

# Heartbeat News

A Special Newsletter for MVP Health Care<sup>®</sup> Members **Issue 2, 2023**

## Three Steps to Lowering Sodium

Eating less sodium doesn't have to be hard, but you do have to think about it. You need to do more than just not use the salt shaker. After all, almost all foods contain sodium naturally or as an ingredient.

The biggest source of sodium in the diet is **not** salt added at the table. It is often processed foods and foods from restaurants. Processed foods include canned foods, frozen dinners, dry mixes, and packaged foods such as crackers and chips.

### Start reducing the sodium in your diet by:

1. Choosing canned, prepared, and packaged foods carefully. Check the nutrition labels for lower-sodium options of the foods you like.
2. Opting for baked, grilled, or steamed foods at restaurants. Be sure to taste your food before adding salt.
3. Seasoning food cooked at home with herbs, spices, onions, garlic, vinegar, or citrus in place of some or all salt.

### Did you know?

70% of the of the sodium we eat comes from packaged and restaurant foods!\*

\*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 [mvplistsens.com](https://www.mvplistsens.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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# Heart-Related Benefits of Quitting Smoking

Quitting smoking is one of the best things you can do if you are living with heart disease. Your risk of a heart attack or stroke will start to go down after you quit. In time, your risk may be about the same as that of someone who has never smoked:

If you've had angioplasty or bypass surgery to improve blood flow to your coronary arteries, those arteries will be less likely to get narrowed again if you quit smoking. You will also feel better after you quit smoking. Your angina symptoms may get better. You will have more energy and will breathe easier.

If you smoke (or vape), asking for help to quit can be hard to do. But it's never too late to quit. If you are ready, MVP offers support and resources including *The Butt Stops Here*, a free tobacco cessation course, to help you succeed. Call the MVP Case Management team at **1-866-942-7966** to get started.



## Access to Care, When You Need It

For urgent medical needs or questions, the *Gia*® by MVP mobile app is here when you need it. *Gia* is available 24/7 and quickly connects you to a doctor via phone or video. *Gia* is a good option when you can't get to your doctor's office, do not have transportation, or cannot get time off work.



Scan the code with the camera on your mobile device, or visit **GoAskGia.com** to get the app.



Try *Gia* for flu, strep, ear and sinus infections, and more.

# 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. Talk to your doctor for more information.





# Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit [mvphealthcare.com/HealthandWellness](http://mvphealthcare.com/HealthandWellness).



## Health and Wellness or Prevention Information

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## Living Well Programs from MVP

The MVP Health Promotions team is proud to offer a variety of 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](http://mvphealthcare.com/calendar).

## Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.



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