

Heartbeat News

A Special Newsletter for MVP Health Care® Members **Issue 1, 2022**

Monitoring Your Blood Pressure at Home

Follow these easy steps to check your blood pressure at home:

Step 1

- Avoid stimulants such as caffeine, cigarettes, and inhalers 30 minutes before measuring your blood pressure
- Wait at least 30 minutes after a meal
- Empty your bladder before starting
- If you're on blood pressure medication, ask your doctor what times to take your readings
- Sit alone in a quiet space without distraction

Step 2

- Check your monitor's instructions
- Sit with legs and ankles uncrossed and keep your feet flat on the floor
- Keep your back straight and supported



- Keep your arm supported on a flat surface with your upper arm at heart level
- The cuff should be placed directly above the bend of your elbow, not too tight or loose

Step 3

- Rest in position for at least 5 minutes before starting. Make sure you are relaxed
- Avoid conversations, TV, and your phone until after your reading
- Take at least two readings, one minute apart
- Record all your measurements

Have your blood pressure measurements ready the next time you see your doctor. Be sure to talk with your doctor about any concerns you may have about high blood pressure.

Source: American Heart Association

Contact Us

1-866-942-7966

Monday–Friday,

8:30 am–5 pm

TTY 711

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.

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.

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High (Hypertension) Stage 1	130-139	or	80-90
High (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

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Walking For a Healthy Heart

Walking is a form of aerobic exercise and is one of the easiest ways to increase your physical activity and improve your health. Physical activity increases your heart rate, strengthens your heart, and increases blood circulation through your body, bringing more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen, lowers blood pressure, helps to reduce body fat, and improves blood sugar and cholesterol levels.

- Talk to your doctor before starting an exercise program. Your doctor may want to do tests to find out how much activity your heart can safely handle
- Start out slowly at first, with a warm-up in the beginning, a faster pace in the middle, and a cooldown at the end
- Use a phone app or pedometer to count your steps. Wear it all day. If you want to walk more each day, use it to track your progress
- Set a goal. Try to walk at a moderate activity level for at least 2½ hours a week. One way to do this is to walk 30 minutes a day, at least five days a week
- Wear comfortable shoes and socks that cushion your feet
- Drink plenty of water. Take a bottle with you when you walk
- Be safe and know your surroundings. Walk in a well-lighted, safe place
- Stay motivated. One of the best ways to stay motivated to walk is to include other people. Ask friends and coworkers to join you. Join a walking group or club



Get Heart Health Tests Collected at Home

Scarlet makes it easy to get cholesterol and other heart health tests collected from the comfort of your home.

As an MVP member,* you have access to at-home lab test collection through our collaboration with Scarlet Health®. Scarlet® makes it easy to get routine bloodwork, urine tests, and many other lab tests collected where it's most convenient for you. This means you can get cholesterol and other heart health tests collected from the comfort of your home. Simply upload your lab order and schedule your appointment. If you need a lab order, you can request one from your provider, or start with Gia, MVP's 24/7 virtual care services, to be connected with a provider who can assess your health needs and order your heart-related test. Learn more at mvphealthcare.com/labs.

* For MVP members age 10 and over.



Did you get your **flu shot?**

Visit your doctor or stop by your pharmacy to protect yourself and those around you.

Be a better partner
in improving your
health care.

Quick Tips for Your Next Appointment

Patients who have good relationships with their doctors are more satisfied with their care and have better results. Whether your appointment is in-person or virtual, here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered
- Bring a “health history” list with you and keep it up to date
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (include when and how often you take them) and their strength
- You might want to bring someone along to help you ask questions and remember the answers
- Find more information and printable forms at **mvphealthcare.com**

Source: Agency for Healthcare Research and Quality (AHRQ)

Preventive Care is **the Best Care**

Health care screenings help prevent and detect 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.



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

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com and select *Members*, then *Health & Wellness*.



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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 visit mvphealthcare.com/LWCcalendar. Filter by county to find the programs nearest you.

