

Don't Skip A Beat



There are medicines that can help people who have had a heart attack in the past. These medicines are called beta-blockers. If you have ever had a heart attack, please contact your primary care provider (PCP). He or she can tell you if you are already taking a beta-blocker or if one is right for you!

Currently, Passport Advantage does not require prior authorization for the following beta-blockers if dispensed as generic:

Beta-Blockers			
GENERIC NAME	BRAND NAME	GENERIC NAME	BRAND NAME
Acebutolol	Sectral	Metoprolol succinate er	Toprol XL
Atenolol	Tenormin	Metoprolol tartrate	Lopressor
Atenolol/Chlorthalidone	Tenoretic	Nadolol	Corgard
Betaxolol	Kerlone	Nadolol/Bendroflumethiazide	Corzide
Bisoprolol	Zebeta	Pindolol	Visken
Bisoprolol/HCTZ	Ziac	Propranolol	Inderal
Carvedilol	Coreg	Propranolol er	Inderal LA
Carvedilol er	Coreg CR	Propranolol /HCTZ	Inderide
Labetalol	Trandate	Timolol	Blocadren
Metoprolol/HCTZ	Lopressor HCT		

Why Should I Take Beta-Blockers?

Beta-blockers cut down the work your heart must do by slowing your heart rate. This makes your heart beat with less force and lowers your blood pressure. This lowers your chance of having a heart attack.

Beta-blocker medication may not be right for some people. Ask your PCP if a beta-blocker can help you.

What Can I Do To Help Control Heart Disease?

- Follow up with your PCP regularly.
- Take all your medicines as ordered. This means you must take them exactly how it says to on the medicine bottle. If you are not sure, please ask your pharmacist for help.
- Talk to your PCP before you stop taking any medicine.
- If you smoke, stop. Please call us if need help quitting!
- Talk to your PCP about an exercise program.
- Exercise at least 3 to 4 days per week.
- Talk to your PCP about a low-fat, low cholesterol diet to help you reach your targeted weight.
- If you have diabetes or high blood pressure, make sure you follow your PCP's advise to control your disease.
- Talk to your PCP about getting a flu and pneumonia shot.

How Can I Get More Information?

For more information, please visit the Passport Advantage section of our web site, at www.passportadvantage.org. You can download a list of covered drugs on our formulary, learn about special programs for our members, and much more!

If you have any questions about heart disease, please call 1-877-903-0082, press 0 and then press 78212. TTY users please call 1-800-648-6056.