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For more information about our health management programs call Molina Healthcare Member Services at the phone number listed on your ID Card.

Also call our Nurse Advice Line when you have questions about your health:

1-888-275-8750

**For the hearing impaired please call TTY/866-735-2929
24 Hours a day, 7 days a week - everyday of the year!**

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Heart Healthy LivingSM

Molina Healthcare



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Message to Members

If you do not want the **Heart Healthy LivingSM** newsletter sent to your home, just let us know. Please call **Molina Health Education** at 1 (888) 483-0760

All material in this newsletter is for information only. This does not replace your doctor's advice. Ask your doctor if you have questions.

Smoking and Heart Disease Do not Mix

If you need help quitting, join **Molina's Smoke Free** program. Call 1-888-483-0760 ext. 170432 for free one-on-one help.

Staying Healthy with a Chronic Condition

Every person should see the doctor regularly to make sure they are in good health. This is even more important for people with a chronic condition. A chronic condition is an illness that lasts a long time. You should see your doctor even if you do not feel sick. The doctor can make sure that your condition is well managed. This can help reduce the risks for other health problems.

THINGS TO KEEP IN MIND:

VISIT YOUR DOCTOR. See your doctor at least once a year. Depending on your condition, you may have to see your doctor more during the year. Be sure to talk to your doctor about any concerns you may have.

KNOW YOUR NUMBERS. Your doctor will check your weight, blood pressure, cholesterol, and A1c (if you have diabetes). Diabetes is a disease where the body does not make or use insulin the right way. Find out what your numbers are and where your numbers should be.

Blood Pressure: Normal: 120/80
High: 140/90 or higher

Cholesterol: Normal: less than 200
High: more than 200

A1c: 7% or less

Work with your doctor to keep your numbers under control.



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Staying Healthy with a Chronic Condition continued...

TAKE YOUR MEDICINE. Take your medicine as prescribed. Let your doctor know if your medicine makes you sick or have other side effects. Talk with your doctor before stopping any medicines. Together, you and your doctor can find the best way to manage your condition.

MAKE SURE YOUR SHOTS ARE UP-TO-DATE. Adults need shots too! They help protect your body from deadly diseases. Ask your doctor what shots you may need.

ADOPT A HEALTHY LIFESTYLE. Include fresh fruits and vegetables in your diet every day. Try whole grain foods. Don't smoke and limit your alcohol intake. Exercise daily. Talk with your doctor before starting an exercise program.

Have you seen your doctor lately? Schedule a visit today! Keep your body healthy. Keep your chronic condition in control.



HAVE A HEALTHY HEART

When you have heart disease, healthy habits are even more important. Changing your diet and adding a little exercise can give you more energy. Here are a few things you can do to keep your heart healthy.

DIET CHANGES

Eat more fiber

Fiber helps reduce heart disease. Try eating more high fiber foods:

- vegetables
- fresh fruits
- whole grain bread
- whole wheat pasta
- oatmeal

Eat less fat

To lower your fat intake, switch to low fat milk and cheese. Eat less butter and red meats. Try fish or skinless chicken. Instead of frying, try steaming, baking, or broiling. Olive oil and canola are better fats for cooking.

Eat less sodium (salt)

Take your salt shaker off the table. Use lemon juice, herbs and spices to flavor your food.

Eat fewer calories

For your sweet tooth, eat fresh fruit like grapes and apples.

EXERCISE

What can you do for exercise? Try walking. A short walk a few times a week may be all you need. Make sure you check with your doctor before starting any exercise routine. Here are a few things walking can do:

It can make your body feel better.

Exercise helps you have a healthy heart because it makes your heart pump. When your heart is pumping, you release hormones that make you feel good. Exercise speeds up your digestion. It helps your body remove toxins faster. It can also help your immune system so you won't get sick as often.

It can help you relieve stress.

Walking can help to lower stress. People who walk feel less anxious. Walking can be a good time to clear your mind.

It can help lower your risk for health problems.

Stretch for a few minutes before and after exercise. Regular walking can help control cholesterol levels. Exercise can help lower your weight. Losing weight can lower your risk of diabetes and heart disease.

Exercise can be easy. Here are a few ways to include walking into your daily schedule:

- If it is very cold or hot, walk inside a mall.
- If you don't have much time during the day, try walking at lunchtime.
- Take fifteen minutes and walk before breakfast or after dinner.
- Walk the dog.
- Encourage your spouse or your neighbor to walk with you.
- Make exercise fun by keeping track with family or friends. See how far you can go in a week!