



Heartbeat

A Special Newsletter for MVP Members

Eating Heart-Healthy Foods

Heart disease is the number one killer of both men and women in the United States. If you are worried about heart disease, one of the most important things you can do is to start eating a heart-healthy diet. Changing your diet can help stop or even reverse heart disease.

At first, it may seem like there is a lot to learn. But you don't have to make these changes all at once. Start with small steps. Over time, making a number of small changes can add up to a big difference in your heart health.

To have a heart-healthy diet:

- Eat more fruits, vegetables, whole grains, and other high-fiber foods.
- Choose foods that are low in saturated fat and trans fat.
- Limit salt (sodium).
- Stay at a healthy weight by balancing the calories you eat with your physical activity.
- Eat at least two servings of fish each week. Oily fish, which contain omega-3 fatty acids, are best.
- Limit drinks and foods with added sugar.

Start With Small Changes

But you don't have to be perfect, and you don't have to do it all at once. Make one or two changes at a time. As soon as you are used to those, make another one or two changes. Over time, making a number of small changes can add up and make a big difference in your health.

Here are some ideas about how to get started:

- Choose whole-grain bread instead of white bread.
- Have a piece of fruit instead of a candy bar.
- Try to eat at least five servings of fruits and vegetables every day. Add one or two servings of fruits and vegetables to your day. Slowly add more servings until you are eating at least five servings a day.
- Switch from 2% or whole milk to 1% or nonfat milk.
- Instead of meat, have fish for dinner. Brush it with olive oil, and broil or grill it.
- Switch from butter to a cholesterol-lowering soft spread. Use olive or canola oil for cooking.
- Use herbs and spices, instead of salt, to flavor foods.
- Modify your favorite recipes so they have less fat and calories, but still taste good.

It may take some time to get used to new tastes and habits, but don't give up. Keep in mind the good things you are doing for your heart and your overall health.



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 mvphealthcare.com.

Source: Agency for Healthcare Research and Quality (AHRQ)



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.

Reduce Your Risk of the Flu and Pneumonia

It is important to get vaccinated against the flu and pneumonia. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment. Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include: coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain.

Certain people are more likely to become ill with pneumonia:

- Adults 65 years of age or older
- Children younger than five years of age
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes or have asthma

There are several strategies for preventing pneumonia and other respiratory infections such as colds and the flu:

- Wash your hands regularly.
- Clean hard surfaces that are touched often (like doorknobs and countertops).
- Cough or sneeze into a tissue, your elbow or sleeve.
- Limit your exposure to cigarette smoke.
- Take steps to treat, control and prevent conditions like diabetes and HIV/AIDS.

Get vaccinated. In the United States, several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Haemophilus influenzae type b (Hib), Pertussis (whooping cough) and seasonal influenza (flu) vaccines. Talk to your health care provider for more information on these vaccines.

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625 State Street
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mvhealthcare.com

