

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

6 steps to keep your heart healthy

A heart disease diagnosis can be a wake-up call to start healthy habits. Making a few key changes can improve your heart health and help you live a longer, happier life. Here are six of the most important things to do.

Get active.

Work your way up to two and a half hours a week of moderate activity, such as walking, swimming, or gardening. Start slowly. Schedule two 10-minute walks, one in the morning and another in the evening. Or set a timer every hour to do a lap around the house or march in place for a few minutes. Also, be sure to engage family or friends in your quest to get active. They can keep you on track.



Eat whole foods.

There's no need to change your entire diet. Instead, try to add more fruits and vegetables, whole grains, and lean protein during the week. Focus on eating more whole foods and fewer processed ones. Avoid crackers and chips, store-bought cookies, and frozen foods. Your doctor can offer some tips on how to get started. Also, you have access to a Disease Management Case Manager and a Registered Dietitian when you enroll in

our Disease Management program. They are trained to go over your eating habits and help you set specific food goals.

Take your medications.

Follow your doctor's instructions closely. If you're having a hard time keeping up with your medicines or struggling to pay for them, ask your doctor or pharmacist for advice. They can offer suggestions on how to

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get on a schedule or find alternative medications so you can afford them.

Stop smoking.

If you still smoke, talk to your doctor or case manager about strategies to quit. Quitting is one of the best things you can do for your overall health.

Play an active role in your health.

Staying on top of your preventative screenings is key to keeping your heart healthy. This includes screenings for blood pressure, cholesterol, and blood sugar. Knowing your baseline numbers can help you track your progress toward your goals. And most of these screenings can happen from your own home.

Get regular eye checkups.

What do your eyes have to do with your heart? Plenty! The eyes are fed by many blood vessels that are so tiny they're often the first to be affected by high blood pressure, high blood sugar, or high cholesterol. All of these conditions can damage those tiny veins,



leading to leakage and rupturing. During an eye exam, the doctor will put drops in your eyes. Once your pupils are dilated, they can see into the back of your eye and spot the early warning signs of heart disease and even stroke. That's why a yearly eye exam is so important.

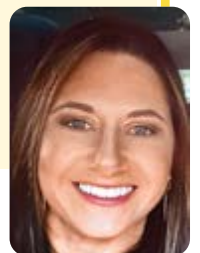
Yes, they'll check your vision, but what they find in the process might be even more important.

Just remember, you don't have to do everything at once. Start with one thing at a time. And then build on that for long-lasting heart health success.

Case Manager Spotlight

Gracelynn Harris has been with AvMed for two years and a Registered Nurse for 20 years.

"My favorite thing about being a case manager is educating and empowering our members to achieve optimal health and wellbeing."



To reach us, please call 1-833-609-0735.



Healthy Eating Made Simple

We're sharing our favorite tips for happier, healthier meals — without feeling deprived.

How to decode a nutrition label

You don't need to spend precious minutes at the grocery store poring over labels. Once you know what to look for, you can scan the back of a packaged food item and decide whether it's healthy enough. Here's what to know.

If you eat more than 1 serving, double or triple the number of calories.

5% or less is low. 20% or more is high.

You want these numbers to be as low as possible.

Keep daily sodium intake below 2,300 mg. If the amount of sodium is greater than the total calories, it's too high.

There's no DV for protein. Aim for 50 g a day.

***Nutrients to eat less of: saturated fat, sugar, sodium**

Nutrition Facts

Serving Size 1 cup (240g)
Serving Size per container 4

Amount Per Serving

Calories 280 Calories from Fat 120

% Daily Value*

Total Fat 9g **12** %

Saturated Fat 4.5g **23** %

Trans Fat 0g

Cholesterol 35mg **12** %

Sodium 850mg **37** %

Total Carbohydrate 46g **17** %

Dietary Fiber 7g **25** %

Sugars 12g

Protein 10g

Vitamin D 0mcg 5% ● Iron 6mg 35%

Calcium 260mg 20% ● Potassium 240mg 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

This is the typical amount most people eat. It's not a portion recommendation.

Not all fats are bad. Try to limit saturated and trans fats.

You want this to be under 5% if possible.

The higher the fiber, the better. Try to get at least 5 g or more per serving.

Aim for less than 50 g of added sugar a day.

These are good nutrients, so the higher the amount the better.

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



Chickpea pasta and veggies

Serves 6 | Prep time: 30 min

This is a delicious way to add fiber to your meal. And the leftovers are just as yummy served up as a cold pasta salad.

Ingredients

- 1 box (8 oz.) Banza chickpea penne pasta
- 2 tsp olive oil
- 2 bell peppers, chopped
- 1 small zucchini, chopped
- 3 garlic cloves, minced
- 2 medium tomatoes, chopped
- 1 cup frozen edamame

Instructions

- 1.** Cook pasta according to package directions. While it's cooking, warm the olive oil in a skillet over medium heat.
- 2.** Add the peppers and zucchini and cook until

tender, about 10 minutes.

- 3.** Add the garlic and cook until just fragrant, about 1 minute.
- 4.** Add the tomatoes and cook for 5 minutes.
- 5.** Transfer the skillet contents to a food processor or blender, puree until smooth and return to the skillet.
- 6.** Add the cooked and drained pasta to the skillet and toss to coat. Add the edamame and stir, until heated through, about 2 minutes. Season to taste.

Nutrition facts Calories 410 | Fat 19 g | Carbs 46 g | Fiber 12 g | Protein 20 g