

## Heart-Healthy Eating

A heart-healthy eating plan is full of foods that can lower your risk of heart disease, heart attack, and stroke. This plan can help you stay at a healthy weight and manage cholesterol and blood pressure. It is part of a heart-healthy lifestyle that includes regular activity and not smoking.

Heart-healthy eating is for everyone. It is not just for people who have heart problems or who are at a high risk for heart problems. Heart-healthy eating focuses on adding more healthy foods to your plan and cutting back on foods that aren't so good for you.

If you already have heart or blood vessel problems, such as high cholesterol or high blood pressure, specific eating plans can help you manage those problems.

### A few simple ideas:

- Eat more fruits and vegetables and high-fiber foods.
- Choose foods that are low in saturated fat and trans fat.
- Eat at least two servings of fish each week. Oily fish, which contain omega-3 fatty acids, are best. These fish include salmon, mackerel, lake trout, herring, and sardines. If you cannot eat fish, you can also get omega-3 fats from omega-3 eggs, walnuts, flax seeds, and canola oil.
- Limit sodium, alcohol, and added sugar.

Be sure to talk with your doctor or nutritionist about a heart healthy diet that is right for you!

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### Contact Us

**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**.

All responses are 100% confidential and help create a better experience.

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.



# Watch that **Sodium**

Part of healthy eating is eating less sodium, or salt.

It doesn't have to be hard, but you do have to think about it. You need to do more than just not use the salt shaker. After all, almost all foods contain sodium naturally or as an ingredient.



## **You can start reducing the sodium in your diet by:**

- Reading labels to see how much sodium foods contain.
- Limiting packaged foods and restaurant foods, which typically are high in sodium.
- Not adding salt to your food during cooking or at the table.
- Using low-sodium spices and sauces to add flavor to your food. Low-sodium foods can still be tasty!

## **Avoid high-sodium foods, including:**

- Smoked, cured, salted, and canned meat, fish, and poultry.
- Ham, bacon, hot dogs, and lunch meats.
- Hard and processed cheese and some types of peanut butter.
- Frozen prepared meals.
- Canned vegetables and soups, broths, and bouillon.
- Salted snack foods, such as chips and crackers.
- Pickles, sauerkraut, seasonings high in salt, and other condiments (steak sauce, onion salt, garlic salt, mustard, ketchup, soy sauce. Even light soy sauce is still very high in sodium).
- Most restaurant food, especially fast food like french fries, hamburgers, pizza, and tacos.

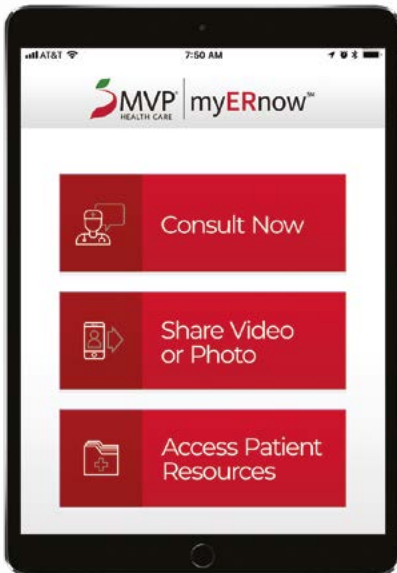


## **Protect yourself from COVID-19**

People living with heart disease are at a higher risk for getting COVID-19 (coronavirus). Be sure to follow everyday precautions recommended by the Centers for Disease Control & Prevention to avoid being exposed to COVID-19. This includes wearing a face mask when in public, washing hands often, and keeping a safe space between yourself and others.

# Access to the Care You Need. Anytime. Anywhere.

MVP offers telemedicine services to meet your needs and preferences, on your schedule. Choose from two services—both with \$0 co-pays.\*



## myERnow<sup>SM</sup> 24/7 Emergency Care

A highly trained ER team can diagnose and help you with ordering tests, prescriptions, referrals, and follow up care for a range of emergency care needs, such as:

- Flu-like symptoms, including COVID-19 (coronavirus)
- Sprains, strains, and minor fractures
- Cuts and scrapes
- Tick/insect bites, rashes, and other skin infections

**Call 1-833-myERnow** (1-833-693-7669) (TTY: 711) or **visit myERnow.com**.

## myVisitNow<sup>®</sup>

Get expert diagnosis and prescriptions, if appropriate, for a variety of non-emergency care situations and diagnoses, including:

- 24/7 online doctor visits for a range of needs, including sinusitis, upper respiratory infections/flu, pharyngitis, urinary tract infections (UTI), bronchitis, conjunctivitis, allergies, and more
- Self-scheduled appointments for behavioral health, nutrition and lactation support

**Online visits are available, using a smartphone, tablet, or computer with a webcam.**

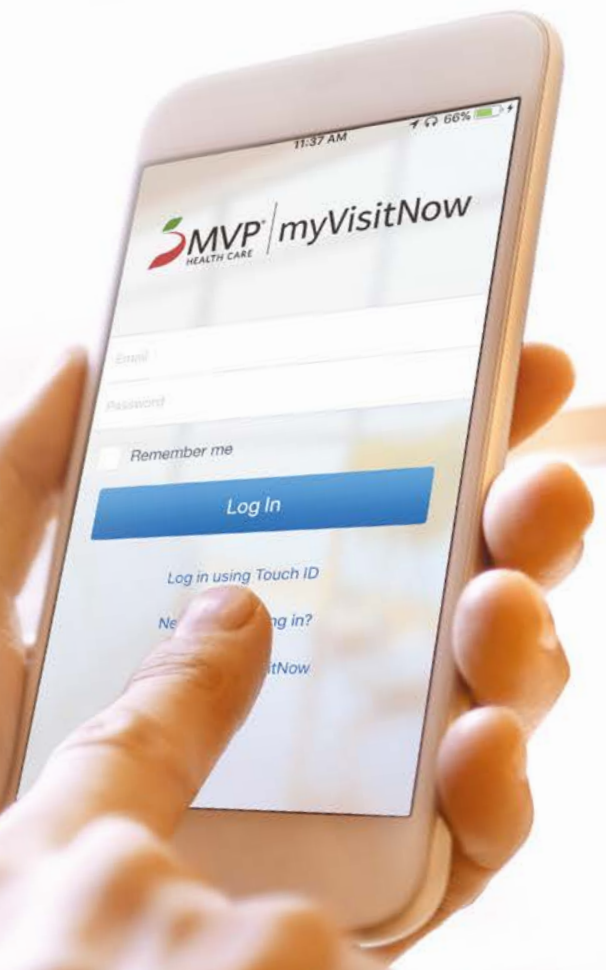
Visit **myVisitNow.com** for more information.

**If you have a life-threatening medical emergency, call 911 immediately.**

\*If you are a self-funded plan participant, check with your employer to see if you have this benefit. MVP SmartFund MSA® members are only eligible for myVisitNow® which is subject to the deductible.

myVisitNow from MVP Health Care is powered by American Well and is not included in all plans. Regulatory restrictions may apply.

myERnow is powered by United Concierge Medicine.



# LivingWell



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## Go online and take charge of your health.

The MVP Healthwise® Knowledgebase is your one-stop resource for the latest health information.

Visit [mvphealthcare.com](http://mvphealthcare.com) and select *Members*, then *Health & Wellness*.

## Reduce Your Risk of the Flu and Pneumonia

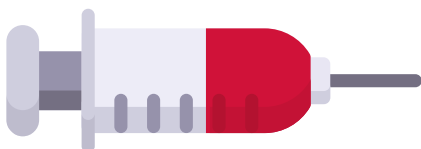
It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor. Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills,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

### Certain people are more likely to become ill with pneumonia:

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

### Simple steps to preventing the flu and pneumonia:

- 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.** 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 doctor for more information.