



My Heart Health Report

Please take a moment to review this personalized Prompt Heart Health Report. You are receiving the Prompt Heart Health Report because you have been prescribed one or more of the following medications:

- Statins (such as Simvastatin or Lovastatin)
- Angiotensin Converting Enzyme (ACE) Inhibitors (such as Lisinopril or Enalapril)
- Angiotensin Receptor Blockers also known as ARBs (such as Losartan or Valsartan).

These important heart health medications are prescribed for lowering cholesterol, controlling blood pressure, or reducing the risk of heart disease. This report includes information specifically about your Prompt Program medications as well as your heart health test results

from the past year. While all your prescribed medications are important to your health, the Prompt Program is designed to help support you in taking these specific heart health medications and reduce your chance of heart attack and stroke. We hope it helps you better understand how taking your prescribed Prompt medications every day can improve your heart health.

You may want to take this report with you to your next doctor's appointment, so you can discuss any questions you have about your medications or heart health. You can also contact the Kaiser Permanente Pharmacy with questions about your medication. Call the number for your area listed on the back page of this report.

If you have stopped taking one of the medications below at your doctor's request do not start taking again without consulting your doctor.

My Prompt Program Medications

My Heart Health Test Results

* Medication not prescribed or refilled in the last year.

** No record from the last year for the above heart health test result(s). Keeping track of your blood pressure and cholesterol levels is an important way to protect your heart. HbA1c tests are for pre-diabetes and diabetes, and your doctor may not have requested this test in the last year. To request these heart health tests, please contact your Kaiser Permanente doctor for an appointment.

UNDERSTANDING MY MEDICATIONS

Medications

Angiotensin Converting Enzyme (ACE) Inhibitor and Angiotensin Receptor Blocker (ARB) medications work to lower risk of heart disease and heart health related events including heart attack and stroke. These medications are taken for various reasons, and are often taken for managing blood pressure.

Statin medications work by both reducing LDL cholesterol and managing healthy levels of cholesterol. These medications work better the longer and more consistently you take them.



Cholesterol

Your body needs some cholesterol to work properly. But if you have too much in your blood, it can stick to the walls of your arteries. High levels of cholesterol in the blood can increase your risk of heart disease. There are two types of cholesterol:

LDL is considered “bad cholesterol” as it can build up and clog the inner walls of your arteries, which carry blood away from your heart and to your brain.

HDL is considered the “good cholesterol.” Experts believe that high levels of HDL protect against heart attack, by carrying cholesterol away from your arteries and back to your liver, after which it passes from the body.

For most people, HDL Cholesterol Level should be 40 or higher for men, and 50 or higher for women. For both men and women it is even better to have an HDL Level higher than 60.

For most people, LDL Cholesterol Level should be less than 100. It is even better to have an LDL Level less than 70.

Note: The guidelines for blood pressure, cholesterol or HbA1c are general and may not represent your individual health goals as determined by you and your doctor. To best understand your health report, test results, and personal goals, please discuss this report with your doctor.

UNDERSTANDING MY HEART HEALTH TEST RESULTS

Blood Pressure

Blood Pressure is a physical measure of how hard your heart is working to keep blood moving throughout your body.

Hypertension means higher than normal blood pressure.

Systolic is the first number and the larger of the two blood pressure numbers. It represents the pressure put on the arteries when the heart muscle tightens.

Diastolic is the second number and smaller of the two blood pressure numbers. It represents the pressure put on the arteries when the heart muscle expands, rests, and refills with blood.

HbA1c

HbA1c is a test that measures average blood glucose (sugar) levels for the past 2–3 months. It is used to screen for diabetes as well as monitor diabetes. If you have type 2, it is important to have your doctor check your HbA1c twice a year at a minimum, or more often when necessary. Remember this test does not replace self-testing of blood glucose.

Blood Pressure

119/79 or lower

120-139/80-89

140/90 or higher

Category

Normal

Pre-hypertension

Hypertension

For most people, HbA1c Level should be less than 8. It is even better to have an HbA1c Level less than 7.

You should discuss your goals for HbA1c with your doctor.



What's
Prompt?

Prompt is
Knowledge.



**Kaiser Permanente
Northwest Pharmacy**
1-888-658-7548

**Kaiser Permanente
Georgia Pharmacy**
770-496-3787

**Kaiser Permanente
Hawaii Pharmacy**
808-432-5787