



Understanding Your Heart Medicine

People with heart disease usually take many medicines. Each medicine has a special job to do. **Here is a list of some common medicines used to treat heart disease and what they do to help your heart.**

Medicine	What it does	Medicine	What it does
ACE inhibitors <i>Lotensin® (benazepril)</i> <i>Prinivil®, Zestril® (lisinopril)</i> <i>Accupril® (quinapril)</i> <i>Capoten® (captopril)</i>	Opens up your arteries and makes it easier for your heart to pump	Beta Blockers <i>Corgard® (nadolol)</i> <i>Tenormin (atenolol)</i> <i>Lopressor®, Lopressor LA®, Toprol XL® (metoprolol)</i> <i>Tenormin® (atenolol)</i> <i>Zebeta® (bisoprolol)</i> <i>Ziac® (bisoprolol and hydrochlorothiazide)</i>	Slows your heart rate and reduces blood pressure
Angiotensin II receptor blockers <i>Cozaar (losartan)</i> <i>Diovan (valsartan)</i> <i>Benicar (olmesartan)</i>	Helps relax your blood vessels		
Diuretics <i>Aldactone® (spironolactone)</i> <i>Dyazide® (triamterene)</i> <i>Hydrodiuril® (hydrochlorothiazide)</i> <i>Lasix® (furosemide)</i> <i>Maxzide® (triamterene)</i>	Helps your body get rid of excess fluid	Vasodilators <i>nitroglycerin</i>	Opens up your arteries and makes it easier for your heart to pump
		Other Digitalis (digoxin)	Helps your heart beat stronger and more regular

To take your medicines the right way, be sure to ask your doctor or pharmacist:

- What is the name of the medicine?
- What is the dose of the medicine?
- How much medicine should you take each time?
- How often should you take the medicine?
- How should you take the medicine (with food or with liquid or on an empty stomach)?
- What are possible side effects of the medicine?

It is best to keep a current list of all the medicines you take. Carry the list with you so that you will have the list to check if you are asked what medicines you take. This is one of the first questions you are asked when you see the doctor or if you go to the hospital.

HELPFUL TIPS: If you think you are having side effects or if you have questions about your medicines, talk to your doctor. Never stop taking your medicines unless you talk to your doctor first.

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You are receiving this newsletter as part of a Disease Management Program. If you do not want to receive this newsletter or participate in any Disease Management Program please let us know. Please call us at 1-866-891-2320.

Need Help Quitting Smoking?

Molina Healthcare members can join the **Free and Clear quit smoking program**. It is free to Molina Healthcare members. Call our Health Education Team at 1-800-526-8196, ext. 127532.

Need Help Losing Weight?

Molina Healthcare members can enroll in a weight loss program. It is free to you. To join, call our **Health Education Team** at 1-800-526-8196, ext. 127532.

Do you need an interpreter?

Please let your doctor know that you need an interpreter. All Molina Members may request interpreter services at no cost to them. You can also call Molina's Member Services at 1-888-665-4621 for more information.

To get this information in other languages and accessible formats, please call Member Services at 1-888-665-4621.

All material in this newsletter is for information only. This does not replace your doctor's advice.

Diabetes Tests “Know Your Numbers”

There are some tests that can tell you how well you are controlling your diabetes. It is crucial to have these tests done often. Know your numbers. Use the chart below to keep track of your numbers. Take this chart to your doctor’s office and talk with your doctor. Ask them for your results. Ask your doctor to explain your numbers.

Hemoglobin A1c – It is a blood test done at the lab. It tells you and your doctor your blood sugar level over the past two to three months.

Blood Pressure – You may have high blood pressure and not know it. There are often no signs or symptoms. High blood pressure over time can lead to heart disease, kidney disease or a stroke. Have your blood pressure checked every time you

see your doctor. Ask your doctor to tell you what your blood pressure should be.

Cholesterol – High blood cholesterol puts you at risk for heart disease. The only way to know your cholesterol number is with a blood test. Also ask your doctor for a lipid test. The lipid test measures many different kinds of cholesterol and fats in your blood. This test is done after fasting for ten to twelve hours overnight.

Eye Exam – A diabetic retinal exam detects eye problems in diabetes early. You must see an eye doctor (an Ophthalmologist) to have this test done. This test should be done once a year. Talk to your doctor.

Test to be Done	What it Tests	How Often to Test	Goals for Control	Your Last Test Results	Date
Hemoglobin A1c (HbA1c)	2-3 month Blood sugar Average	Every 3 to 6 months	Less than 7		
Blood Pressure	Pressure inside your blood vessels	Every visit to the doctor	Less than 130/80		
Lipids: Cholesterol	Amounts of fats in your blood	Yearly	Less than 200		
Triglycerides			Less than 150		
HDL			Men-greater than 40 Women-greater than 50		
LDL			Less than 100		
Eye Exam: Diabetic Retinal Exam (DRE)	Eye Disease	Yearly	Normal		



Molina Healthcare • Bridge 2 Access

Molina Healthcare wants to meet the unique needs of every member. We want you to make the most of your health care. Therefore, you need to have *access* to all that is offered. That is why we came up with Molina’s Bridge2Access Program.

Bridge2Access includes services such as:

- nurse advice line,
- rides to your doctor
- managing your care
- language services
- stay healthy programs

Our staff has been trained on meeting the needs of persons with disabilities. We will make sure all of our written material is available in Braille, audio or large font. Also, we offer sign

language interpreters for medical visits. We are making all of our Molina clinics more accessible. Some have:

- lowered exam tables,
- wheelchair weight scales
- power lifts to help you transfer

You want to choose the right doctor. Be sure you tell us your access needs. We will help you find a doctor that meets those needs.

You will see some changes to the Molina Healthcare website too! So check us out at www.MolinaHealthcare.com!

We sent a survey to our senior and disabled members. We got some great feedback. We like to hear from our members. Call us any time to give us ideas on how we can improve our services. We also have meetings with our members every three months. Would you like to come to our meeting? Call our Disability Program Manager. You can call her at 1-888-665-4621 or TTY/TDD 1-800-479-3310.

Managing Feelings about Heart Disease

It is common to feel sad, confused or depressed after learning you have heart disease. There are things you can do to start feeling better:

- Learn what to expect. Talk to your doctor about your condition and your treatment plan. Learn more about heart disease and what you can do to make yourself healthier.
- Talk to others with heart disease. Think about joining a support group. You will learn that you are not alone.
- Get active. Do activities you like with your friends and family. Check with your doctor about starting an exercise program.
- Manage your stress. If you are feeling stressed, talk to your doctor about ways to deal with the pressure.

Temporary feelings of sadness are normal. You should start to feel better as you get back to your normal activities. But if you continue to feel sad, depressed or overly tired, be sure to contact your doctor. Some of your medicines may need to be adjusted or you may need special treatment to get back on track.

Q: What Happens During the Diabetes Eye Exam?

A: People with diabetes should have an eye exam each year. This test checks for changes in the eye's blood vessels. These changes are caused by high blood glucose levels and can lead to vision loss. The longer you have diabetes, the higher the risk that you can develop this damage.

The pupil is the black spot in the middle of your eyes. Drops are put in your eyes to dilate them, or make them bigger. This makes it easier to look at the blood vessels in the back of your eyes.

Your eye care provider may use a special lamp to look at your eyes. Sometimes special pictures will be taken of the blood vessels in your eyes.

After the exam, your eyes will be more sensitive to light for an hour or two. Bring sunglasses to wear when you leave the exam. You may want to have someone drive you home.

Even if your diabetes is under control, you can still have eye problems. It is important to get your diabetes eye exam every year. If you have not had this test in the past year, make time for one today.

A diabetes eye exam is a benefit for Molina Healthcare members. Call Member Services at 1-888-665-4621 if you have questions.

Pack Lunch, Anyone? *Eating a healthy lunch can be challenging, especially if you have diabetes.*

Try packing a lunch! It can save you from making poor lunch choices that are too large in portion size and high in fat and calories. By making your own lunch, you control what goes in it and what it is made of.

Set aside a few minutes each weekend to think about what you would like for lunch that week. Make a list and take it with you to the grocery store. Prepare and pack what you can the night before to help save time in the morning. Think about if you will have access to a refrigerator or microwave. Use an insulated bag if you need to keep your lunch cool. A thermos can help keep foods like soup warm.

Be sure to include healthy foods in your lunch. Healthy foods include whole grain breads, pasta and rice, fresh fruit

and vegetables, lean meats and low fat dairy. Try to take it easy on the butter, mayonnaise, oil and salad dressing

Finally, watch serving sizes. Here are some guidelines from the American Diabetes Association:

- **Meat, fish, poultry**—3 oz. (about the size of the palm of your hand)
- **Cheese**—1 oz. (about the size of your thumb)
- **Milk, yogurt, fresh vegetables**—1 cup (about the size of a tennis ball)
- **Bread**—one slice
- **Rice or cooked pasta**—1/3 cup
- **Potato or corn**—1/2 cup
- **Dry cereal**—3/4 cup



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Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English 1-866-648-3537 Spanish

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired, please call

TTY/866-735-2929 English TTY/866-833-4703 Spanish or 711

Keeping your blood sugar in a healthy range can be hard. We can help. Call 1-800-730-9887 to get set up with our FREE home delivery service. Our partner, Advanced Diabetes Supply, can deliver your diabetes supplies right to your home every month!