



PO Box 1469
Bothell, WA 98041-1469



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!

Part # 1347Rev0407

Molina Healthcare does not discriminate on the basis of race, color, religion, age, national origin, disability or sex.

Heart Healthy LivingSM

Molina Healthcare



In This Issue

A Publication for Molina Healthcare Members • Spring 2007

	Page
Staying Healthy.....	1
Staying Healthy Continued.....	2
Have a Healthy Heart.....	3

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 (800) 423-9899 extension 141428.

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, Molina Healthcare has a stop smoking program called Free and Clear. Call the Washington Tobacco Quit Line at **1-877-270-7867** **Quit For Life.**

Staying Healthy with a Chronic Condition

Everyone should have regular doctor visits to make sure they are in good health. Seeing the doctor is even more important for people with a chronic condition. A chronic condition is an illness that lasts for a long time. The doctor can help you manage your condition and reduce your risk for other health problems.

REMEMBER TO:

VISIT YOUR DOCTOR AT LEAST ONCE A YEAR. This is a perfect time 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). Work with your doctor to keep your numbers under control. This can help you prevent other health problems.

TAKE YOUR MEDICINE. Always take your medicine as ordered. Tell your doctor if your medicine does not make you feel well or you have any other side effects. Always talk with your doctor first before stopping any medicine. You and your doctor can find what works best for you to manage your condition.

Continued on next page...



Staying Healthy with a Chronic Condition continued...

MAKE SURE YOUR SHOTS ARE UP-TO-DATE.

Adults need vaccines too! They help to protect you from deadly diseases. Ask your doctor what vaccines you may need.

ADOPT A HEALTHY LIFESTYLE. Include fresh fruits and vegetables in your diet every day. Try whole grain foods such as 100% whole wheat

bread. Do not smoke and limit your alcohol intake. Exercise daily. Talk with your doctor before starting any exercise program.

If you have not seen your doctor lately, give your doctor a call. Keep your body healthy and 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. To include more fiber in your diet, try eating more:

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

Eat less fat

- Switch to low fat milk and cheese
- Eat less butter and red meats
- Eat more fish or skinless chicken
- Steam, bake or broil your meat
- Use olive or canola oil 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.

EXERCISE

What can you do for exercise? Try walking. Just going for 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 you feel better
- It can help you relieve stress
- It can help lower your risk for health problems

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

- Stretch for a few minutes before and after exercising
- If it is very cold or very hot, walk inside a mall
- Take fifteen minutes to walk before breakfast, at lunch time 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!