WHO MAKES UP THE HEART SMART TEAM?
Cardiologists, primary care physicians, registered nurses (RN, BSN), clinical pharmacists, registered dietitians, and other healthcare professionals. This team of experts will help you manage proper dietary habits, cholesterol medication(s), exercise, weight management and smoking cessation to reduce your risk of cardiovascular disease (CVD).

HOW DO I GET INTO THE PROGRAM?
You are referred to the program by your physician.

HOW WILL I BENEFIT FROM HEART SMART?
The Heart Smart RNs and pharmacists will work with you to reduce your specific risk factors. The most important are high cholesterol, smoking, diabetes, high blood pressure, obesity and inactivity.

HOW DOES IT WORK?
An introductory class is offered when you enroll. All interactions thereafter are by phone with your RN or pharmacist in intervals based on your individual needs. The calls monitor your diet and exercise progression, your cholesterol reduction medication effectiveness or current lab results.

Heart Smart has earned the Gold Seal of Approval Certification for disease-specific care from the Joint Commission on Accreditation of Healthcare Organizations.