

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

4 ways to stay on top of your medications

Taking your medications as prescribed helps you stay healthy. If you're struggling to stay on top of your pill regimen, try one of these strategies:

Ask for pill packets.

CVS offers a program called SimpleDose that gives you a 30-day supply of your medications in pre-sorted packets, plus a personalized guide that tells you what to take and when. You can enroll at your local CVS pharmacy, by phone at 1-866-808-7454, or online at www.caremark.com

Set alarms on your phone.

If your smartphone

is always by your side, it can be a handy tool for remembering your meds. Set a daily alarm at a time you are usually free and have access to your pills. Or download a smartphone app to help you manage your prescriptions and set reminders.

Time your pills with other daily habits.

Do you have a cup of coffee first thing in the morning? Brush your teeth every

night before bed?

Keep your pills next to the coffee pot or by the bathroom sink. Seeing them as you're doing another daily activity will help remind you to take them.

Ask for help. Recruit friends or family to help you remember. They can shoot you a text in the morning or call you over lunch. Bonus: you'll get to check in with people you love every day.



▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

Surprising symptoms your heart doctor should know about

Hear disease can cause symptoms throughout your body. And problems elsewhere in your body can affect your heart health. That's why it's important to talk to your heart doctor about everything going on with your health. Here are some surprising things you'll want to bring up at your next checkup:

Dental problems

Let your doctor know if you've had any issues at the dentist, like gum disease, which is linked to a higher risk of heart attack and stroke.

Sleep troubles

Problems like sleep apnea and insomnia can raise blood pressure and increase risk of heart attack and stroke.

Sexual health

Problems in bed could be a sign of problems



elsewhere. Talk to your doctor if you're concerned that your heart health is impacting your sex life too.

Past pregnancy complications

Mention complications during pregnancy — especially high blood pressure or diabetes — even if you are postmenopausal now.

Recent hardships

Emotional trauma can affect your physical health in surprising ways. Let your

doctor know if you've been struggling with any recent hardships, or if you're feeling anxious or depressed.

Any new symptoms

No one knows your body better than you. Let your doctor know about anything that's felt "off" lately. It could be a sign of something more serious. For example, breathlessness, fatigue, swollen ankles, and a persistent cough can signal heart failure.

Case Manager Spotlight

Vicki Calvert has been with AvMed for 4 years and has been a nurse for 31 years.

What do you love about your job?

"Being able to support people as they make lifestyle changes to promote health. I also enjoy getting to know them and sharing a laugh."



Healthy Eating Made Simple

Elizabeth Ferrer, R.D., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

How to stick with your healthy habits for good

The new year brings new motivation to make healthy changes. But resolutions are almost always easier said than done. Set yourself up for success by setting goals with these criteria in mind:

1. GET SPECIFIC

You need to know exactly what to do. Losing weight is a common goal, but it's not specific enough. Ask yourself: What can I do daily to work toward weight loss?

2. MAKE IT MEASURABLE

Add numbers to your goal, such as: Eat at least 2 servings of vegetables every day; drink 3 sodas a week instead of 1 a day; do yoga 2 times each week.

The more specific you are, the better you'll be able to measure your success.



3. BE REALISTIC

Come up with goals you feel you can actually accomplish. For example, cutting cream and sugar out of your coffee is not realistic if you hate black coffee (consider low-fat or sugar free alternatives). If your provider is helping you set goals, speak up if you think their suggestions will not work for you.

4. SET A TIME FRAME

Make a deadline and assess your progress at that time. If it's not going as planned, now is your chance to adjust. Think about why it's not working. Maybe you're struggling to eat more vegetables because you don't know enough ways to prepare them? Set a new goal to try a new vegetable recipe each week.

Finally, don't try to do everything all at once. Three goals is a good place to start. And not every goal has to be a change — you can set a goal to keep up a healthy habit you're already doing.

Remember: Celebrate your wins, learn from your losses, but never give up!

Unencrypted email makes it easier to communicate with your Case Manager!

To opt in, scan the QR code with your phone. Log In or Register to the Member Portal and select Set My Preferences.



Recipe



Foil-Pack Mediterranean Salmon

Serves 4 | Prep time: 10 minutes
Cook time: 20 minutes

Ingredients

1 pint cherry tomatoes	1 lemon, juiced
8 oz broccolini, ends trimmed	1 Tbsp olive oil
8 oz small red potatoes	1 Tbsp salt-free Mediterranean spice blend
1 (14-oz) can white beans, rinsed and drained	4 (5-oz) center-cut salmon fillets

Nutrition facts (per serving):

Calories 590 | Fat 24g (Sat Fat 5g) | Chol 95mg | Sodium 481mg |
Carbs 36g | Fiber 12g | Sugar 4g (inc. 0g Added Sugar) | Protein 42g
| Vit D 20µg | Calcium 150mg | Iron 5mg | Potassium 1,600mg

Directions

Preheat oven to 400°F. Tear 4 sheets of foil, about 12" x 15" each. Divide the veggies and beans evenly in the center of each foil sheet.

Mix together the oil, lemon juice and spice blend. Drizzle about ½ Tbsp over each veggie pile.

Set a piece of salmon on top of each, and drizzle with the remaining oil mix. Fold up the sides of the foil and crimp together, forming a pouch.

Place pouches on a baking sheet, and bake until fish and veggies are cooked through, 15 to 20 minutes.