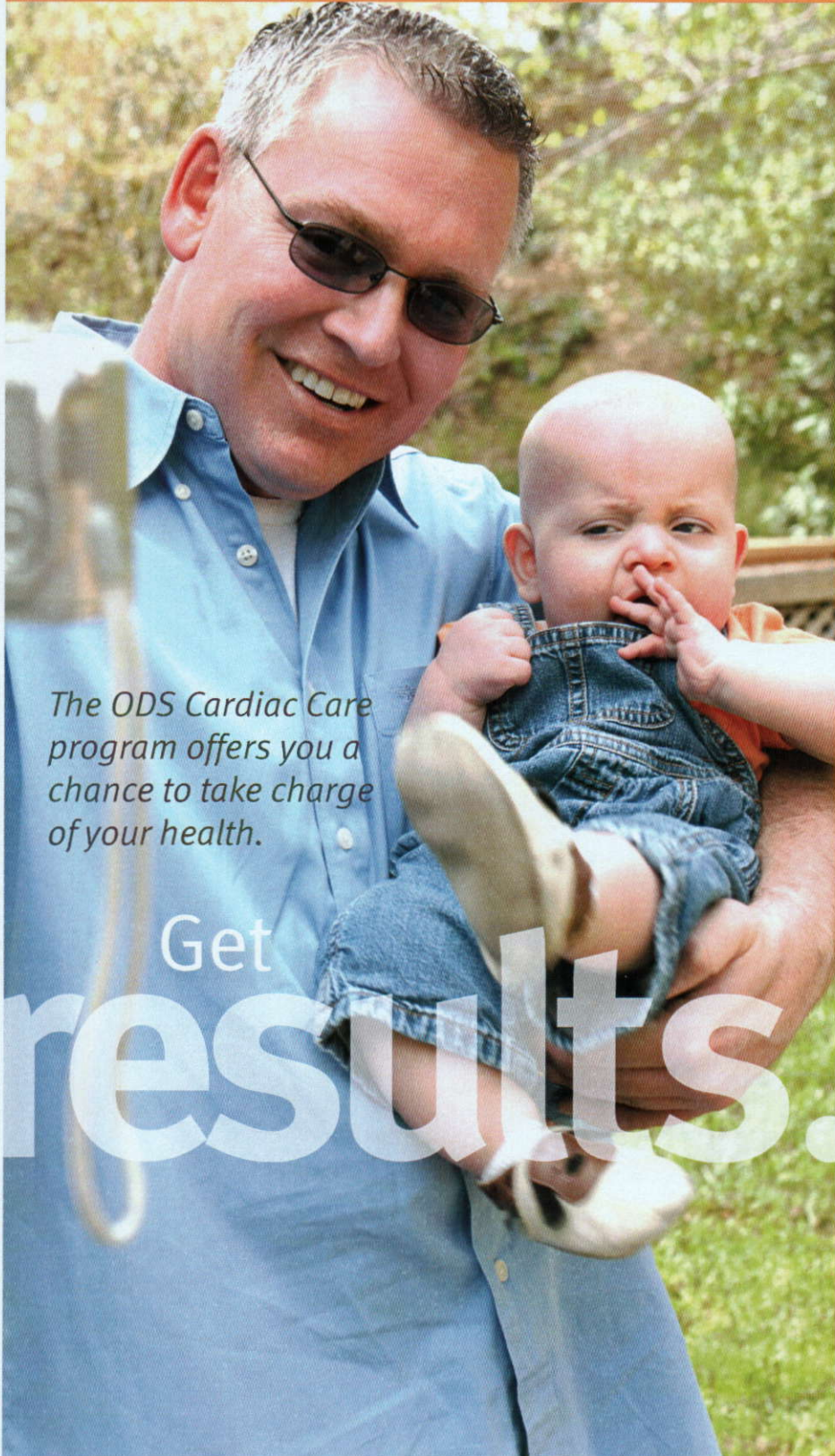




# CARDIAC CARE PROGRAM

Heart disease is the leading cause of death in America,  
but there are many lifestyle changes that can reduce your risk.



*The ODS Cardiac Care program offers you a chance to take charge of your health.*

Get  
**results.**

When you enroll in the **Cardiac Care program** you will:

- » Work one-on-one with a trained health coach over the phone or via e-mail
- » Set goals and learn how to achieve those goals
- » Track your progress to better health
- » Receive a free gift



Meet Gary,\* 38, who was diagnosed with high blood pressure and high cholesterol.

In his first call with Barbara, his ODS health coach, Gary said he was not concerned about his health. His parents had been living with heart disease and they seemed okay.

After a few calls with Barbara, Gary realized there was a lot he could do to get on the right track. He started going for walks every day and is eating better. He is now on blood pressure and cholesterol medications prescribed by his doctor.

Gary is glad he enrolled in the ODS Cardiac Care program. After one year of working with Barbara, he has lost weight, lowered his blood pressure and cholesterol, and he feels great.

*\*Name has been changed.*

OEBB ODS DISEASE MANAGEMENT

Toll-free: **800-913-4957**

Local: **503-243-3957**

[www.odscompanies.com/oebb](http://www.odscompanies.com/oebb)