

Live Easier with Heart Disease



There are medicines that can help people who have had a heart attack in the past. These medicines are called **ACE inhibitors and ARB's**. ACE inhibitors and ARB's can lower your chance of having another heart attack. Some people may not be able to take these medications. 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 an ACE inhibitor or ARB and if one is right for you!

Currently, Passport Advantage does not require prior authorization for the following ACE inhibitors and ARB's if given as a generic:

ACE inhibitors		ARB's	
GENERIC NAME	BRAND NAME	GENERIC NAME	BRAND NAME
Benazepril	Lotensin	Losartan	Cozaar
Benazepril/HCTZ	Lotensin HCT	Losartan/HCTZ	Hyzaar
Captopril	Capoten	Olmesartan	Benicar
Captopril/HCTZ	Capozide	Olmesartan/HCTZ	Benicar HCT
Enalapril	Vasotec	Valsartan	Diovan
Enalapril/HCTZ	Vasoretic	Valsartan/HCTZ	Diovan HCT
Fosinopril	Monopril	Combination ARB & Calcium Channel Blocker	
Fosinopril/HCTZ	Monopril HCT	GENERIC NAME	BRAND NAME
Lisinopril	Zestril	Amlodipine/Olmesartan	Azor
Lisinopril/HCTZ	Zestoretic	Amlodipine/Valsartan	Exforge
Moexipril	Univasc	Combination ACE I & Calcium Channel Blocker	
Moexipril/HCTZ	Uniretic	GENERIC NAME	BRAND NAME
Quinapril	Accupril	Amlodipine/Benazepril	Lotrel
Quinapril/HCTZ	Accuretic, Quinaretic	Trandolapril/Verapamil SR	Tarka
Ramipril	Altace		
Trandolapril	Mavix		

Why Should I Take This Medicine?

They cut down the work your heart must do by keeping your blood pressure under control. This reduces the strain on your heart and lowers your chance of having a heart attack.

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. Call us if you 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 and low-cholesterol diet. The diet will help you reach your targeted weight.
- If you have diabetes or high blood pressure, make sure you follow your PCP's advice 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 our web site, at www.passportadvantage.org. You can download a list of covered drugs on our formulary, learn about special programs, and much more!

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