



## 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.

Did you know? Heart disease is the leading cause of death for both men and women in the United States. Women over 55 years of age and men over 45 years of age are at the greatest risk for heart disease. As you get older, your risk increases.

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).
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!



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

This newsletter and future health education newsletters may be viewed on our website at [www.MolinaHealthcare.com/Medicare](http://www.MolinaHealthcare.com/Medicare).

Este boletín informativo también está disponible en español. Por favor, comuníquese con el Departamento de Servicios para Miembros para pedir una copia en español. Todos los boletines informativos también están disponibles en [www.MolinaHealthcare.com/Medicare](http://www.MolinaHealthcare.com/Medicare).

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The information is available for free in other languages. Please call our customer service number at (800) 665-3086, TTY/TTD: 711, 7 days a week, 8 a.m. – 8 p.m. local time. Esta información está disponible gratuitamente en otros idiomas. Por favor, comuníquese a nuestro número de teléfono para servicio al cliente al (800) 665-3086, TTY/TDD: 711, los 7 días de la semana, de 8:00 a.m. a 8:00 p.m., hora local.

## 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 is a blood test that tells your average blood glucose (sugar) level over the past three months. Your goal is an A1c level of below 7 percent. You should have 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. Your blood pressure should be below 139/80.

**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 A1c, 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.



## Tips to Remember to Take Your Medicine

Do you forget to take your medicines? You are not alone. Here are some tips to help you remember to take your medicine.

**Put your pills where you will see them.** If you take a pill with breakfast, put your pills on the breakfast table.

**Put a reminder note where you will see it.** Put a note on your coffee cup or the bathroom mirror if you take the medicine in the morning.

**Buy a pill organizer.** They come in many sizes and shapes. Your pharmacist can help you choose one.

**Set an alarm.** Use an alarm clock or set the alarm on your phone, watch or computer.

**Ask for help.** Ask family or friends to remind you, especially when you first start taking the medicine.

**Mark your medicine bottles with different colors.** For example, blue for morning, green for mid-day and red for evening.

Make sure to keep a list of all your current medicines. At least once a year, be sure to review all your medicines with your provider. This helps make sure that you:

- Take all the medicines you need
- Stop taking the ones you no longer need
- Take medicines that are safe to take together

Medicines are an important part of your treatment plan. Not taking them can affect how well your condition is managed.

**Reminder:** Bring your medicines, including over the counter medicine, with you to all provider appointments.



## Heart Healthy Eating

Eating right is a major step toward lowering your risk for Heart Disease. A heart healthy diet includes foods that are high in fiber, such as whole grains, fruits and vegetables. Try this recipe:

### Quick Turkey Casserole

#### Ingredients:

½ lb. lean ground turkey  
1 c. onion, chopped  
1 c. celery, chopped  
1 c. green pepper, cubed  
3½ c. tomatoes, diced  
¼ tsp. salt

½ tsp. black pepper  
¼ tsp. paprika  
1 c. frozen peas  
2 small carrots, diced  
1 c. uncooked whole-grain rice  
1½ c. water

#### Instructions:

1. In a large pot, brown the ground turkey. Then, drain off the fat.
2. Add the rest of the ingredients. Mix well.
3. Cook over medium heat. Cover pot until boiling.
4. Reduce to low heat and simmer for 35 minutes. Serve hot.



## Diabetes and Dental Care

You may already know to take care of your feet, eyes and heart to prevent health problems from diabetes. What about your teeth and gums? Good dental care is very important for people with diabetes. Diabetes may weaken your mouth's ability to fight germs. This can lead to a higher risk for developing gum disease. High blood sugar levels can also cause gum disease to get worse.

### How can I tell if I have gum disease?

Gum disease is often painless. You may not know you have it until you have some serious damage. Regular dental visits are your best option to maintain healthy gums.

### How can I prevent dental problems?

First and foremost, control your blood glucose level. Then, take good care of your teeth and gums. The three main steps in fighting gum disease are brushing, flossing, and seeing your dentist regularly. Brush at least twice a day and floss at least once a day. Ask your dentist or hygienist to show you the correct way to brush and floss.

With good diabetes control and regular dental exams, you can keep your teeth and gums healthy!





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## Questions about Your Health?

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