

A photograph of three hikers on a trail. In the foreground, a woman with a red hoodie and a backpack smiles. Behind her, a man in a blue jacket and a woman in a light blue shirt are also smiling. The background is a sunlit, hazy landscape.

Heartbeat

A Special Newsletter for MVP Members

Heart-Healthy Lifestyle

You can help keep your heart and blood vessels healthy by taking steps toward a healthier lifestyle. These healthy habits include not smoking, eating right, exercising regularly, staying at a healthy weight, and getting the screening tests you need.

A heart-healthy lifestyle is important for everyone, not just for people with existing health problems. It can help you keep your heart and blood vessels healthy. If you already have heart or blood vessel problems, such as high cholesterol or high blood pressure, a healthy lifestyle can help you lower your risk of a heart attack and stroke.

If you have children, you can be their healthy role model. If your habits are healthy, your children are more likely to build those habits in their own lives.



Don't Smoke

Everyone who uses tobacco would benefit from quitting. When you quit smoking—no matter how old you are—you will decrease your risk of heart attack, stroke, and many other health problems.

Eat Healthy Foods

Eating healthy foods is one of the best things you can do to prevent and control many health problems, including heart and blood vessel disease.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Eat more vegetables and fruits.
- Eat different vegetables, especially dark-green, red, and orange vegetables, and beans and peas. Eat more whole fruits instead of drinking juice.
- Eat at least half of all grains as whole grains, replacing refined grains with whole grains.
- Eat more fat-free or low-fat milk and milk products, such as yogurt, cheese, or fortified soy beverages.
- Eat different protein foods, such as seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Replace some meat and poultry with seafood.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
- Use oils to replace solid fats, like butter, where possible.
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D. These foods include vegetables, fruits, whole grains, and milk and milk products.

Be Active

Improving your fitness is good for your heart and blood vessels, as well as the rest of your body. Being active helps lower your risk of health problems. Also, it helps you feel good.

Reach and Stay at a Healthy Weight

Staying at a healthy weight is also part of a heart-healthy lifestyle.

Get Screening Tests

Seeing your doctor regularly and getting screening tests is important. The sooner your doctor diagnoses a disease, the more likely it can be cured or managed. To reduce your risk of heart and blood vessel problems, be sure to keep an eye on your cholesterol and blood pressure. The tests you might have to check your risk for heart and blood vessel problems depend on your age, health, gender, and risk factors. Talk to your doctor to find out which tests are right for you.

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MVP has online resources available 24 hours a day to help you take charge of your health.

Make informed decisions about your health by using the Healthwise® Knowledgebase—our online Health Encyclopedia. Curious about the medications you take every day? Visit mvphealthcare.com and select *Members*, then *Health & Wellness*. The MVP Healthwise Knowledgebase is your one-stop resource for the latest health information.

MVP Health Care offers a health management program for members living with heart disease. For more information or to see if you qualify, call **1-866-942-7966**. MVP's program is based on the American Heart Association (AHA) and the American College of Cardiology's Guidelines for Preventing a Heart Attack and Death in Patients with Atherosclerotic Cardiovascular Disease.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.



Contact Us

For more information, call **1-866-942-7966**
Monday–Friday, 8:30 am–5:00 pm
TTY: **1-800-662-1220**

We value your opinion.

Please fill out a brief, anonymous survey at mvplistsens.com. We will use this information to create a better experience for all of our members. All responses are 100 percent confidential. The survey only takes a few minutes to complete.

Quick Tips for Being Prepared to Talk to Your Doctor

Patients who have good relationships with their doctors are more satisfied with their care and have better results. Here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered.
- Bring a “health history” list with you, and keep it up to date.
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (include when and how often you take them) and what strength.
- You might want to bring someone along to help you ask questions and remember the answers.
- Find more information and printable forms at **mvphhealthcare.com**.

Source: Agency for Healthcare Research and Quality (AHRQ)



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