



Be Well, Live Well, Stay Well

WELLNESS UPDATES

Heart Health

Heart-to-Heart with your Doctor

Anyone can develop heart disease, but your risk increases if you have certain conditions such as obesity, high cholesterol, high blood pressure, or diabetes. It's important to talk with your doctor about your personal risk – and the best ways to keep your heart healthy.



6 questions to ask at your next checkup:

- What should my blood pressure be? How often should it be checked?
- What should my cholesterol and triglyceride levels be? How often should they be checked?
- What's a healthy weight for me?
- Should I be screened for diabetes? What should my blood sugar level be?
- What lifestyle changes would you recommend for me?
- Can you suggest any resources that could help me lose weight or stop smoking?

Source: UnitedHealthcare, <https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/>

Take Steps to be Heart Healthy

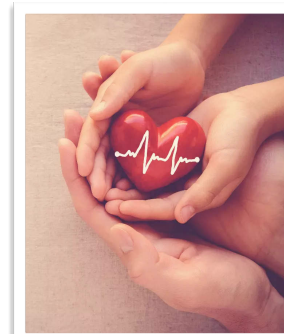
Source: UnitedHealthcare, <https://www.uhc.com/health-and-wellness/health-topics/heart-health>

Your heart is the hardest-working muscle in your body and deserves your time and attention. It's responsible for a variety of jobs that help keep you healthy — from delivering oxygen and nutrients to your cells to keeping your blood pressure at the right level. If your heart isn't healthy and strong, your risk increases for developing heart disease, including:

- * Coronary artery disease
- * Congenital heart disease
- * Heart attack
- * Stroke
- * Congestive heart failure

Take steps to protect your heart by making heart-healthy choices:

- * Exercise regularly by aiming for 30 minutes of moderate physical activity on most days of the week
- * Eat a heart-healthy diet rich in whole grains, fruits and vegetables
- * Maintain a healthy weight
- * Manage your blood pressure
- * Take control of your cholesterol
- * Keep blood sugar at healthy levels
- * Don't smoke
- * Manage stress
- * Establish a relationship with a primary care physician, know your health numbers (BMI, blood pressure, cholesterol and glucose) and follow your doctor's advice



Eat More Color

Source: American Heart Association, <https://www.heart.org/en/healthy-living/healthy-eating/add-color/eat-more-color>



American Heart Association.
Healthy for Good™

BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarbs
strawberries
tomatoes
watermelons



EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies.
Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes
mushrooms
onions
potatoes
parsnips
shallots

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

This information is for educational purposes only and is not a substitute for the advice of a doctor. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.