

Care of the Heart

Issue 1, 2021

Eating a Healthy Diet

Why is diet important for heart failure?

Diet is critical in the treatment of heart failure. Limiting sodium is typically recommended to limit fluid build-up. But some other nutrients or substances play a role as well. Heart failure can become more severe if diet and medicine recommendations are not closely followed. Medicine and diet therapy are most effective when used together in the treatment of heart failure.

Taking your medicines and following the diet your doctor has recommended will make it easier to breathe and help you feel better. It will help you do more of your normal daily activities. A registered dietitian can help you make needed dietary changes by providing meal-planning guidelines that are realistic and meet your individual needs and preferences.

Ask your doctor if a cardiac rehab program is right for you. Rehab can give you education and support to build new healthy habits, such as limiting sodium and eating heart-healthy foods.

Why do you need to limit sodium or fluid?

Sodium

Sodium causes your body to hold on to extra water. This may cause your heart failure symptoms to get worse. Eating too much sodium can even trigger sudden heart failure.

Limiting sodium may help you feel better and prevent sudden heart failure.

Your doctor will tell you how much sodium you can eat each day. You may need to limit sodium to less than 2,000 mg each day.

Continued next page.

Contact Us

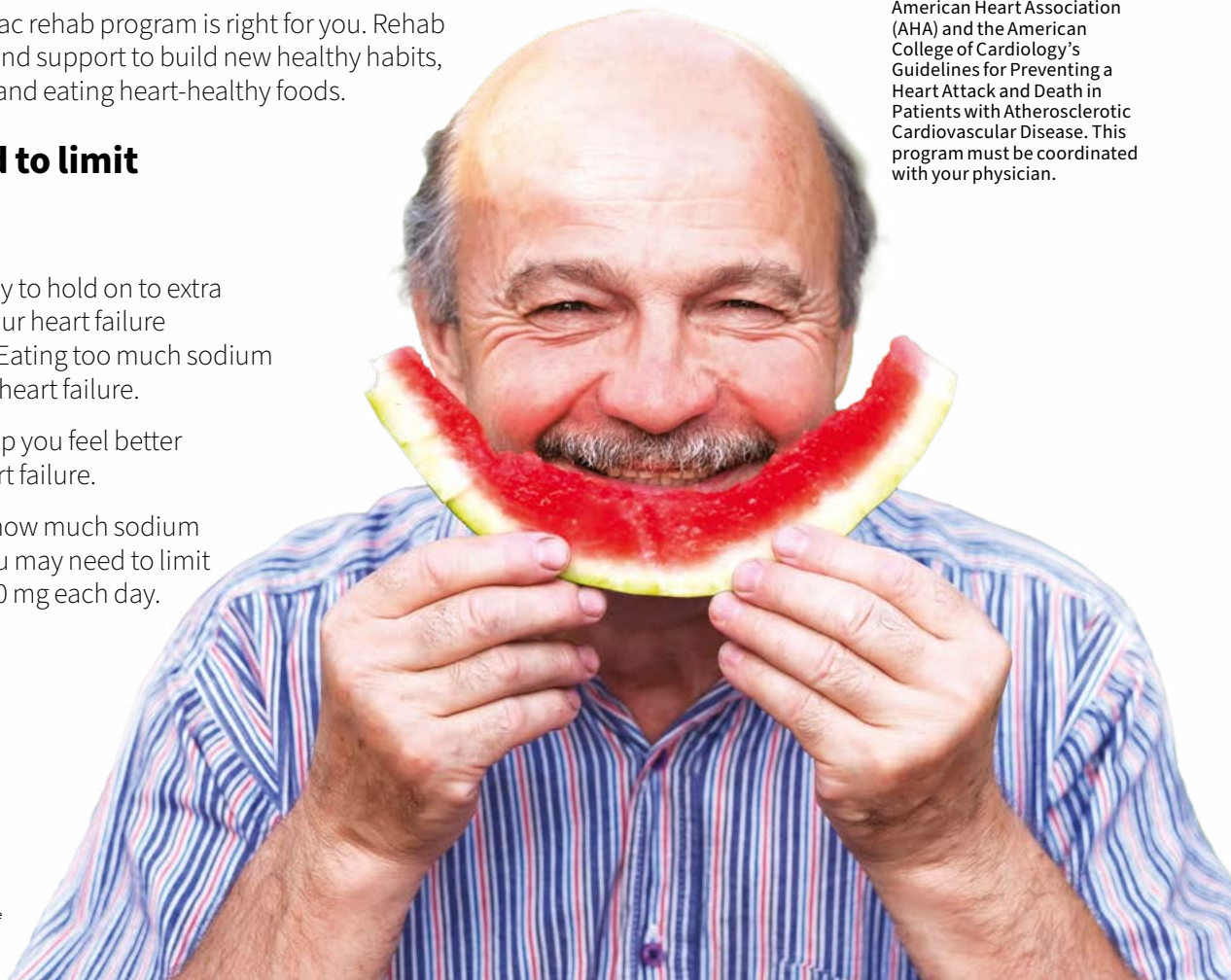
1-866-942-7966
Monday–Friday,
8:30 am–5:00 pm
TTY: 1-800-662-1220

We Value Your Opinion

Please fill out a brief, anonymous survey at mvplistsens.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 failure. 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. This program must be coordinated with your physician.





Fluid

Fluid intake is not limited all the time. Closely following your low-sodium diet will help to lower the need for fluid restriction. It is very important that you watch for any signs of fluid gain (swelling or increase in body weight) and report them to your doctor.

Do you need vitamin or mineral supplements?

You can usually get all of your vitamins and minerals by eating a heart-healthy diet that is rich in fruits and vegetables. Your doctor might recommend a multivitamin/mineral supplement if you cannot completely meet your nutritional needs through food.

If you take a diuretic (water pill) for heart failure, this medicine might change your dietary needs for potassium, magnesium, calcium, and zinc.

Talk to your doctor before you take any over-the-counter medicine or supplement. They are used along with medical treatments for heart failure, not instead of treatment.

Should you limit alcohol?

Limit alcohol to no more than one drink a day, and only if approved by your doctor. Alcohol consumption can make high blood pressure worse and cause further damage to the heart.

Chronic Illness and Mental Health

Living with a chronic illness, like heart failure, may make you more likely to develop a mental health condition, such as depression. A new or ongoing diagnosis combined with a change to your routine and managing your treatment plan might be stressful or make you sad sometimes. However, if those feelings do not go away and impact your daily life, you may have depression. Some things to look out for:

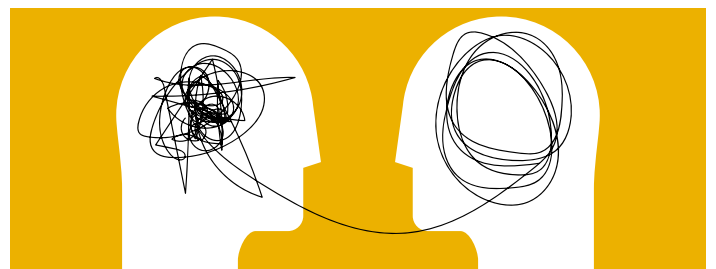
- Constant feelings of hopelessness, irritability, or sadness
- No longer enjoying things that you used to enjoy
- Loss of appetite, trouble sleeping, changes in weight

The good news is that depression is treatable when you are living with a chronic illness.

Source: National Institute of Mental Health

Talk with your doctor if you think you are depressed. Make sure your doctor knows about your current treatment plan and medications that you take for heart failure.

You may also contact an MVP Case Manager at **1-866-942-7966** to discuss your condition and help prepare you to speak with your doctor.



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.**

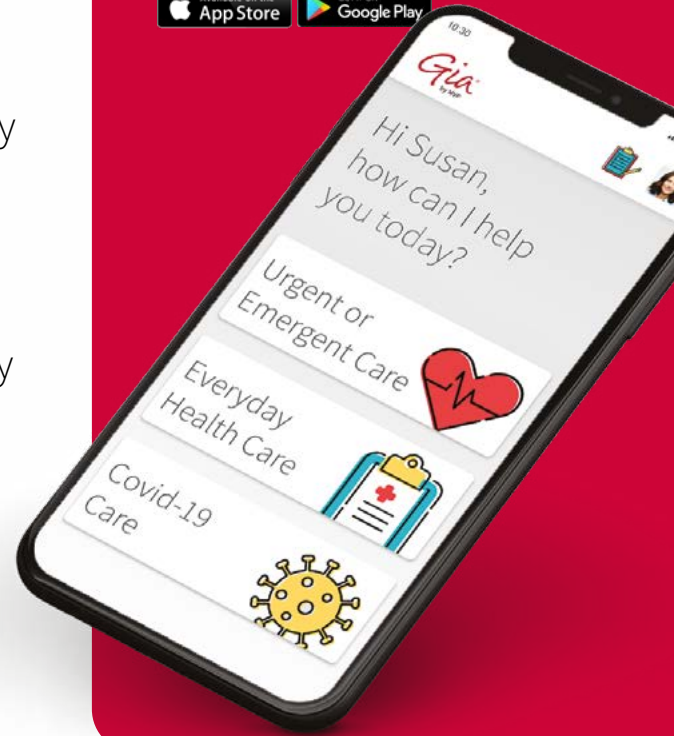
Start with GiaSM

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 telemedicine services or, when necessary, in-person care from nearby doctors, specialists, labs, pharmacies, and more!

Telemedicine 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.

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



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 what 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



LivingWell



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Are you due for important health screenings?

Regular screenings are important to help maintain your overall health. For screenings that are appropriate for your age and sex, visit mvphealthcare.com/PreventiveCare and talk to your doctor.

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.

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*.

