

Diabetes and Heart Disease Awareness

Molina Healthy Living with Diabetes® and Heart Healthy Living®

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Take Action Against Hypertension

Blood pressure moves your blood through your body. Hypertension is the medical term for high blood pressure. When you have high blood pressure, your heart has to work harder. This can put you at risk for heart disease.

You can help reduce your own risk of heart disease. You can:

1. **Eat healthy.** A heart healthy diet includes foods that are low in cholesterol, saturated and trans fats, sugar and sodium (salt). Read nutrition labels to help you choose healthy foods.
2. **Stay active.** Start walking 10 minutes a day. Try to add more time each week.
3. **Reduce alcohol intake.** Do not drink more than 1 drink a day for women and 2 drinks a day for men.
4. **Quit Smoking.** It is never too late to improve your health!

This newsletter is part of a Health Management Program. If you do not want to be a part of this Program, please let us know. Call us toll free at (866) 891-2320.

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

This newsletter may be viewed on our website at www.MolinaHealthcare.com.

To get this information in your preferred language and/or accessible format, please call Member Services. The number is on the back of your Member ID card.

Such services are funded in part under contract with the State of New Mexico.

Este boletín informativo también está disponible en español. Por favor, comuníquese con el Departamento de Servicios para Miembros para pedir una copia en español.

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Exercise to Improve Your Health

Exercise is a great way to keep your heart healthy and control your diabetes. Exercise lowers your blood sugar and cholesterol. It is easy to add exercise into your day by choosing some of these activities:

- Use the stairs instead of the elevator.
- Use 10 minutes of your lunch break to take a walk.
- Park your car farther away and walk.
- Do some gentle stretching exercises.
- Take the dog for a walk.
- Take a walk around the block with a friend.
- Do some squats or leg lifts while you wait for food to cook.
- Exercise as a family. It's a great way to spend quality time together and be a good role model.

Find what you enjoy doing and you will look forward to doing it. Check your blood sugar before and after you exercise. Talk to your provider before you start your own exercise routine.



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Know Your Diabetes ABCs

Diabetes is a disease that can be managed if you take care of yourself. First, you must know the **ABCs** of diabetes.

A is for Hemoglobin A1c. This blood test tells your average blood glucose (sugar) level over the past three months. A good A1c level is below 7 percent, but your provider can tell you what your level should be. Your provider should give you this test at least twice a year.

B is for Blood Pressure. High blood pressure makes your heart work too hard. If left untreated, it can cause a heart attack, stroke or kidney disease. A good blood pressure is below 140/90.

C is for Cholesterol. Bad cholesterol (LDL) can build up and clog your blood vessels. It can also cause a heart attack or stroke. Your LDL goal is below 100. Good cholesterol (HDL) helps to remove bad cholesterol from the blood vessels. The HDL goal for men is above 40. The HDL goal for women is above 50.

Talk to your provider about how to control your blood sugar, blood pressure and cholesterol. Ask your provider:

1. What your ABC numbers are
2. What your ABC numbers should be
3. What you can do to reach your target numbers

Make sure you write down your numbers to track your progress.



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Questions about Your Health?

Call Our 24-Hour
Nurse Advice Line!

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Spanish: (866) 648-3537

OPEN 24 HOURS!

Your health is our priority!

For the hearing impaired, please call
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