

A Heart-Healthy Lifestyle

You can help keep your heart and blood vessels healthy by taking steps toward a healthier lifestyle.

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.

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. And 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.

Managing an ongoing medical condition sometimes takes an extra hand.

The MVP Health Management programs offer help to members who need guidance and support to improve their chronic health conditions. These programs offer innovative solutions to help get chronic health conditions under control and on track for improvement. Working in partnership with doctors, we help members get the care they need and make the most of their benefits.

Contact MVP to learn more about the MVP Health Management programs.



Call **1-866-942-7966**
(TTY: 1-800-662-1220)



Or visit mvphealthcare.com



Cardiac Care Program

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The MVP Cardiac Care Program

was designed to assist you in making healthy lifestyle changes and to provide information and strategies to help you be the healthiest you can be.

A personal health coach will assist you with making the recommended lifestyle changes to live a heart healthy way of life.



You are eligible for the **MVP Cardiac Care Program** if you are an adult living with Heart Disease. Members who participate in the program are those who are interested in making healthy lifestyle changes to better manage their Heart Disease.

What does the MVP Heart Failure Program provide?

Through phone consultation, your health coach will help you develop an individualized plan that may include:

- Educational materials targeted to your specific needs and concerns
- Reaching an LDL level of less than 100
- Eating a heart healthy diet
- Developing a regular exercise program
- Smoking cessation
- Stress reduction
- Depression management



Call **1-866-942-7966** to learn more about this program or to request materials to help you stay healthy.



Or visit **mvphealthcare.com** and select *Members*, then *Health & Wellness*, then *Go* under *Health Management Programs*.

Set and meet your program goals.

Your objectives may include some or all of these heart healthy goals:

- Exercise 30 minutes, 5–7 days each week
- Adopt the American Heart Association’s dietary recommendations
- Keep your LDL cholesterol levels below 100
- Keep your blood pressure below 140/90
- Take medications as prescribed by your doctor
- Reduce stress
- Don’t smoke; if you do smoke, quit.
- Manage depression

