

# Healthy Partner: Louis Roe



When Louis Roe's father died of a stroke at age 50, Roe vowed to change his own life. "I made up my mind then that I didn't want that to happen to me," he said.

So when Roe, Senior Manufacturing Coordinator at the Sub Assembly MBU in Savannah, was diagnosed with high cholesterol and high blood pressure four years ago, he took action. Telling his story at a recent Health Screening and Risk Assessment event, he commended Savannah's Healthy Returns disease management program for the personal assistance he has received in managing his high cholesterol. Not only is Roe very pleased with the success of his program, he is eager to share his experience with others.

At the time of his diagnosis, Roe's total cholesterol was over 280, placing him at high risk for cardiovascular disease. Today, with the guidance of his physician and the helpful nurses in the Healthy Returns program, he has been able to maintain his total cholesterol between 147 and 166, well within the American Heart Association's guidelines for healthy cholesterol levels.

Over the past year, Healthy Returns has provided the expertise of a registered dietician who developed an eating plan for Roe that has taught him to make healthier food choices. The results are evident in his lower cholesterol levels. Roe has also enjoyed his interaction with the team of three registered nurses who have been assigned to his case. They call him regularly to check on his progress and have gotten to know him well.

"It's been awesome," Roe said. "The nurses are so friendly and they just want to help. Whatever my question, even if it's not related to my cholesterol, they always have time to answer it or find the answer for me. I call them every now and then, too." Clearly, Roe has made friends in the process of improving his health, and he wants others to take advantage of this benefit.

"I wish people would just give Healthy Returns a chance," he said. "It has really helped me."

*For information on the disease management program available to you, call your medical plan or go to [www.partners2health.com](http://www.partners2health.com) for a convenient link to your plan's Web site.*

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