

Heartbeat News

Issue 2, 2021

Adding Fruits and Vegetables to Your Diet

Eating more fruits and vegetables is a great way to improve your nutrition. It can be as easy as adding fruit to a bowl of cereal or adding grated carrots and zucchini to pasta sauce. These tips can help you get started.

Make it Easy

- Keep a bowl of fruit within easy reach on the kitchen counter or your desk at work so that you can grab a piece of fruit when you're hungry
- Buy packaged, ready-to-eat fresh vegetables and fruits. These cut down on preparation time
- Keep dried fruit on hand for a snack that is easy to take with you when you're away from home
- Use the microwave to quickly cook vegetables

Pump Up the Flavor

- Dip raw vegetables in low-fat salad dressing, hummus, or peanut butter
- Toss raw or cooked broccoli and cauliflower with low-fat Italian dressing and Parmesan cheese to make a flavorful side dish

- Roast vegetables and fruits to bring out their flavor. Just drizzle them with a small amount of olive oil and bake them in the oven until they are tender
- Season cooked vegetables with lemon juice and a small amount of olive oil. For extra flavor, add fresh herbs such as basil, tarragon, and sage
- Try baked apples or pears topped with cinnamon and honey for a delicious dessert

Take Small Steps

- Mix sliced fruit or frozen berries with yogurt or cereal
- Add apple chunks, grapes, or raisins to tuna or chicken salad
- Make fruit smoothies by blending together fresh or frozen fruit, fruit juice, and yogurt

Continued next page.

Contact Us

1-866-942-7966
Monday–Friday,
8:30 am–5:00 pm
TTY: 1-800-662-1220

We Value Your Opinion

Please fill out a brief, anonymous survey at mvplistens.com.

All responses are 100% confidential and help create a better experience.

MVP Health Care offers a health management program for members living with heart disease. For more information or to see if you qualify, call **1-866-942-7966**. MVP's program is based on the American Heart Association (AHA) and the American College of Cardiology's Guidelines for Preventing a Heart Attack and Death in Patients with Atherosclerotic Cardiovascular Disease. Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.



- Add dried or fresh fruit to oatmeal, pancakes, and waffles
- Add lots of colorful vegetables, such as red cabbage, carrots, and bell peppers, to green salads
- Top salads with dried cranberries or raisins, or with sliced pears, oranges, nectarines, strawberries, or grapefruit
- Add extra vegetables, such as grated zucchini or carrots, spinach, kale, and bell peppers, to pasta sauces and soups
- Add lots of vegetables to sandwiches. Lettuce, tomatoes, cucumbers, bell peppers, and avocado slices are flavorful choices

Stay Focused

Keep track of how many fruits and vegetables you eat each day. You are more likely to eat more of them if you write down how many servings you get.

Have a goal. Start with small goals you can easily meet. Then set larger goals as you go. For example, start by eating one extra serving of fruit or vegetables a day. When you reach that goal, your next goal could be to include an extra serving of fruit or vegetables at most meals.

Modify Recipes for a Heart-Healthy Diet

You don't have to give up all your favorite recipes to eat healthier. Several small changes to your current recipes can often greatly lower the saturated fat and sodium in your diet. These small changes can make a big difference in the amount of fat and calories in your diet, all while staying tasty. Here are some ideas for making heart-healthy changes in your recipes.

Instead Of	Choose
1 cup shortening or lard	$\frac{3}{4}$ cup canola or olive oil
1 cup oil (baking)	$\frac{1}{4}$ cup oil and $\frac{1}{2}$ cup applesauce
1 cup whole milk	1 cup fat-free milk
1 cup heavy cream	1 cup evaporated skim milk
1 cup sour cream	1 cup low-fat OR 1 cup fat-free yogurt OR 1 cup sour cream
1 cup cheddar cheese	1 cup low-fat cheddar cheese
8 oz cream cheese	8 oz light cream cheese OR 4 oz skim ricotta and 4 oz tofu blended
1 can cream of chicken soup	1 can low-fat cream soup
1 lb ground beef	1 lb ground turkey OR 1 lb extra-lean ground beef (97% lean)
6 oz tuna in oil	6 oz tuna in water
1 cup chocolate chips	$\frac{1}{2}$ cup chocolate chips



Go online and **take charge of your health.**

The MVP Healthwise® Knowledgebase is your one-stop resource for the latest health information. Visit mvphealthcare.com and select *Members*, then *Health & Wellness*.

The Right Care. **Right Away.**

Start with Gia®

Access online 24/7 urgent and emergency care services anytime, anywhere. Plus, Gia is your ultimate health care connection for everyday health needs such as screenings and tests, prescription refills, or help on any health care topic.

When you don't know what care you need, start with Gia! Gia can refer you to any of MVP's virtual care services or, when necessary, in-person care from nearby doctors, specialists, labs, pharmacies, and more!

Virtual care services from MVP Health Care are provided by UCM Digital Health, Amwell, and Physera at no cost-share for members. (Plan exceptions may apply.) Members' direct or digital provider visits may be subject to co-pay/cost-share per plan.

Reduce Your Risk of the **Flu and Pneumonia**

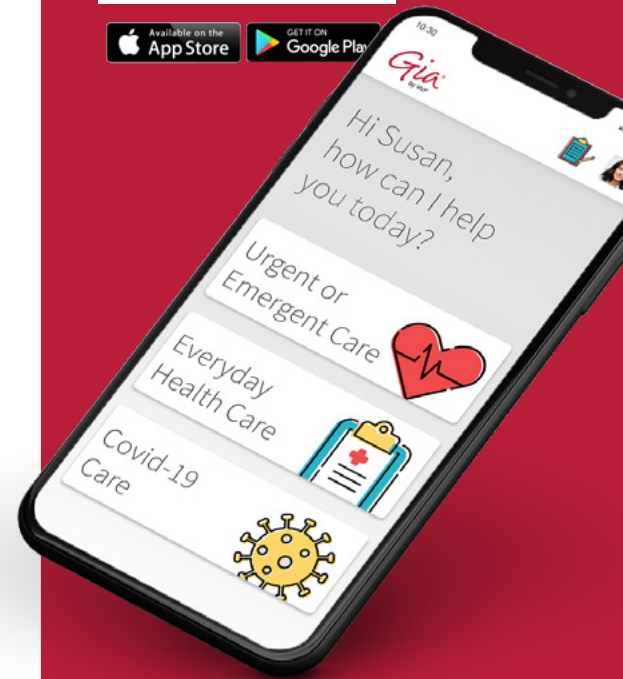
It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor. Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

Get vaccinated. Several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Haemophilus influenzae type b (Hib), Pertussis (whooping cough) and seasonal influenza (flu) vaccines. Talk to your doctor for more information.

Download the **Gia by MVP** app and get started today!



Simple steps to preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control and prevent conditions like diabetes and HIV/AIDS

LivingWell



PRSR STD US
Postage
PAID
MVP Health Care

Preventive care is the best care.

Health care screenings help prevent or find illnesses and diseases in their earlier stages when treatment is more effective. If you've put off your screenings, you're not alone, but now is the time to catch up. To find out if you are due for screenings, Sign In to your MVP online account at mvphealthcare.com/member and select *Preventive Care Reminders*, and talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

©2021 Healthwise, Incorporated. Reprinted with permission for personal use only. Content shall not be further distributed. This information does not replace the advice of a doctor. Healthwise and MVP disclaim any warranty or liability for your use of this information.

Living Well Programs from MVP

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find classes like chair moves, tai chi, meditation, or even quitting tobacco. To find a class that is right for you, visit mvphealthcare.com/healthandwellness and select *View the Living Well Program Calendar*.

