



MyTru Advantage

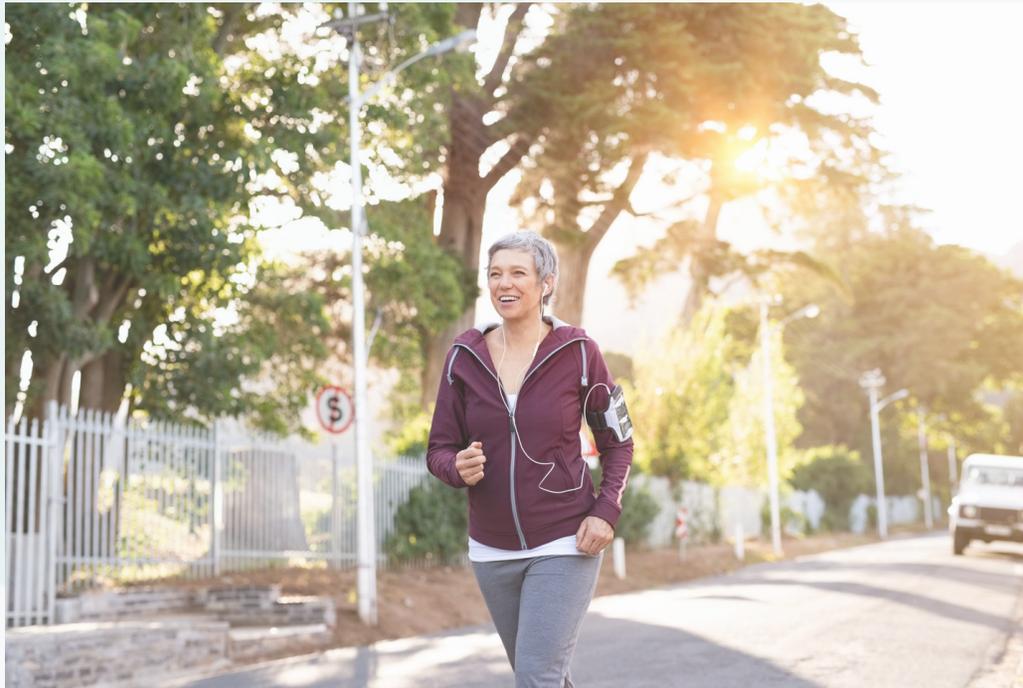
Wellness Quarterly

Spring 2023



Keep your Heart Healthy this Spring

Spring is the perfect time to improve your heart health and reduce your risk of heart disease. Heart Disease is the #1 cause of death in the United States according to the CDC. The risk of heart disease is increased by certain lifestyle choices like smoking, sedentary lifestyle, and poor diet.



This Spring get physically active. Shoot for at least 150 minutes of moderate exercise per week. This can be broken up into several small sessions throughout the week. A 20-30 minute walk daily is a great start.

What is Heart Disease?

Heart Disease is defined as any disease that affects the heart or blood vessels. Many think of Coronary Artery Disease (CAD/high cholesterol) as heart disease, but there are many different types. Heart disease can be caused by faulty valves, viruses, electrical issues in the heart, infection and/ or hyperlipidemia (high cholesterol). Sometimes cardiac conditions must be addressed with medication and/or surgical interventions.

Types of Heart Disease

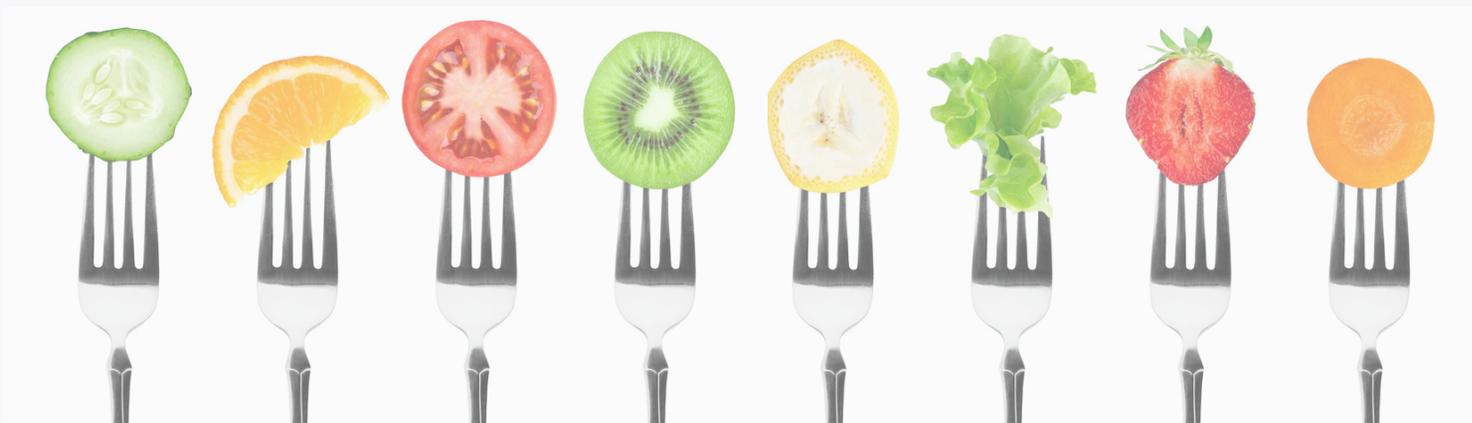


- ✿ Aneurysm
- ✿ Heart failure
- ✿ Cardiomyopathy
- ✿ Cardiac arrhythmia
- ✿ Coronary artery disease
- ✿ Pericarditis
- ✿ Valve disease

Reduce the Risk

There are ways to improve your health and reduce your risk of heart disease with lifestyle changes such as:

- Eat a balanced, healthy diet with plenty of fruits, vegetables, whole grains and lean protein.
- Limit foods high in saturated fats (processed and red meats, high fat dairy such as cheese, sour cream, and ice cream).
- Stop smoking or don't start.
- Limit alcohol use.
- Keep your blood pressure under control by eating less sodium and taking medications as prescribed.
- Monitor your blood pressure and see your health care provider routinely for your annual physical and maintenance visits.



High Blood Pressure

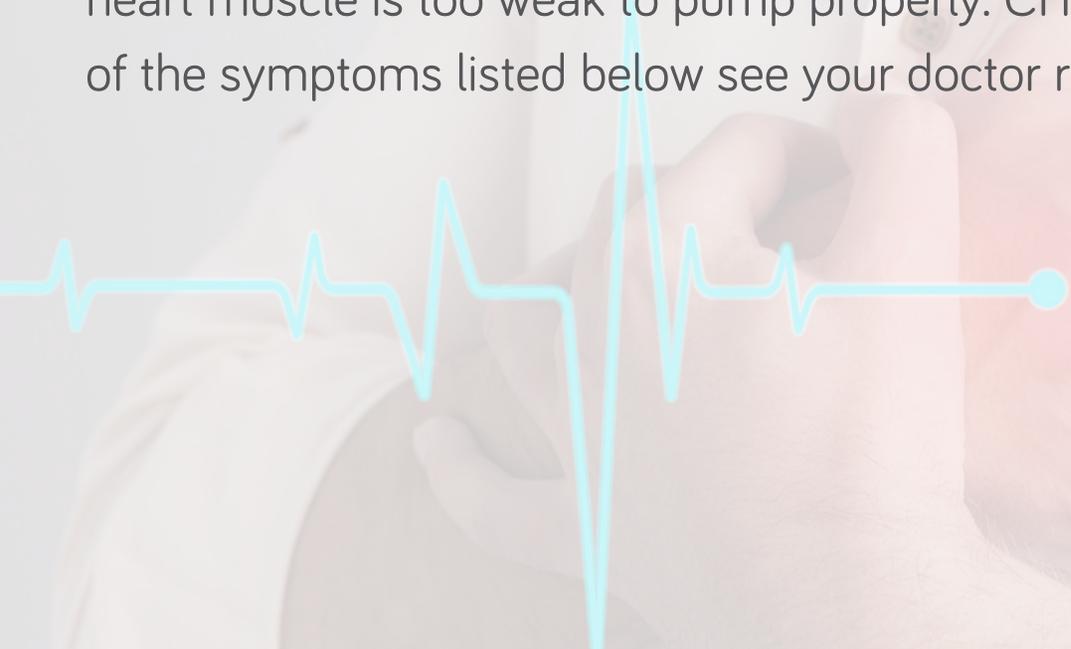
High blood pressure is a condition in which the pressure of the blood against the artery walls is too high. It can be treated with a variety of medications. Many blood pressure medications have minimal to know side effects. When side effects occur, they are usually headaches, dizziness, or nausea, but ease after a few weeks. If side effects continue and you can't tolerate them, call your doctor.



Do not discontinue medications suddenly or without talking to your doctor.

Heart Failure

Also known as Congestive Heart Failure or CHF, is a condition that is caused by your heart not pumping enough blood to properly supply your body's needs. This is typically because the heart muscle is too weak to pump properly. CHF has many symptoms. If you experience any of the symptoms listed below see your doctor right away!

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- **Feeling short of breath**
 - **Fatigue even after resting**
 - **Unexplained cough**
 - **Swelling in ankles, lower legs, and abdomen**
 - **Nausea or lack of appetite**
 - **Difficulty sleeping when lying flat**

Heart failure is a serious condition and must be monitored daily. Your doctor may place limitations on fluid and salt in your diet and may also prescribe medications. Regular, moderate exercise is helpful as well.

Heart Failure Action Plan

Know when to call or see your doctor by monitoring your heart. Monitor your health daily and use the Green, Yellow and Red action plan.

Monitor your heart health with these daily actions:

- Weight yourself, keep active and take medications
- Be sure you have enough medication
- Check for swelling in ankles, lower legs and abdomen
- Eat a healthy, low salt diet
- Limit fluids as instructed by your provider

Green: You are doing well. Symptoms are under control.

- No shortness of breath
- No weight gain
- No chest pain
- No cough
- No swelling in feet, ankles, legs or stomach

Heart Failure Action Plan

Know when to call or see your doctor by monitoring your heart.

Yellow: Caution ahead. Your medications may need adjusted.

- Increased shortness of breath with usual activities
- Sudden weight gain of 2-3 pounds in a 24-hour period or 5 pounds in a week
- Dry hacking cough that won't go away
- Swelling in feet, ankles, legs or stomach
- Increased urination, decreased appetite
- Need for more pillows to sleep at night

Red: Medical Alert! You need medical attention now.

- Chest pain, pressure and tightness
- Very short of breath even with resting
- Severe weakness, dizziness or confusion
- Sudden weight gain of 2-3 pounds in a 24-hour period or 5 pounds in a week
- Wet cough or wheezing
- Need to sleep sitting in chair

Health Coaching

MyTruAdvantage Members have access to our Health Coaches. Our MyTruAdvantage coaches are local and available to provide free help with your chronic diseases. Health Coaching has been shown to help with many conditions and can improve your quality of life.

MyTruAdvantage Health Coaches

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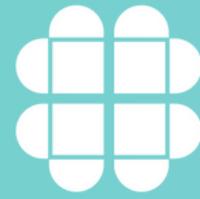
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Build your knowledge, skills and confidence to help manage your chronic conditions.

If you have questions, please give us a call!



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Advantage

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