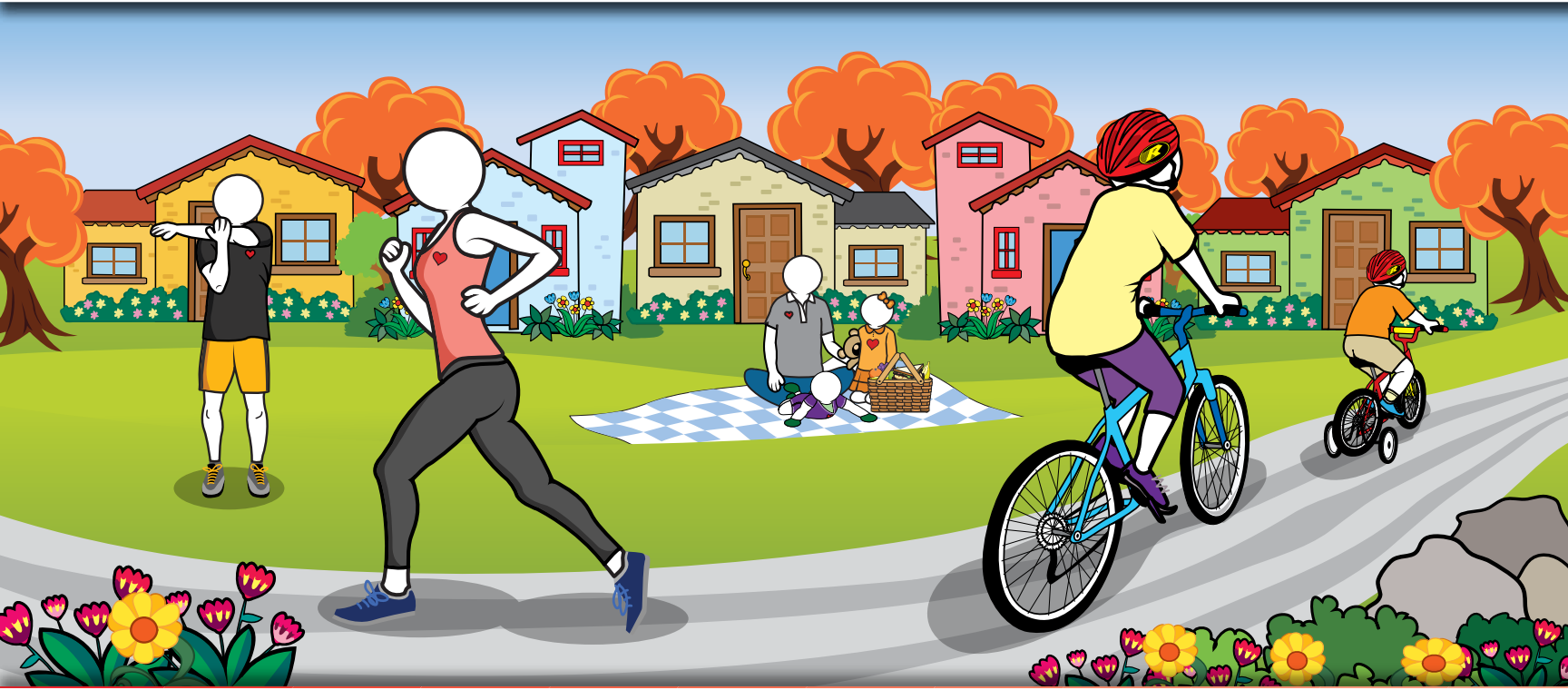
KEEP A HEALTHY HEART

so you can do more of what you love...

IEHP®

A Public Entity

Inland Empire Health Plan



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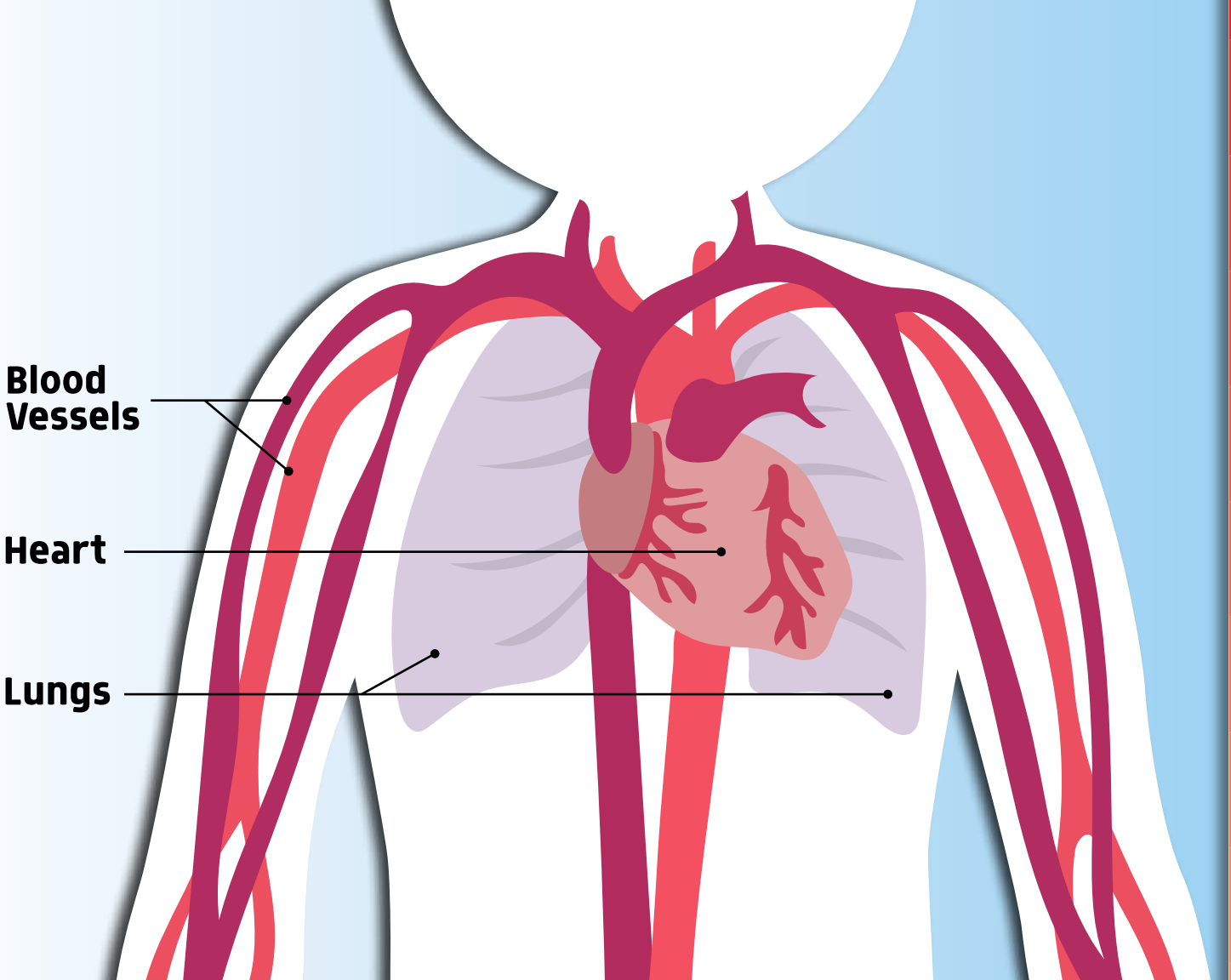
HEALTHY HEART

Your heart is a muscle that pumps blood to the body. The heart is at the core of the circulatory system. The circulatory system is made up of the heart and blood vessels like arteries and veins. Blood vessels carry blood to and from all parts of your body. Your heart and blood vessels work together to move blood and fluids through the body.

Your heart is important to your health. The rest of your body depends on the heart to carry blood and stay healthy. When the heart and blood vessels are not working the right way, that is heart disease. Heart disease can disturb a heart's normal pumping job.

High Blood Pressure is a common sign that can lead to Heart Disease.

In this guide, you will learn how to take care of your heart, blood pressure, and learn about other ways to live a healthier life.


Blood Vessels
Heart
Lungs

BLOOD PRESSURE

Your heart pumps blood each second of the day. Blood pressure is the force your heart makes when it pumps blood through your blood vessels. Blood gives the body oxygen to stay alive and healthy.

What is High Blood Pressure?

High blood pressure, also called hypertension, happens when your heart is working too hard to push the blood through your blood vessels. This disease can happen to any person no matter what race, age, or gender.

The best way to know if you have high blood pressure is to have it checked. You can measure your blood pressure with a blood pressure machine. You can go to the Doctor's office or local drug store to get your blood pressure checked. You can even check your blood pressure at home if you have a blood pressure machine.

If you are an IEHP Member and have high blood pressure, you are covered for a blood pressure machine! Ask your Doctor for details on how to get one.

Blood Pressure is tracked with two numbers:

- **Systolic Blood Pressure (the top number):** This number measures the force against the walls of your blood vessels as your heart pumps blood.
- **Diastolic Blood Pressure (the bottom number):** This number measures the force of blood between heart beats.

What do your numbers mean?

Blood Pressure Levels in Adults

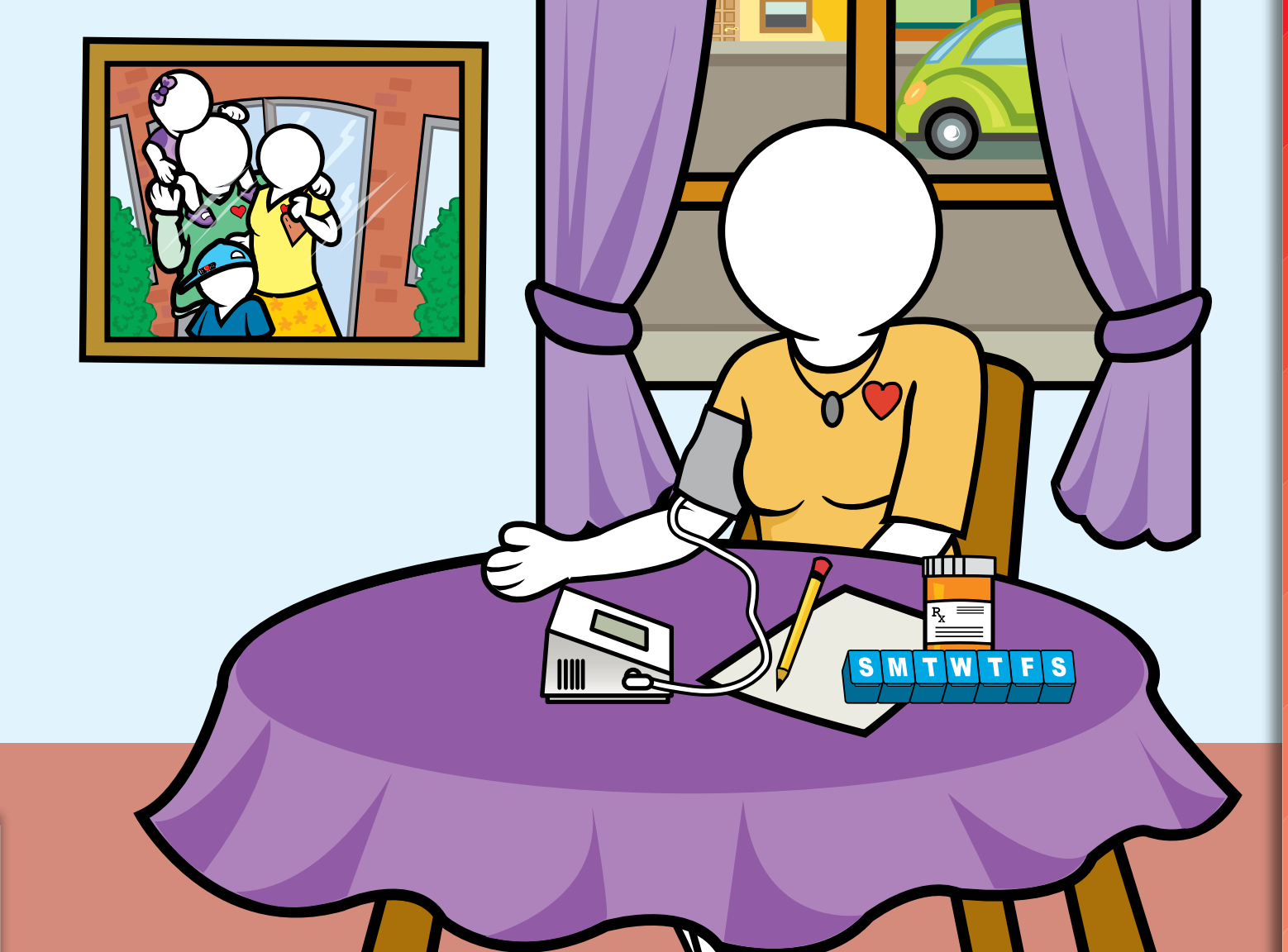
	Top number	Bottom number	What does it mean?
Normal	Below 120	Below 80	Your blood pressure is healthy and normal for an adult. Check it again in one year.
At-Risk for High Blood Pressure	120-129	Below 80	Your blood pressure is a little high. See your doctor. Start making changes to control your blood pressure.
High Blood Pressure			
Stage 1	130-139	80-89	Your blood pressure is high. See your Doctor. Make a plan to lower your blood pressure.
Stage 2	140 and Higher	90 and higher	Your blood pressure is too high. See your Doctor. Make a plan to lower your blood pressure.

Before you check your blood pressure:

1. Don't smoke, have any caffeine, or workout for at least 30 minutes.
2. Sit in a chair with your back straight and feet flat on the ground.
3. Relax and rest for five minutes.
4. Make sure the cuff is on the right way and is the right size.

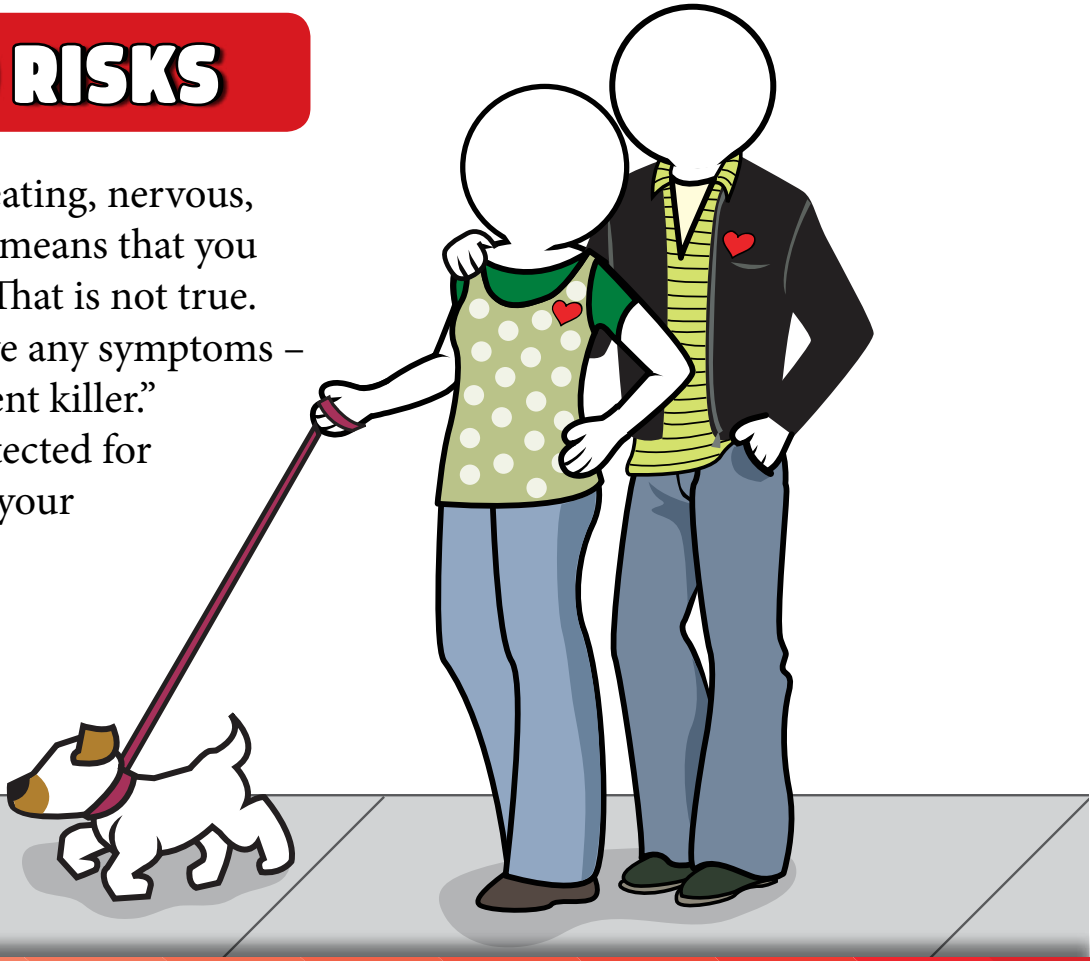
High Blood Pressure must be confirmed by a Doctor. It is also helpful that you keep a record of blood pressure readings. Having a record of your blood pressure readings can help you and your Doctor know if the care for your blood pressure is working.

Having high blood pressure can lead to health threats like heart disease, stroke, kidney disease and more. The good news is that blood pressure can be controlled with proper nutrition and healthy life changes.


S M T W T F S

WARNINGS AND RISKS

If you feel like you are always sweating, nervous, or have a hard time sleeping that means that you have high blood pressure, right? That is not true. High blood pressure may not have any symptoms – that is why it is known as the "silent killer." If high blood pressure goes undetected for a long time, it can cause harm to your heart, brain, and kidneys.



What is your high blood pressure risk? Take the quiz to find out.

Do your parents, brothers, or sisters have high blood pressure?

❑ Yes ❑ No

Do you smoke?

❑ Yes ❑ No

Are you overweight?

❑ Yes ❑ No

Do you have more than two alcoholic drinks per day?

❑ Yes ❑ No

Do you exercise less than 3 times a week?

❑ Yes ❑ No

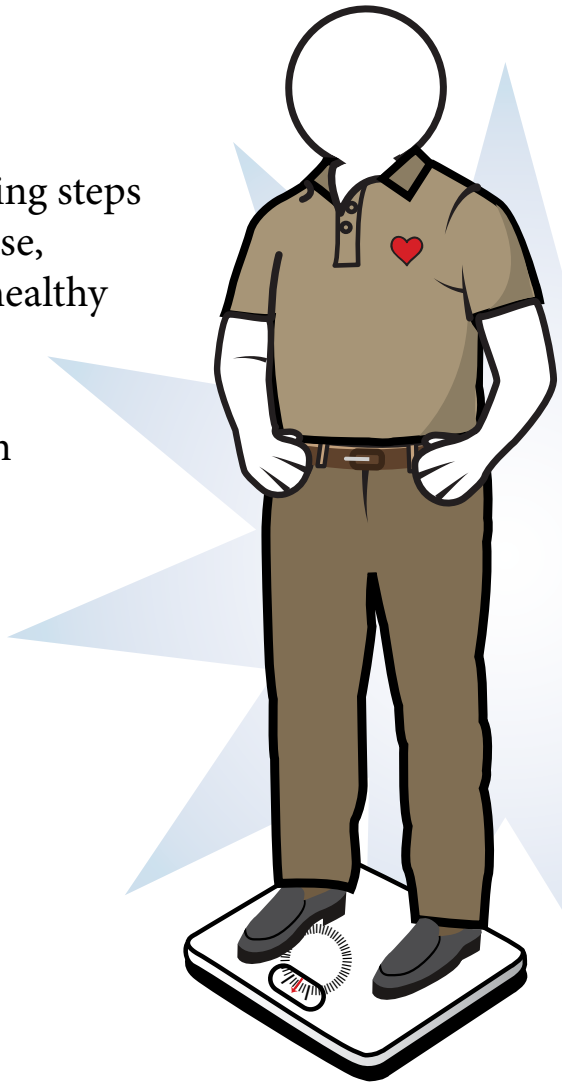
If you answered YES to at least three questions, you might be at risk for high blood pressure. You can lower your risk of having high blood pressure by making changes in your daily routine. Turn the page to find out more:

WEIGHT

Being overweight or obese raises your risk for heart disease. Taking steps towards a healthy weight can help lower your risk for heart disease, diabetes, and high cholesterol. To find out if your weight is in a healthy range, you can check your Body Mass Index (BMI). First, to find out what your BMI is, you must know your height and weight. You can find your height and weight in the chart below. A person who has a BMI that is lower than 25 is at a healthy weight.

The BMI chart is a screening tool Doctors use to measure obesity in adults for potential health conditions. BMI does not diagnose health problems.

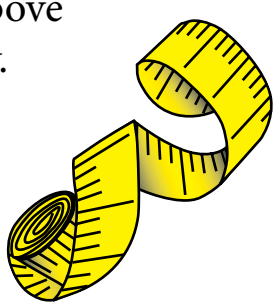
Having too much fat around the waist can also raise your risk for obesity-related health issues. You can estimate your risk by measuring around your waist. Normal waist measurement for men is 40 inches and for women is 35 inches.



How to measure the circumference of your waist:

Make sure to grab a tape measure.

1. Stand in place, and place the tape measure above your hip bone and bring it around your body. Make sure it is level with your belly button.
2. Check that the tape measure is wrapped the right way and not too tight. Breathe!
3. Check the number after you breathe out.



Remember...

Knowing your BMI and waist circumference can help you find out about your risk of heart disease and other obesity-related conditions. When taking note of your weight, pay special attention to fluid retention. Fluid retention is when the body holds too much fluid, and it may cause some swelling and puffiness in the body. If you notice frequent changes in your weight due to water weight, talk to your Doctor about it.

HOW TO FIND YOUR BMI

Using the table below:

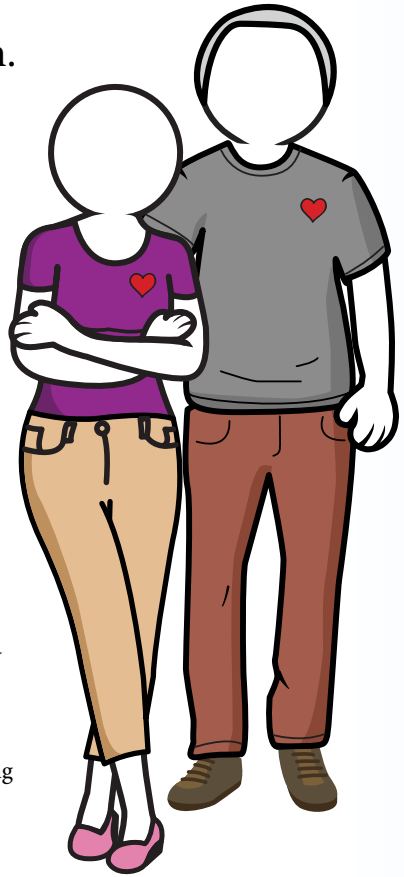
1. Find your height in the first column.
2. Go across the row to find the weight closest to your weight.
3. The bold number at the top of the column is your BMI.

Example:

My height: ***5'3"***

My weight: ***249***

My BMI: ***44***



	Overweight					
BMI	25	26	27	28	29	30
Height						
4'10"	119	124	129	134	138	143
4'11"	124	128	133	138	143	148
5'0"	128	133	138	143	148	153
5'1"	132	137	143	148	153	158
5'2"	136	142	147	153	158	164
5'3"	141	146	152	158	163	169
5'4"	145	151	157	163	169	174
5'5"	150	156	162	168	174	180
5'6"	155	161	167	173	179	186
5'7"	159	166	172	178	185	191
5'8"	164	171	177	184	190	197
5'9"	169	176	182	189	196	203
5'10"	174	181	188	195	202	209
5'11"	179	186	193	200	208	215
6'0"	184	191	199	206	213	221
6'1"	189	197	204	212	219	227
6'2"	194	202	210	218	225	233
6'3"	200	208	216	224	232	240
6'4"	205	213	221	230	238	246

Source: CDC

* This chart is a useful tool for adults only. BMI is measured differently for children and teens than it is for adults. Children are still growing, and boys and girls develop at different rates. So, BMI for children 2 to 20 years old is determined by using a BMI chart that compares their weight and height along with growth charts. To receive a BMI screening for your child, call your pediatrician.

BMI Table for Adult Men and Women

Obese									Extreme Obesity															
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Body Weight (Pounds)																							
148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	206	312	319	325	331	338	344
203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

EXERCISE

Routine exercise helps control blood pressure and can lower your risk for other health problems. The best kind of physical activity for your heart is ***aerobic exercise***. In this type of exercise, the heart beats harder and the body uses more oxygen than normal.

Another exercise that is good for your heart is strength training. This type of exercise is sometimes called weight training, which helps make your muscles and bones stronger. Strength training is not just for body builders and the weights do not have to be heavy. You can even use your own body weight!

Common aerobic exercises:

- Brisk walk
- Bicycling
- Jogging or Running
- Hiking
- Dancing

For common strength training exercises, try using:

- Your own body weight (push-ups, squats etc.)
- Resistance bands
- Weights - If you don't have weights at home, you can use soup cans and water bottles instead

Everybody should try to do some physical activity at least 90-150 minutes each week. You can mix it up by doing aerobics and strength training. Make sure to stretch before and after each time you do any kind of physical activity.

Try keeping track of how much physical activity you do. Make realistic goals each week and, once you have reached your goals, you can set new ones. Use the activity log on the next page as a sample. Make photocopies of the blank log and write down the workouts you do during the week!

If you are new to any kind of physical activity, it is best to start in small steps and then slowly add more time to your exercise plan. Don't do too much when you start. If you hurt yourself, you will be less likely to keep going.

VISIT ONE OF IEHP'S COMMUNITY RESOURCE CENTERS

The CRC's have FREE physical activity classes that our Members can join! For locations and our schedule of FREE health and fitness classes:
visit ***www.iehp.org/crc***
or call ***1-866-228-4347***.

My Physical Activity Log

Name: Mrs. Heart

For The Week Of: 06/01/2017

Pick One:

- [x] Medium Intensity: For 3 days, I will be physically active for 25 minutes.
- [ ] High Intensity: For 5 days, I will be physically active for 30 minutes. (Kids need 60 minutes)

And

- [x] Medium and high Intensity: For 2 days, I will include muscle strengthening exercises

Day	Notes	Duration	Intensity	Type of Activity
Monday	Zumba at the IEHP Community Resource Center	25 minutes	High	Aerobic
Tuesday	Got busy and didn't have time...	_____	_____	_____
Wednesday	Did 20 squats after breakfast and before dinner	5 min. in the morning, 5 min. in the afternoon	High	Strength Training
Thursday	Brisk walk at the mall	25 minutes	High	Aerobic
Friday	Used water jugs as weights	10 minutes	Medium	Strength Training
Saturday	Dancing at Blobbington Family Reunion	25 minutes	High	Aerobic
Sunday	Rest day	_____	_____	_____

Remember to check with your Doctor to help you decide how much physical activity you can safely do

My Physical Activity Log

Name: _____

For The Week Of: _____

Pick One:

- ☐ Medium Intensity: For 3 days, I will be physically active for 25 minutes.
- ☐ High Intensity: For 5 days, I will be physically active for 30 minutes. (Kids need 60 minutes)

And

- ☐ Medium and high Intensity: For 2 days, I will include muscle strengthening exercises

Day	Notes	Duration	Intensity	Type of Activity

Remember to check with your Doctor to help you decide how much physical activity you can safely do

NUTRITION

Eating healthy food is an important part in keeping your heart healthy and lowering your risk for heart disease.

Eat food that is high in quality and nutrients. Food that is high in both are:

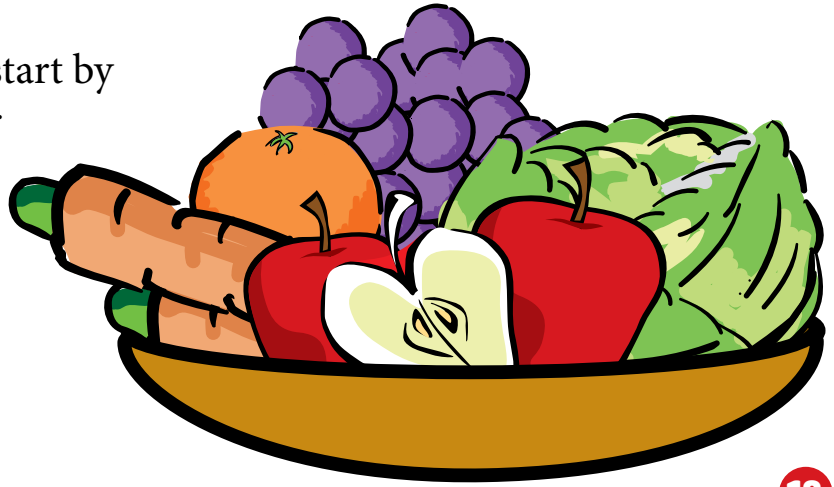
- Vegetables
- Fruits
- Whole grains
- Low fat dairy
- Protein
  - Fish
  - Poultry
  - Eggs
  - Lean meats
  - Nuts and seeds
  - Beans and lentils
- Oils – Olive oil and avocado oil are great choices!

Nutrition is an important part of stopping high blood pressure or being able to control it. Eating the right foods in the right amounts can even stop you from getting heart disease and other health problems. Picking the right way to eat can be confusing and scary at times. Here are two choices that can help you figure out how to eat.

DASH Diet (Dietary Approach to Stop Hypertension)

You don't have to have high blood pressure to start following this diet. If you do have high blood pressure, follow this diet, and it will help improve your blood pressure. The DASH diet encourages you to eat less sodium (salt) and more foods that are rich in nutrients, like fruits, vegetables, low-fat dairy, nuts, and lean protein.

The DASH food plan recommends that you start by eating 2,300 mg of salt and slowly lower your salt intake to 1,500 mg per day.



For more information on the DASH Diet, visit *www.heart.org/HEARTORG/* and search "***DASH diet***."

MyPLATE

If you are unsure about starting a diet, you can start by following MyPlate. MyPlate encourages you to eat balanced meals by focusing on the amount of food you eat. Using MyPlate, you get to focus on fruits, vegetables, grains, protein, and dairy.

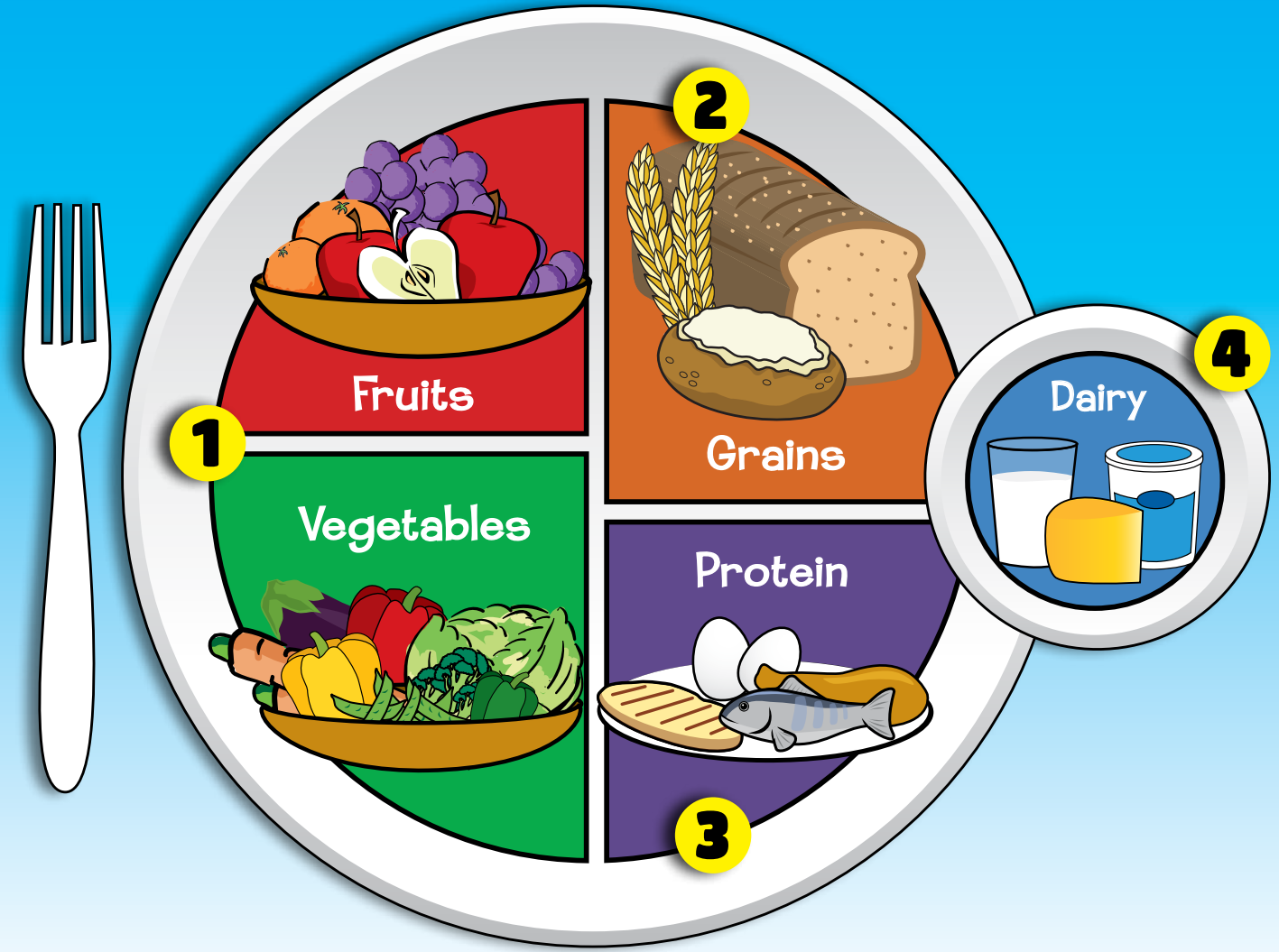
You can start off by using an eight- to nine-inch plate.
Use the plate as tool to build your meals.

1. Fill half of your plate with fruits and vegetables. Use vegetables and fruits that you enjoy eating. Remember to switch up your fruits and vegetables so you won't get bored.

2. Add whole grains to your meal. Brown rice and whole wheat bread are great sources of whole grains.

3. Chose a protein. You can try eating lean meat like chicken, turkey or fish. Remember you don't always have to eat meat for protein. You can also eat tofu, beans, or lentils for protein.

4. Choose a dairy food. You can have milk, yogurt, or cheese as your dairy picks. Look at the nutrition label to make sure that the sodium and fat levels are not too high.


1
Fruits
2
Grains
Vegetables
Protein
3
4
Dairy

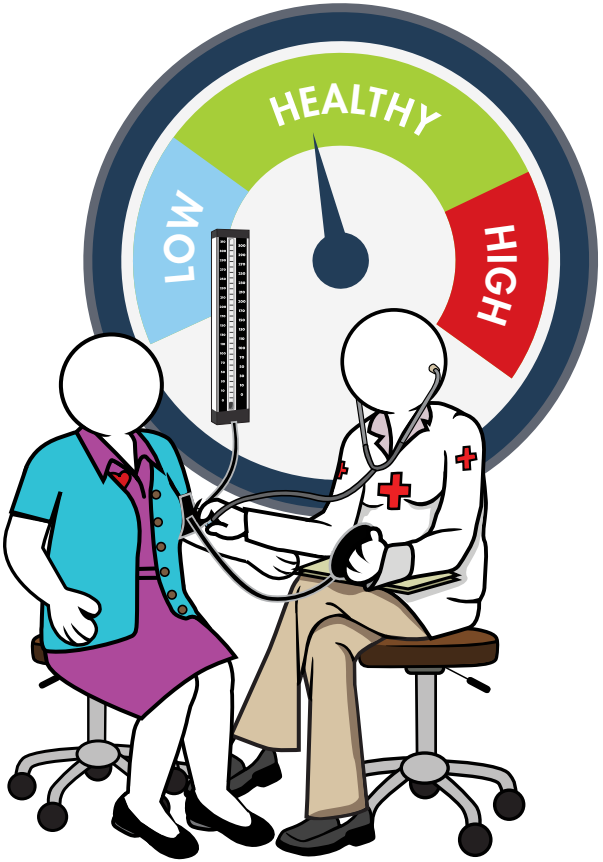
LIMIT SALT AND SODIUM

What is Sodium?

Sodium is a mineral found in table salt. It is found in many things we like to eat, like canned foods, condiments, fast food, frozen dinners, sodas, and packaged foods. Sodium also controls your blood pressure.

How does too much sodium affect your body?

Eating too much sodium can cause the body to keep fluids, causing blood pressure to rise. High blood pressure makes the heart work harder and, over time, can harm blood vessels throughout the body.



How can I eat less sodium?

Most people eat more sodium than they need. Just one teaspoon of table salt equals 2,300 mg of sodium. People with high blood pressure should aim to eat less than 1,500 mg of salt each day. Talk to your Doctor about how much sodium you should be eating.

To cut your sodium intake, you only need to make a few small changes:

- **Do not add salt.** Instead, try adding more spices and fresh or dried herbs to the food you cook.
- **Cut down on sauces.** Ketchup, hot sauce, soy sauce, and mustard all have sodium. Try using low-sodium versions or go without them.
- **Drain and rinse canned vegetables.** Most canned foods have sodium to stop spoilage. You can lower the amount of sodium you eat by draining the juices and rinse the vegetables.
- **Cook with fresh foods.** Frozen meals and fast food have a lot of sodium. You can add your own spices and herbs when you cook with fresh foods.

continued...

- **Read Food Labels.** Compare the amount of sodium in foods and check the Percent Daily Value (%DV). This will tell you if the amount of sodium is high or low.

  High sodium = 20% or more | Low sodium = 5% or less

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

	% Daily Value*
Total Fat 13g	**20**%
Saturated Fat 5g	**25**%
Trans Fat 2g	
Cholesterol 30mg	**10**%
Sodium 660mg	**28**%
Total Carbohydrate 31g	**10**%
Dietary Fiber 0g	**0**%
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%

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

There may be more than one serving in the package, so be sure to check the serving size.

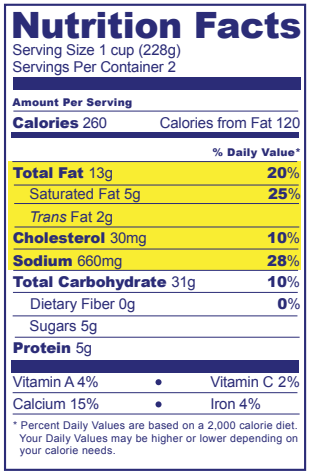
This number tells you the % DV for sodium in one serving

Compare food products and look for foods that have these claims:

Salt/Sodium Free	=	less than 5mg of sodium per serving
Very Low Sodium	=	35mg of sodium or less per serving
Low Sodium	=	140mg of sodium or less per serving
Reduced Sodium	=	at least 25% less sodium than original product
Light in Sodium	=	at least 50% less sodium than original product
No-Salt Added	=	No additional salt added during processing

Do You Know How to Read Food Labels?

Reading food labels helps you choose foods that are lower in saturated fat, cholesterol, and sodium. You can also read labels to find out the calorie content. Here's how you do it:



Nutrition Facts
Serving Size 1 cup (228g)
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Amount Per Serving	
Calories 260	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Trans Fat 2g	
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A 4% •	Vitamin C 2%
Calcium 15% •	Iron 4%

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

You will find "Nutrition Facts" on the label.

Look for these words:

- *Total Fat*
- *Sodium*
- *Cholesterol*
- *Trans Fat*
- *Saturated Fat*

Look at the % **Daily Value** listed next to each term. If the value is 5% or less in fat, saturated fat, cholesterol, and sodium, then that food is low in those items. Avoid foods that contain trans fat.

Here are some common food claims and what they mean per serving:

- **Low Fat:** 3g (grams) of fat or less
- **Low Calorie:** 40 calories or less
- **Fat Free:** Less than .05g of fat
- **No Trans Fat:** Less than 0.5g of trans fat
- **Light/Lite:** 50% less fat or 1/3 fewer calories than the regular
- **Cholesterol Free:** Less than 2mg (milligrams) of cholesterol and 2g or less saturated fat
- **Extra Lean:** Less than 5g of fat, 2g of saturated fat and 95mg of cholesterol

Foods like fresh fruits, vegetables, meat, fish and seafood don't have nutrition labels. But, the law states that their nutrition value must be on signs or posters in the store.

HIDDEN SUGAR

Sugar is added to foods and drinks when they are made. Eating too much sugar can make you gain weight. You might find added sugar in foods and drinks where you least expect it.

According the to the American Heart Association, the daily limit for added sugars is:

Women: six teaspoons (100 Calories)
Men: nine teaspoons (150 Calories)

The best thing to do to avoid added sugars is to look at the nutrition facts and ingredients. Other names for sugar that can be found on the ingredient list can be dextrose, fructose, high-fructose corn syrup, honey, lactose, and sucrose.

Where can you find added sugars?

Drinks: soda, tea, sports drinks, juice

Food: granola, energy bars, cereal, flavored oatmeal

Frozen Treats: ice cream, frozen yogurt, sherbet, sorbet

Desserts: cakes, cookies, donuts, bread, pastries

WATER

Drinking plenty of water makes it easier for the heart to pump blood through your body. When are you are not hydrated enough, your heart works harder and it is tougher for blood to get through your body.

Other benefits of drinking enough water are:

- Helps you get rid of waste
- Keeps your body heat normal
- Helps your muscles work well

How much water should you drink?

The amount of water you need depends on the weather and how active you are. Someone who sweats more will need more water compared to someone who does not sweat as much. The best way to know if you are drinking enough water is to look at the color of your urine. If your urine is clear, that means you are drinking enough water. If it's dark, that means you should be drinking more water.

By changing how you eat and workout, you can reduce your risk for blood pressure and heart disease. The good news is there are other lifestyle changes you can make to reduce your risk even more.

ALCOHOL AND TOBACCO

Alcohol

Drinking too much alcohol will raise your blood pressure

- **Men** should have no more than two alcoholic drinks a day.
- **Women** should have no more than one alcoholic drink a day.

12 fl oz of regular beer	=	8-9 fl oz of malt liquor	=	5 fl oz of table wine	=	1.5 fl oz shot of 80-proof spirits
		 (shown in a 12 oz glass)				 ("hard liquor– whiskey, gin, rum, vodka, tequila, etc.)
about 5% alcohol		about 7% alcohol		about 12% alcohol		about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Drinking too much alcohol can lead to high blood pressure, heart failure and weight gain.

Tobacco

Smoking raises blood pressure and harms blood vessels. Smoking and being exposed to secondhand smoke can put you at risk for heart disease and heart attack.

The chemicals in tobacco smoke can harm how your heart works. Smoking puts you at risk for heart disease. If you have High Blood Pressure, high cholesterol or are overweight, you are at higher risk of heart disease.

Secondhand smoke can harm the heart too. Secondhand smoke is the smoke that comes out the cigarette, cigar or pipe. Secondhand smoke contains almost the same chemicals that people inhale when they smoke.

Quitting smoking is one of the best ways to reduce your risk from getting heart disease. Also, try to avoid secondhand smoke. Quitting smoking can be done. There are programs and medicines available that can help you quit. If you do smoke, quitting can cut your risk for heart disease. **Call 1-800-NO-BUTTS (1-800-662-8887).**

Double your chances of quitting by calling the number below:

CALIFORNIA SMOKERS' HELPLINE
1-800-NO-BUTTS

1-800-933-4833 (TTY)

STRESS

Learning how to handle stress can help improve your physical and emotional health and can also help with lowering your blood pressure. Some people manage their stress in unhealthy ways, like drinking alcohol, smoking, and overeating.

Healthy ways to reduce stress:

- Physical activity
- Listening to music
- Meditation
- Talking to family, friends, or support person

What's Your Stress Level?

The stress test looks at the physical, mental, emotional, spiritual, and social aspects of health.

The Ardell Wellness Stress Test*

Rate your satisfaction to each of the items by using this point scale below. To get your total score, please add up the points for all the items.

Extremely happy = +3
Very happy = +2
Mildly happy = +1
Indifferent = 0
Mildly disappointed = -1
Very disappointed = -2
Completely disappointed = -3

Item	Points
1. Choice of career	
2. Present job/business/school	
3. Marital status	
4. Relationships with family and best friends	
5. Ability to have fun or enjoy things you like to do	
6. Amount of fun experienced in the last month	
7. Financial situation	
8. Sense of who you are (self-respect and confidence)	
9. Meaning or purpose in life; spirituality	

Continued on next page...

Item	Points
10. Level of self-worth or self-esteem	
11. Ability to impact others	
12. Sex life	
13. Your body – how it looks and performs	
14. Home life	
15. Life skills and education – knowledge of issues and facts not related to your job	
16. Ability to deal with change, crisis, setbacks, and other life events you did not expect	
17. Nutritional knowledge, attitudes, and eating habits	
18. Ability to recover from disappointments, hurts, failures, and tragedies	
19. Confidence that you are close to reaching your highest goals	
20. Achievement of a balanced quality in your life	
21. Sense that your life is getting better and fuller all the time	
22. Level of participation in issues and concerns beyond your immediate interests	
23. Choice whether to parent or not, and of child-rearing style – and accepting the consequences or results of that choice	
24. Role in some kind of group of friends, relatives, and/or others about whom you care deeply and who care deeply about you	
25. Emotional acceptance of aging	
TOTAL	

What Your Score Means

+51 to +75:	You are a person who has great balance when it comes to stress. There are a few, if any, challenges likely to affect your overall well being.
+25 to 50+:	You are a person who is quite familiar with the wellness approach to life and have the ability to deal with events that can cause stress.
+1 to +24:	You are a well-oriented person with the ability to improve. You may want to give a bit more attention to health concepts and skill building.
0 to -24:	You may need to learn more information on how to deal with stress. A sudden increase of stress can cause an emotional setback.
-25 to -50:	You might be experiencing too much stress, which can affect your health and well being. Talk to your Doctor.
-51 to -75:	You are experiencing too much stress, which affects your health and well being. Talk to your Doctor right away.

This screening is not intended to be a substitute for a clinical evaluation. Please see your Doctor for a complete evaluation.

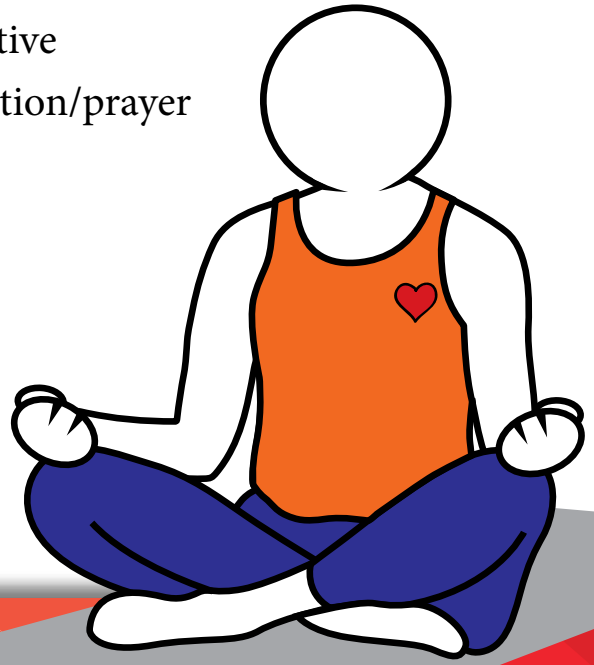
*Adapted from High Level Wellness: An Alternative to Doc, Drugs and Disease by Don Ardell

RELAXATION

Everyone can feel stressed at times. Stress can affect each of us over time. Learning how to handle stress can help you manage your blood pressure, your body, and -- health.

Here are a few ways you can relax and recharge:

- Talk to a caring friend or family member
- Remember your good actions
- Get organized & focus on one thing at a time
- Think positive
- Try meditation/prayer



Meditation activity:

1. Take deep a breath through your nose for four counts
2. Hold your breath for one second
3. And breath out through your mouth for five counts
4. Repeat as many times as needed

ENVIRONMENT / POLLUTION

Being exposed to pollutants in the air can increase your risk for heart disease. The Centers for Disease Control state that there is a link between pollutants in the air and heart disease. The more pollutants, the higher your risk for heart disease grows.

Air Quality Level	Level of Health Concern
0-50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151-200	Unhealthy
201-300	Very Unhealthy
301-500	Hazardous

Things you can do to avoid being exposed to harmful matter in the air:

1. Avoid being outside in the afternoons on warmer days. That is when the risk of harmful matter is the highest. Check the air quality before you do any hard activities outside.
2. You can find out your area's air quality by going to: *https://airnow.gov/index.cfm?action=airnow.main* and type in your zip code. If the air quality is not good, choose to workout inside if you can.

SLEEP

Eating healthy food and getting enough exercise are not the only things that will reduce your risk for heart disease. Getting enough sleep is important, too. The American Heart Association states that poor sleep quality can slow down the way your body works and will have a harder time losing weight.

How much sleep do you need?

The amount of sleep that our bodies need is different from person to person. Most people need about six to eight hours of sleep each day. If you sleep less than that, you can be at risk for heart disease.

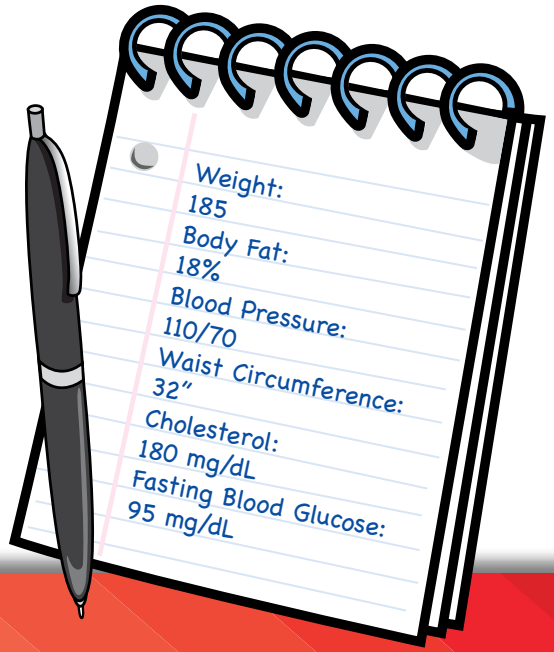
How to get better sleep at night?

1. Try getting enough exercise. Try to exercise for 50 minutes at least 3-4 times a week.
2. Avoid drinking too much caffeine. Having too much caffeine can make it hard to sleep.
3. Have a night routine. Prepare your mind for bed with some calming activities. Take a warm bath, drink an herbal tea without caffeine, or meditate. Put away your cellphone or tablet at least 30 minutes before your bedtime - the light can make it hard for you to fall asleep.

KNOWING YOUR NUMBERS / KEEPING YOUR MEDICAL APPOINTMENTS

It is of great value to plan and keep yearly exam appointments with your primary Doctor. When you go see your Doctor, you should take note of your numbers like:

- Weight (body fat measure)
- Blood Pressure
- Waist Circumference
- Cholesterol
- Fasting Blood Glucose



By taking note of these numbers, you will be able to know and manage your risk for heart disease and other conditions.

Life can be busy with family, work, and friends, but it is important for you to take care of yourself and your heart.

MEDICATIONS

If you have High Blood Pressure, the best thing to do is talk to your Doctor and take steps to control your blood pressure by making healthier changes and take your medications, if you need to take them.

Take your medications exactly how your doctor tells you to. Never skip a day or cut you pills in half. If you have questions about your medications talk to your Doctor or pharmacist. They want what is best for you!

Natural treatments do not replace high blood pressure medicine. If you are thinking about taking natural treatments, talk to your Doctor first.

High blood pressure is a health issue for life. There is a chance that you might have to take medicine for the rest of your life. Take your medicine and start taking steps for towards a healthier life.

NOTES

Inland Empire Health Plan

1-800-440-IEHP (4347)
1-800-718-4347 TTY
www.iehp.org

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). IEHP遵守適用的聯邦民權法律規定, 不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-440-4347（TTY：1-800-718-4347）。