



Fall/Winter 2016

Coronary Artery Disease

Cooking for a healthy heart

The way you eat can help keep your heart happy. And cooking your own meals is the best way to make sure you're eating right.

Some helpful hints:

- **Cooking chicken?** Use lean white meat instead of fatty dark meat.
- **Be fussy about fats.** Use liquid vegetable oils or nonfat cooking sprays as much as possible. Olive and canola oils are good options.
- **Hold the salt.** Add flavor with fresh or dried herbs. Also, skip salt in the cooking water for pasta.
- **Substitute.** Try two egg whites in place of one whole egg.
- **Forget frying—most of the time.** Instead, roast, grill, broil or bake your food.

Source: American Heart Association (www.heart.org)

Contract services are funded in part under contract with the State of Arizona. This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs.

If you would no longer like to receive this mailing, please contact the Care Management Department.

Mercy Care Plan is administered by Aetna Medicaid Administrators, LLC, an Aetna company.

Contact us

Mercy Care Plan, 4350 E. Cotton Center Blvd., Building D, Phoenix, AZ 85040

Member Services: **602-263-3000** or **1-800-624-3879** (TTY **7-1-1**)

Monday through Friday, 7 a.m. to 6 p.m.

www.MercyCarePlan.com

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MCP-CA-FW16 AZ-16-08-36

Blood pressure: Take control

If you have high blood pressure, you can take charge of your health.

First, make some simple lifestyle changes. The doctor may give you medicine also. Here's what you can do:

- **Lose weight if you are overweight.** Losing even five to ten pounds can lower blood pressure.
- **Eat well.** Try adding more fruits, vegetables and whole grains to your diet. And cut down on fats and salt.
- **Exercise.** Talk to your doctor before beginning any new exercise program.
- **Take medicine if needed.** Lifestyle changes go a long way in bringing blood pressure down. However, you may need medication if your pressure remains too high.

Source: American Heart Association (www.heart.org)



Need help? A care manager can tell you more about coronary artery disease and help you connect with your provider. Call Member Services and ask for the Care Management Department.

Do the holidays stress you out?

Winter can be a difficult time of year. The weather changes and the holidays are upon us. Having a chronic condition can add to these challenges. Sometimes that causes depression and anxiety. That, in turn, can make your condition worse. It can also hurt family and friend relationships and other areas of your life.

If you feel down or out-of-sorts for a couple weeks or

more, tell your doctor. A simple, online questionnaire can help start that discussion. Go to www.adaa.org and click on "Live and Thrive." On the "Ask and Learn" page, you'll find a link to a depression screening tool. After you answer the questions, print the results and share them with your doctor.

Source: Anxiety and Depression Association of America (www.adaa.org)

Flu season is here: Have you gotten your shot?

Your best bet for avoiding the flu? Get a shot every year.

That's true for just about everyone. And if you have a chronic condition, it's even more important. Try to get the shot as soon as you can in the fall.

Source: Centers for Disease Control and Prevention (www.cdc.gov)