



P.O. Box 4004
Bothell, WA 98041

Part# 1347Rev0508



Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish

When you travel
away from your
hometown,
Molina Healthcare
pays for emergency
care for you.

You may go to a local emergency room (ER) or an urgent care clinic. Tell them you are a Molina Healthcare member. Show them your Molina Healthcare ID card. But don't forget, routine care is not covered when you travel away from home.



Your Healthy Heart

The cardiovascular system is made up of the heart and blood vessels. Its job is to carry blood throughout the body to supply the body with oxygen and nutrients.

Your heart is the hardest working muscle in your body. The adult human heart is about the size of a fist and is located near the center of your chest. It works like a pump and beats about 100,000 times a day! Even while you are at rest, your heart keeps working hard.

The heart is made up of:

- Four chambers- two upper chambers called the right and left atrium and two lower chambers called the right and left ventricle
- Blood vessels- group of arteries and veins that carry blood throughout the body
- Artery- a blood vessel that carries blood from the heart to the body
- Vein- a blood vessel that carries blood from the body back to the heart
- Four valves- the valves open and close to make sure the blood flows in only one direction
- Its own electrical system which controls how fast it beats

Now that you know a little more about your heart, it is time to learn what numbers are important to keep your heart healthy and strong.

HEART NUMBERS	GOAL
TOTAL CHOLESTEROL	Less than 200 mg/dL
LDL (BAD) CHOLESTEROL	People who are at <i>low</i> risk for heart disease: Less than 160 mg/dL People at <i>intermediate</i> risk for heart disease: Less than 130 mg/dL People at <i>high</i> risk for heart disease: Less than 100 mg/dL People at <i>very high</i> risk for heart disease: Less than 70 mg/dL
HDL (GOOD) CHOLESTEROL	Women: 50mg/dL or higher Men: 40mg/dL or higher
TRIGLYCERIDES	Less than 150 mg/dL
BLOOD PRESSURE	Less than 120/80 mm Hg

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.

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Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at www.molinahealthcare.com. You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact a Nurse to help you with your health care
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-800-869-7165. Your member handbook is also a good resource. You can find it on our website.

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Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability, or sex.

Healthy Fun in the Summer Sun

With the change in weather and lots of fresh food, we have some ideas to make your summer both fun and healthy. Remember to talk to your Provider before making changes to your diet and exercise.

EXERCISE

- **Walking** – Walking can be done anywhere. **Brisk walking for at least 30 minutes a day lowers the risk of heart attack and coronary artery disease.** It also gives you more energy, helps you relax, tones your muscles, burns calories, and helps control your appetite. Be sure to walk during the coolest part of the day.
- **Low-Impact Aerobics** – Low-impact exercise can burn a lot of calories and build strength without injuring joints and muscles. Whether you are healing from surgery, maintaining your fitness level, or trying to start a new exercise program, low-impact exercise could be the best choice for you.
- **Swimming** – Swimming does not put a lot of stress on your joints. It also improves heart strength, lowers blood pressure, supports weight loss, and helps raise the level of good cholesterol.

DIET

With all the different seasonal foods, summer is the perfect time to improve your eating habits. This means eating less fat, less sodium, fewer calories, and more fiber.

- **Tomatoes** – During the summer, tomatoes are fresh and easy to find. Tomatoes are low in sodium and high in fiber. Also, the red color in tomatoes, called lycopene, may reduce the risk of heart disease. The American Heart Association suggests eating tomatoes as part of a heart-healthy diet.
- **Corn** – Corn is a great source of fiber. It provides almost six grams in every half cup. This is more than 20% of the daily fiber you need to be healthy.
- **Fish** – Eating fish is a healthy way to reduce the amount of saturated fat and cholesterol you eat. Certain fish like salmon also contain fatty acids. These lower the risk of heart disease.

Risk Factors for Heart Disease

Heart disease includes all diseases that affect the heart and the blood vessels in the heart. There are a number of risk factors for heart disease; some you can control others you cannot.

Risks factors you **can** control:

- Smoking, including secondhand smoke
- High blood cholesterol
- High blood pressure
- Lack of exercise
- Overweight or obese
- Diabetes

Risks factors you **cannot** control include:

- Increased age
- Gender- male
- Family history, including race

Stress and drinking too much alcohol may also increase your risk for heart disease.

To learn how to reduce your risk for heart disease, talk to your health care provider. Your provider may suggest that you focus on lifestyle changes or prescribe you medicine to help you control some of your risk factors.



Lipid Panel

If you have cardiovascular disease or diabetes, your cholesterol may be high. The medicine you are taking to help lower your cholesterol should be checked often. Your provider will schedule you for this lab work, called a lipid panel, at least once a year. Ask your provider if you should have this done.

Molina Healthcare will send you a \$10 **Safeway gift card** when we receive this form from your provider.

Annual Lipid Panel

Member: Please tear off this sheet and fill in this part before visiting your provider.

Name: _____ Date of Birth: _____
 Address: _____
 City: _____ Zip: _____
 Phone Number (Include area code): _____

Provider: Please complete this section and fax to Molina Healthcare at (800) 461-3234.

Date of lipid panel: _____
 Total Cholesterol: _____
 LDL results: _____
 HDL results: _____

Provider's Name: _____

Provider's Signature: _____

Provider's Phone: _____

You are receiving this newsletter as part of the Heart Healthy LivingSM program. If you do not want to receive this newsletter or participate in the Heart Healthy LivingSM program, please call the Molina Health Education Line at 1-800-423-9899, ext. 141428.