

Heartbeat News

A Special Newsletter for MVP Health Care[®] Members **Issue 2, 2024**

Using Food Labels to Eat Better

When following a heart-healthy lifestyle, it's important to pay close attention to not just the types of foods you're eating, but what may be in those foods as well. Labels on packaged, canned, and frozen foods can tell you a lot about what is in the food you eat.

Each label has two important parts. Read both to make healthy choices:

- The **Nutrition Facts** label lists the amount of calories, fat, sodium, carbohydrate, protein, and other nutrients in foods.
- The **list of ingredients** tells you everything that is used to make the food. Ingredients are listed from high amounts to low.

Here are some things to look for on food labels:

- **Check the Serving Size**
All of the facts on the label are based on one serving of the food. But the package may have more than one serving. People often eat more than one serving without knowing it.
- **Check the Calories**
Try to decide if the number of calories you get in a serving makes it worth eating. Does it seem to have too many calories for the amount of food you are getting?
- **Check the % Daily Value, or % DV**
The % DV helps you know how nutritious a food is. It is based on eating 2,000 calories a day. Check with your doctor or dietitian about how many calories you need each day. The amount of calories you need depends on your age, sex, and activity level.

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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**.

We will use this information to create a better experience for all our members. All responses are 100% confidential. The survey only takes a few minutes to complete.

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**. The MVP Heart Disease Care 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.

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- **Choose Foods with Healthy Fats**
Healthy fats can help lower “bad” cholesterol and raise “good” cholesterol. They can be found in olive oil, canola oil, avocados, and fatty fish among many other foods. Saturated fats are considered unhealthy, as they can raise your cholesterol. They can be found in meats and dairy, coconut oil, and palm oil.
- **Check the Sodium (Salt)**
Many packaged and canned foods have a lot of sodium. Ask your doctor how much sodium you should have daily.

- **Watch for Added Sugars**
Sugars give you calories but not vitamins and minerals. Choose foods and drinks that are low in added sugars, like sucrose, glucose, corn syrup, high fructose corn syrup, and fructose.

A registered dietitian can help you understand food labels and make smart food choices. As an MVP member, you have access to virtual nutrition counseling with a dietitian through myVisitNow. Visit [myVisitNow.com](https://myvisitnow.com) to register.

Finding Your Reasons to Quit Smoking

If you smoke, you might feel like it’s too late to quit. But it’s never too late to take the first step. After you quit, your risk of having a stroke or heart attack goes down.

Thinking about what you “should” do—or what others want you to do—doesn’t usually make you want to do it. But what if you stopped thinking about what you should do, and thought more about what you really want in your life?

Explore Your Reasons

Think about the times you wish you didn’t smoke. Ask yourself what you don’t like about smoking. Write a list so you can remember.

Imagine Your Best Self

Take a minute to imagine what your life might be like if you didn’t smoke. Write down your vision for your best self.

Take the First Step

Talk to your doctor if you are ready to take steps toward quitting. Your doctor may have guidance or resources for you.

You may also speak with an MVP Case Manager for support or programs to help you quit. Call **1-866-942-7966** to connect with a Case Manager.



How Can Gia Help You Today?

The Gia[®] by MVP mobile app is your virtual care partner when you need to speak with a doctor quickly or have a question about managing heart disease.



Scan the code with the camera on your mobile device, or visit mvphealthcare.com/GetGia to get the app.



Lower Your Risk of Influenza (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

Simple steps for 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

Get vaccinated:

- Several vaccines prevent infections that can cause pneumonia, including pneumococcal, pertussis (whooping cough), and seasonal flu vaccines

Staying up-to-date on COVID-19 and RSV vaccines is recommended to help you avoid serious illness. Check with your doctor to see if these vaccines are right for you.

Living Well Programs from MVP

The MVP Health Promotions team is proud to offer a variety of free classes, discount programs, and vouchers throughout our service area. To learn more, find classes by you, or to register for any of our programs, check out mvphealthcare.com/calendar.



Health and Wellness or Prevention Information

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Good news! You can now receive this newsletter by secure message.

Make sure your communication preferences are up-to-date. Sign in to Gia at my.mvphealthcare.com and select the profile icon in the top right corner of your dashboard. Select *Profile and Settings* to change your communications preferences.

Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com/HealthandWellness.



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