



## Heart Disease

What do a balanced diet, exercise, weight control and not smoking have in common? These are all parts 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.

If you smoke, the first goal is to quit. Smoking is hard on your heart and blood vessels all over your body. Smoking raises your blood pressure and makes exercise hard to do. It makes blood tend to clot. It decreases HDL (good) cholesterol levels.

If you don't smoke, it 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!

Once you have quit smoking, it is time to give exercise a try. 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 exercise.

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. However, all fat is high in calories.

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. Lastly, choose breads and pastas made from whole-wheat flour.

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. But if you have heart failure, the recommended sodium intake is no more than 2,000 milligrams per day.

Weight control will follow naturally with a balanced diet and exercise. Keep a record of your efforts. 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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- This newsletter is part of a disease management program. If you do not want to get this or be part of any disease management program please let us know. Call us at 1-866-891-2320.
- **Need Help to Quit Smoking?**  
Molina members can take part in a quit smoking Program. It is free to Molina members. Call our Health Education Team at 1-866-472-9483.
- **Need Help Losing Weight?**  
Molina members can enroll in a weight loss program. It is free to you. To join, call our Health Education Team at 1-866-472-9483.
- **Do you speak a language other than English?**  
You have a right to an interpreter (including sign language). There is no cost to you. Please call our Member Services department, 1-888-665-4621 (TTY/TDD 1-800-479-3310), Monday – Friday, 7:00 am – 7:00pm for more information.
- All material in this newsletter is for information only. This does not replace your doctor's advice.
- To get this information in other languages and accessible formats (Braille, Audio and Large Font) please call member services at 1-888-665-4621.
- 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!

## Importance of regular screenings (LDL, EYE exam, Nephropathy, A1C)

Regular testing is important when you have diabetes. There are several tests you should take. They show how diabetes is affecting your other organs. They show the effects on your

- blood vessels
- heart
- eyes
- kidneys

They can also show how well you are keeping your diabetes in check. Here are some of the tests.

### LDL tests

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 LDL levels will help you prevent heart problems.

### Eye exam

Diabetes can cause eye problems. It may even lead to blindness. Eye exams are important to prevent serious conditions. Diabetics are at a much greater risk than non-diabetics to develop glaucoma. They are also at a greater risk for cataracts. Retinopathy is a disorder of the retina caused by diabetes. It is extremely common in both type 1 and type 2 diabetes. Symptoms may not occur until it is too late. By then, vision has been severely affected. So it is vital to have regular eye exams.

### Nephropathy tests

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 kidney. This can lead to waste products in the blood. It can also lead to protein in your urine. So you should check out your kidneys by taking a blood or urine test.

### A1C test

The A1C test shows how well you have controlled your blood sugar level. It measures how much sugar is bonded

to your blood. From this, you can see your average blood sugar control over the past few months. It can be used to see if a certain treatment is working. For example, if you started a work-out plan you can see if it helped. If your A1C count is lower, that means it worked!

Talk to your provider about what tests are right for you. You can also call our 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 these tests, you can prevent more diseases and lead a healthier life!**

## Stop Smoking

If you have not quit smoking, do it now! It is the best thing you can do to live well with heart disease or diabetes. Quitting may also be the hardest 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. Why not try Molina Healthcare’s stop smoking program to help you quit? There is no cost to Molina Healthcare members.

If you are a member and would like to enroll or have questions about the stop smoking programs, please call: **1-866-472-9483** for more information.

# Healthy Living with Diabetes

## Did You Get Your Diabetes Eye Exam?

You should get a special eye exam for diabetes every year. You may need drops put in your eyes for the exam. These drops dilate your eyes to see the retina better. Some eye care providers may use a very bright light that does not need your eyes dilated. This test looks closely at your retina. The retina is in the back of your eye and shows if your eye is healthy.

Molina wants to reward you for getting the care you need. First, contact March Vision Care Group, Inc. at 1-888-493-4070 to find an eye care provider near you. Take this form with you and give it to the doctor who does your exam. If you already had an exam, fill in your information. Take it to your eye care provider and ask them to complete their part. The eye care provider must fax this form with your information. Thanks!

**You will get a \$25 gift certificate for Wal-Mart if you get an eye exam and have the eye care provider fax in this form.**

### Your Part

Name: \_\_\_\_\_

Molina Healthcare ID#: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Examination Date: \_\_\_\_\_

### Eye Care Provider

Fax to Molina Healthcare at 562-901-1176

Exam Results: \_\_\_\_\_ no retinopathy  
 \_\_\_\_\_ Some retinopathy, no treatment required  
 \_\_\_\_\_ Retinopathy, treatment needed

Provider's Name: \_\_\_\_\_

Provider's Phone: \_\_\_\_\_

Provider's Signature: \_\_\_\_\_

Name of Center: \_\_\_\_\_

# Flu

If you have a chronic condition such as heart disease or diabetes you are at higher risk for flu complications. Here are simple steps you can take to reduce your risk for getting the flu:

- Get the flu shot
- Don't Touch your Face
- Wash your hands often
- Avoid people that are sick

If you get sick make sure to take immediate action to avoid having any flu complications. If you have any of the following symptoms you may have the flu:

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

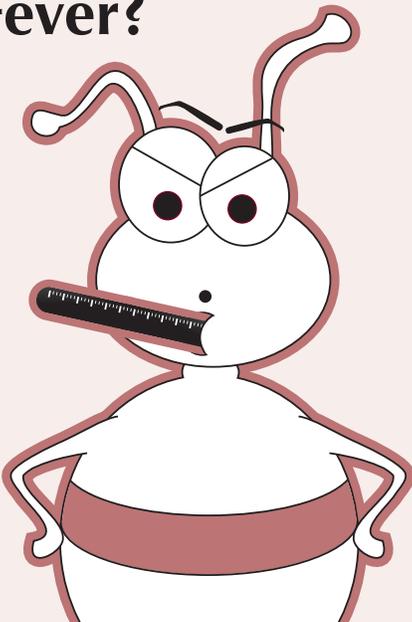


The best thing to do when you get the flu is to stay home and get plenty of rest. Below are some treatment options for flu symptoms:

- Over-the-counter medicines can help to reduce fever, aches, pains, stuffy nose & sneezing. Talk to your pharmacist.
- 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, call our 24-hour Nurse Advice Line at 1-888-275-8750 (TTY: 1-866-735-2929).

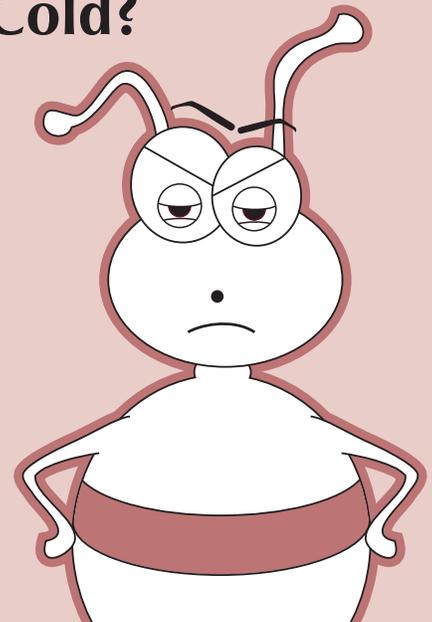
**Fever?**



**Cough?**



**Cold?**



# Keeping Track of Your Medicines Can Help You Stay Healthy

When you take medicine every day, it is easy to forget. “Did I take it this morning? Or was that yesterday?” On top of that, 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. It’s no wonder that taking medicine can be confusing.

Molina wants to help you take your medication as prescribed by your doctor. 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 times you should take it. Also write down any self-testing that needs to be done for that medicine (for example, blood sugar testing for insulin). Each week, make a new list, or make photocopies. Also, be sure to take your lists with you to your next 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
Metformin 500 mg tablet	Take one tablet twice a day with food	<input checked="" type="checkbox"/> 8 am <input type="checkbox"/> <input checked="" type="checkbox"/> 5 pm	<input checked="" type="checkbox"/> 8 am <input type="checkbox"/> <input checked="" type="checkbox"/> 5 pm
Simvastatin 40 mg tablet	Take one tablet every night at bedtime	<input type="checkbox"/> <input checked="" type="checkbox"/> 9 pm	<input type="checkbox"/> <input checked="" type="checkbox"/> 9 pm

## Using a Medication Checklist

Each time you start a new list (weekly in the example above), write the date at the top. Then check off medicines as you take them. If you are late with 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 doctor know if your medicines are doing what they should.

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

- Molina Healthcare: Call the Member Services number on your ID Card
- Nurse Advice Line: 1-888-275-8750 (TTY: 1-866-735-2929)
- Website:
  - Molina Healthcare ([www.MolinaHealthcare.com](http://www.MolinaHealthcare.com))
  - Molina Medicare ([www.MolinaMedicare.com](http://www.MolinaMedicare.com))



200 Oceangate, Suite 100  
Long Beach, CA 90802

5433DM0811



## Questions about your health?

Call Our Nurse Advice Line!

English: 1-888-275-8750

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

or 711