



Heart Healthy Living Tips

What do eating healthy, being active, maintaining a healthy weight, and not smoking have in common? These are all part of a healthy lifestyle. If you have cardiovascular disease (CVD), adjusting to a healthier life may seem overwhelming. However, it is possible. The key is to set small goals.

Don't Smoke or Quit Smoking

If you smoke, the first goal is to quit. Smoking is hard on your heart and your blood vessels. Smoking raises your blood pressure and makes being active difficult. It can cause blood to clot. It decreases HDL (good) cholesterol levels.

Quitting smoking can help you manage CVD. Your blood pressure and pulse rate drop just 20 minutes after you quit. After 24 hours, your chance of a heart attack is less. After one year, the extra risk of heart disease caused by smoking is cut by half!

Be Active

Once you have quit smoking, it is time to get moving. Be sure to check with your Primary Care Provider (PCP) before starting an exercise program. Getting started on a regular exercise routine is sometimes the hardest part, so find something that you enjoy. Start out slow and work your way towards a goal. For example, start out with a 10-minute walk and add a few more minutes each day. Be sure to drink water before, during and after physical activity.

Eat Healthy

Your next goal is good nutrition. Limit unhealthy fats and cholesterol. The best way to do this is to cut down on the solid fat you eat. Examples are butter, margarine and shortening. Healthy fats are usually liquid at room temperature. Examples are olive oil and canola oil. Remember, even healthy fats are high in calories, so use sparingly.

Good sources of protein are lean meats, poultry and fish. Low-fat dairy and eggs are also good sources. When shopping for fruits and vegetables think "rainbow." This means to eat fruits and vegetables of different colors. Enjoy their natural flavor without adding salt, butter or dressing. Choose whole grains over refined, processed grains like white bread and rice. Pick breads, cereals and pastas with whole-wheat listed as the first ingredient.

Limiting your salt intake is important. Too much salt can cause swelling, shortness of breath and weight gain. Most people should get less than 2,300 milligrams of sodium per day. Less than 1,500 milligrams of sodium is recommended for anyone 51 years of age and older, African Americans and anyone with hypertension, diabetes or chronic kidney disease.

Maintain a Healthy Weight

Weight control will follow naturally when eating healthy and being active. Keep a record to help with your efforts. For more information on healthy eating visit www.SparkPeople.com. SparkPeople.com is an online website that can help with health and weight loss goals at no cost!

It is important to always check with your provider before making any major changes. Remember, you won't achieve a healthy lifestyle overnight, so don't be too hard on yourself. The important thing is that you are trying. Your hard work will pay off!

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Need Help Quitting Smoking?

If you need help quitting, join Molina Healthcare's **Quit for Life Program**. Call 1-866-449-6849 for one-on-one help

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.

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

Are You Prepared to Beat the Flu Bug?

If you have a chronic condition such as diabetes or heart disease, you are at a higher risk for flu complications.

Here are some simple steps you can take to reduce your risk for getting the flu:

- Get the flu shot every year
- Don't touch your face
- Wash your hands often
- Avoid people who are sick

If you have the flu, here are some of the symptoms you may feel:

- Fever between 100-104°F and chills
- Fatigue and weakness
- Headache, aches and pains
- Chest discomfort, sneezing and cough

Take immediate action to avoid flu complications. The best thing to do when you get the flu is to stay home and get plenty of rest.

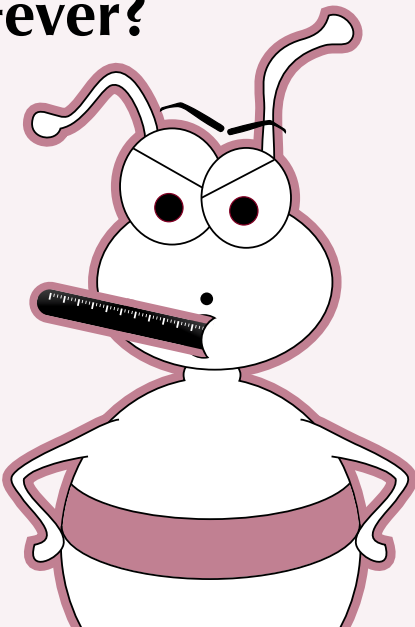
Below are some treatment options for flu symptoms:

- Over-the-counter medicines can help to reduce fever, aches, pains, stuffy nose, and sneezing
- Talk to your pharmacist or healthcare provider about the right medicine for you
- Get plenty of rest
- Drink plenty of fluids

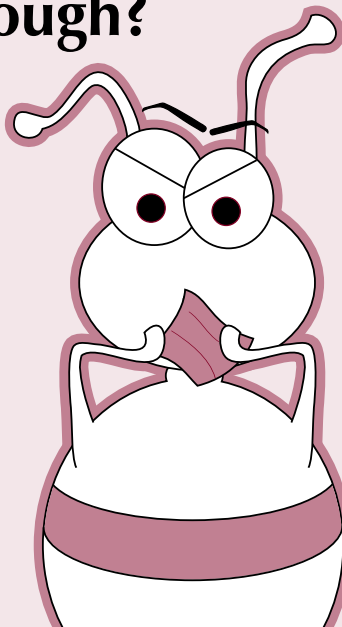
Remember, the flu is a virus. This means antibiotics will not cure it. For more information about the flu, you can:

- Call your provider during office hours
- Call the Nurse Advice Line at 1-888-275-8750 (TTY: 1-866-735-2929) 24 hours a day, 7 days a week
- Visit our website at www.MolinaHealthcare.com

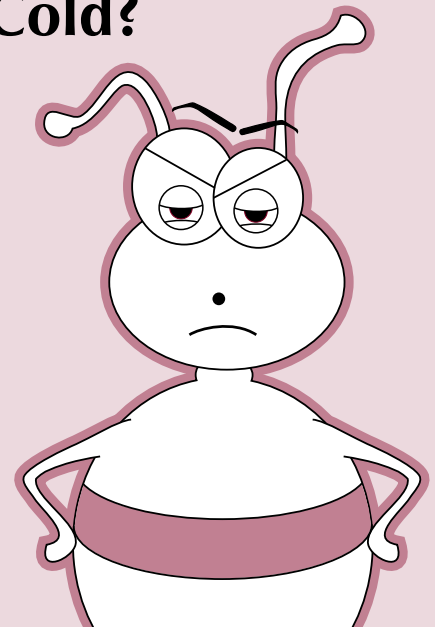
Fever?



Cough?



Cold?



Keeping Track of Your Medicines Can Help You Stay Healthy

If you take medicine every day, it is easy to lose track. You may find yourself asking, “Did I take it this morning or was that yesterday?” It is easy to get confused. Some medicines must be taken at different times from others. Some must be taken with food and some on an empty stomach. Some even require self-testing before taking them. Taking your medicines correctly is important.

Molina Healthcare wants to help you take your medication as prescribed by your healthcare provider. Please consider making a checklist to help you with your medicines.

Making a Medication Checklist

Making a medication checklist is easy and only takes a few minutes. Simply write down each medicine you take, along with the time of the day you should take it. Write down any special instructions. Include self-testing that needs to be done for that medicine (for example, blood sugar testing for insulin). Make a new list each week or make photocopies. Be sure to take your lists with you to your next health care appointment, along with your medicine bottles.

An example of a checklist you might make is below (showing two days of the week):

Week of: *November 20th*

Medications	Instructions	Sun	Mon
<i>Metformin 500 mg tablet</i>	<i>Take one tablet twice a day with food</i>	<i>✓ 8 am</i> <i>✓ 5 pm</i>	<i>✓ 8 am</i> <i>✓ 5 pm</i>
<i>Simvastatin 40 mg tablet</i>	<i>Take one tablet every night at bedtime</i>	<i>✓ 9 pm</i>	<i>✓ 9 pm</i>

Using a Medication Checklist

Write the date at the top of each new checklist. Then check off medicines as you take them. If you are late taking a medicine, write down the time you actually took it. That way you will always know if you have taken your medicines. This information will help your healthcare provider know if your medicines are doing what they should.

Molina Healthcare is here to help! We have additional resources to assist you:

- For health questions, call the Nurse Advice Line at 1-888-275-8750 (TTY: 1-866-735-2929) 24 hours a day, 7 days a week.
- For information on various health topics, go to our website at www.MolinaHealthcare.com



Quit for Good

If you have not quit smoking, do it now! It is not too late to improve your quality of life and slow the progress of lung disease. It is the best thing you can do to live well with diabetes and heart disease. Quitting may be the hardest, but the most rewarding, thing you will ever do.

Nicotine is very addictive and people often try to stop two or three times before quitting for good. Studies have shown each time you quit you will become stronger and learn more about what it takes for you to quit for good. Molina Healthcare offers programs that can help you quit? There is no cost to Molina Healthcare members.

If you would like information on a program to help you stop smoking, call: 1-866-449-6849.

Control Your Diabetes with Regular Screenings

Regular screenings are important when you have diabetes. There are several tests you should get. They show how diabetes is affecting your body. They show the effects on your blood vessels, heart, eyes, and kidneys.

These tests can also show how well you are keeping your diabetes in check. If you have diabetes, Molina Healthcare strongly encourages you to get these tests on a regular basis. These tests are offered to you at no cost as part of your benefits. Here are some of the tests.

Blood lipid test

This test measures the total cholesterol, HDL and LDL cholesterol levels, and triglyceride levels in your blood. LDL is also known as “bad” cholesterol. Checking this is important to find out your risk of developing heart disease. Diabetes is considered a major risk factor for having high levels of LDL. High levels of LDL can clog your blood vessels. This can lead to a heart attack. Checking your blood lipid levels will help you prevent heart problems. Have this test at least once a year.

Dilated eye exam

People with diabetes are at a much greater risk than non-diabetics to develop eye problems. If eye problems are left untreated, they may even lead to blindness. Yearly dilated eye exams are important to detect and treat conditions such as diabetic retinopathy, glaucoma and cataracts. Symptoms may not occur until it is too late. By then, vision may have been severely affected. So it is vital to have regular eye exams.

Nephropathy test

Diabetes can cause the kidneys to break down. This is called nephropathy. Too much blood sugar is bad. It can overwork the filters in the kidneys. This can lead to waste products in the blood. It can also lead to protein in your urine. Have a blood or urine test each year to check your kidney function.

A1C test

The A1C test shows how well controlled your blood sugar level has been over the past few months. The results can be used to see if your current treatment is working. For example, if you started a changed in your medication or dosage and your A1C count is lower, that means it worked! You should have an A1C test two to four times a year.

Talk to your provider about what tests are right for you. You can also call our **24-Hour Nurse Advice Line**. Our nurses can answer your questions.

English: 1-888-275-8750

Spanish: 1-866- 648-3537

For the hearing impaired, please call:

TTY (English): 1-866-735-2929

TTY (Spanish): 1-866-833-4703

With regular screenings, you can help to prevent future complications and lead a healthier life!





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Questions about your health?

Call Our Nurse Advice Line!

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Spanish: 1-866-648-3537

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired, please call

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or 711