What Services are Available?

The Advancing Wellness program includes the following:

- Complete cardiac assessment and treatment changes by your Primary Care Doctor and Cardiologist as needed, to achieve your best cardiac function and to relieve or prevent symptoms
- Lab assessment
- Expert evaluation of factors that may make your heart failure worse
- Expert recommendations on lifestyle changes needed to better manage symptoms and to prevent admission to the Hospital
- Heart Failure Rehabilitation Program
- Routine follow-up telephone calls with your Care Navigator
- Medication review and follow-up with a Pharmacist
- Diet review and follow-up with a Nutritionist
- Resources and tools to help improve your quality of life
What is the *Advancing Wellness* Program?

*Advancing Wellness* is a program created to assist patients living with heart failure. This program was developed in partnership between Reading Hospital, Reading Health Physician Network, and your Cardiologist. Heart failure patients are provided an experienced Care Navigator. This person is a Registered Nurse Case Manager who will work closely with your doctor to: monitor your heart failure, help you care for yourself, support your family caregiver, and connect you to other medical and community services.

Who May Participate in the Program?

All patients diagnosed with heart failure are welcome to participate in *Advancing Wellness*.

Does the Care Navigator Replace the Patient’s Primary Care Doctor?

No. An *Advancing Wellness* Care Navigator does not take the place of a patient’s Primary Care Doctor or Cardiologist. The Care Navigator works with your doctors and is there to assist with coordinating your healthcare.

How Does the *Advancing Wellness* Program Work?

*Advancing Wellness* is a program that cares for both inpatients and outpatients who have heart failure. The program is designed to provide care and services that your doctors want you to have. The Care Navigator works with your doctors when you are at home. If you were in the hospital for heart failure or if you have a history of heart failure, an *Advancing Wellness* Care Navigator will call you at home the day after you are discharged from the Hospital. The goal will be to help you to remain healthy. The Care Navigator will ask you questions about your health and work closely with your Primary Care Doctor and your Cardiologist to develop a care plan, to meet your specific needs. As necessary, the Care Navigator will also contact you to check on your progress and to coordinate additional care.

For more information about *Advancing Wellness* or to speak to a Care Navigator, call 610-743-6045, Monday to Friday, from 8 a.m. to 5 p.m.

Living with Heart Failure

More than four million people in the United States live with heart failure. Our *Advancing Wellness* program is designed to support patients diagnosed with heart failure to minimize Hospital visits, and provide resources to continue doing the things they love to do.