



What Is Heart Disease?

Heart disease is any condition that affects the heart's ability to function normally. Heart disease or cardiovascular disease is the number one cause of death for men and women in the United States.

Heart disease can take different forms:

High blood pressure – When the heart has to work harder than usual to pump blood through the body.

Coronary artery disease (CAD) – When plaque (fat and cholesterol) builds up in the walls of the blood vessel and reduces blood flow to the heart.

Heart failure – When the heart can't pump enough blood through the body.

Abnormal heartbeats.

Heart disease develops over time and can sometimes lead to:

Chest pain (angina)

Heart attacks

Problems with the heart muscle

Kidney disease

Strokes



Get your blood test today

If you are taking medicine to treat heart or high blood pressure problems, you need to have a blood test each year! The test checks if your heart and kidneys are working well. Call your doctor to ask for your yearly blood test today.

See your doctor at least once a year to help you stay healthy.

CalViva Health members

To learn more about heart health and CalViva's **health education programs** and services, call the Health Education Information Line at **800-804-6074 (TTY: 711)** Monday through Friday, 9 a.m. to 5 p.m., excludes weekends and holidays, or log in to **www.calvivahealth.org**

Member services

Need help and support about your benefits? Call member services at **888-893-1569 (TTY: 711)** 24 hours a day, 7 days a week. The call is toll free.

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. Programs and services are subject to change. BRO056283EPO0 (3/22)



Keep Your Heart Healthy!

A HEALTHY LIFESTYLE IS YOUR BEST DEFENSE AGAINST HEART DISEASE



www.calvivahealth.org



Know the signs and symptoms of heart attack or stroke:

- Chest pain or pressure.
- Shortness of breath.
- Frequent coughing or wheezing.
- Tiredness or weakness during physical activity or at rest.
- Palpitations (fast or strong heartbeats).
- Chest discomfort with sickness, dizziness, fainting, or shortness of breath.
- Sudden numbness or weakness (often occurs on one side of the body).
- Sudden confusion or trouble speaking.
- Jaw, back or arm pain especially on left side of the body.

If you feel these symptoms, call 911 right away!

10 Tips for a Healthy Heart

You can prevent heart disease by living a heart-healthy lifestyle.

Follow these simple steps to reduce your risk of heart disease, heart attack and stroke:



1 Eat a healthy diet: A heart-healthy diet contains whole grains, fresh fruits, vegetables, small portions of lean meat, chicken, or fish. Limit salt, sodium, sugar, and fats in your daily meals.



2 Keep a healthy weight: Reduce extra weight to lower your blood pressure and reduce your risk for heart disease. Talk to your doctor about a weight that is right for you.



3 Stay active: Aim for 30 minutes of physical activity every day. It can help you keep a healthy weight and lower your risk for high cholesterol, high blood pressure and heart disease. Talk to your doctor about how much activity is right for you.



4 Reduce your stress: Stress can affect your emotions and lead to unhealthy habits like smoking, overeating and drinking alcohol. Talk with a friend, take a walk, listen to music, or garden to reduce your stress.



5 Quit smoking: Stop smoking to lower your risk for heart attack and stroke. Talk to your doctor about counseling and medications to help you quit.



6 Limit alcohol: Reducing the amount of alcohol you drink will help lower your risk for unwanted weight gain, high blood pressure and heart disease. Do not mix alcohol with any type of medications.



7 Control your blood pressure: High blood pressure can put extra strain on your heart and thin blood vessels. Exercise every day, eat low salt foods and have your blood pressure checked often. Take your blood pressure medication or aspirin as directed by your doctor.

8 Lower your cholesterol level: Cholesterol can block blood flow through the blood vessels. Follow a diet that is high in fiber and low in fats. Take cholesterol medications as directed by your doctor.



9 Manage your diabetes: Diabetes increases your risk for heart disease. Weight control, healthy eating, physical activity, and medications can help control diabetes.



10 Take your medications as directed: People with high blood pressure, high cholesterol and heart disease need to take medications or aspirin daily. Keep track of your medications and follow the time schedule when they should be taken. Use a pill organizer to help you stay on track.