), their digital platform guides individuals through the complicated journey of living with diabetes by enabling them to self-manage their care while enhancing connections to their health care team. Members like having a "one-stop shop" for all their cardiovascular conditions so their care can be connected and coordinated. People living with diabetes get personalized care by connecting to various devices, such as CGM's, blood glucose seters, weight scales and blood pressure monitors, to receive real-time care 24/7/365.

The Welldoc platform is device-agnostic and connects to over 400 devices. Welldoc has shown clinical rigor through earning 11 510(k) FDA clearances, 48 technology patents, and more than 90 publications.

Experience:

Welldoc was founded in 2005 and been in business for 19 years with 350 Employees. They cover over 12 million lives, spanning health plans, health Health Insurance Portability and Accountability Actsystems, employers, and channel partnerships. Their largest clients include CVS Health, Paramount, Eli Lilly, MDLIVE and HealthFirst. Proven clinical results include A1c reduction, cost savings, weight loss, and blood pressure reduction.

Advancing Health Equity: Welldoc has incorporated cultural competency, social determinants of health, and root cause factors into their holistic approach across product development, engagement and advancing their AI as described below.

Pricing information:

Welldoc will be about 1/6 the cost of other providers because they use AI rather than human coaches. The fee structure is based on a per utilizer per month (PUPM) or per eligible member per month (PMPM). Welldoc is part of the Optum and United Healthcare Hubs which offer reduced pricing.

Website for additional information:

Website: <https://www.welldoc.com>

Testimonials: <https://www.welldoc.com/insights>

Wellthy

Organization name:

Wellthy

Contact information:

Kristin Spodobalski, Vice President

860-614-3623

partnerships@wellthy.com

A brief overview of products and services:

Wellthy provides comprehensive care coordination services through their dedicated team of Care Coordinators and Advisers who specialize in supporting employees and their families in managing cardiovascular health conditions. Their Care Team serves as experienced navigators throughout the heart health journey — helping individuals establish preventive routines, coordinating acute cardiac care, and providing long-term guidance for lasting heart-healthy lifestyle changes. From securing timely appointments with top cardiologists to ensuring seamless insurance navigation, Wellthy empowers employees with the resources and support they need to prioritize their heart health while balancing work and family responsibilities.

Wellthy care professionals excel in:

- Finding in-network cardiac specialists and securing appointments.
- Recommending support groups for individuals and families affected by heart disease.
- Assisting with enrollment in Medicare, Medicaid, or private health plans.
- Navigating insurance coverage and billing.
- Coordinating transportation to medical appointments.
- Providing educational resources for heart-healthy lifestyle modifications.

Experience and Outcomes:

Wellthy has established itself as a trusted leader in health care coordination, serving over four million covered lives across more than 175 clients, including 35 Fortune500 companies. Heart disease is one of the top three medical conditions for which employees seek Wellthy's support — both in managing their own heart health and in navigating the complex care needs of a loved one. By addressing one of the most prevalent and costly health challenges in the workforce, Wellthy helps employers see a material return on investment, averaging 3.6 times through reduced health care costs, decreased absenteeism, and improved productivity. As the leading cause of death in the US, heart disease is often preventable through early intervention and sustained healthy behaviors — something Wellthy helps employees and their families achieve through expert guidance and care coordination.

Pricing information:

Wellthy offers flexible pricing models tailored to each employer's specific needs and population:

- Per Employee Per Month (PEPM) model
- Utilization-based pricing
- Custom hybrid models available

Website for additional information:

<https://wellthy.com>

Key Takeaways:

- You can reduce your risk of heart disease by managing your own chronic conditions and health, as well as your diet and activity levels.
- Prioritize lifestyle changes to prevent cardiovascular diseases.
- Eat healthy — www.healthydelaware.org/Individuals/Healthy-Living/Nutrition#eating.
- Maintain a healthy weight — Determine the best weight for your body type and height using the CDC's website: www.cdc.gov/bmi/adult-calculator/?CDC_AAref_Val=https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html
- Stay active — Spend a minimum of 30 minutes a day walking, stretching, biking, or doing aerobic exercise. Find state parks, gyms, and other activity centers near you at www.healthydelaware.org/Individuals/Healthy-Living/Healthy-Lifestyle-Map?Filter=&ZIPCode=.
- Limit alcohol — Men should limit alcohol consumption to no more than two drinks per day; women should limit alcohol consumption to one drink per day.
- Regular medical check-ups can help manage risk factors.
- Talk with your health care team — Work together to prevent or treat the medical conditions that lead to heart disease.
- Check cholesterol level — Once every five years, minimum.
- Control blood pressure — Check at least once every two years.
- Take your medicine(s) — Follow your health care provider's instructions carefully and never stop taking medicine without first consulting with your doctor, nurse, or pharmacist.
- Medications and surgical treatments can be highly effective for managing heart disease.
- Emergency preparedness and understanding heart attack and stroke symptoms can save lives.



The Greater Philadelphia Business Coalition on Health (GPBCH) seeks to increase the value of health benefit spending for the region's employers. We do this by improving workforce and community health, increasing health care quality and safety, and reducing health care costs. The Coalition represents employer interests in working with health plans, health care providers, benefits consultants, suppliers and other system stakeholders to address population health priorities and to ensure that when health care is needed it is accessible, affordable, equitable, high-quality, and safe.

