

Healthy Hearts, Healthy Lives

Disease Management Guide



**Josefina Bravo,
Health Net**
*We help improve
the health care
experience.*





Understand and *Manage Your* Heart Disease

Heart disease is the leading cause of death in the United States. According to the Centers for Disease Control and Prevention (CDC), over 600,000 men and women die of heart disease in the United States each year¹ – That's 1 in every 4 deaths. Health Net, Inc. (Health Net) is committed to raising awareness about heart health and to lowering the burden of heart disease.

How does the heart work?

Your heart is a very important organ. It moves blood throughout your body, giving it the oxygen and nutrients it needs.

The heart works like a pump. The right side of your heart moves blood to the lungs. The left side moves blood from the lungs and pumps it all over the body. Blood is carried from your heart to your body by vessels called arteries and back to your heart by vessels called veins.

What is heart disease?

Heart disease, or cardiovascular disease, is any condition that affects the heart's ability to function.

Heart disease can take many forms:

- **Coronary artery disease (CAD)** – When plaque (bad fat and cholesterol) builds up in the walls of the blood vessel. This lowers blood flow to the heart. CAD can lead to a heart attack or heart failure.
- **Heart failure** – When the heart can't pump blood correctly through the body.
- **Cardiac dysrhythmia** – When the heart does not beat normally, or varies from a normal beat.
- **Peripheral vascular disease** – When the vessels that supply blood to the organs, arms and legs become blocked.



¹Centers for Disease Control and Prevention website, February is American Heart Month, www.cdc.gov/features/heartmonth. February 4, 2014.

Women and heart attacks

Heart disease is the top killer in the U.S. and almost half of heart attack deaths are women.² Women are less likely to believe they are having a heart attack and may wait longer to get emergency treatment.



Warning signs of a heart attack

These are warning signs of a heart attack for men and women.

Some people may have all the signs while others may have some or none:

- Shortness of breath
- Chest pain
- Nausea and vomiting
- Pain in the back, neck or jaw
- Heartburn
- Loss of wanting to eat
- Feeling tired or weak
- Coughing
- Feelings that the heart is skipping a beat, or beating too hard or fast.

Be sure that family members and others close to you know the warning signs of a heart attack. The sooner someone gets help, the better.

Important! If you think someone is having a heart attack, call 911 right away. Even if you are not sure, call for help.



²Centers for Disease Control and Prevention website, Women and Heart Disease Fact Sheet, www.cdc.gov/features/heartmonth. August 22, 2013.

How Your Doctor Diagnoses Heart Disease

You could be at risk for heart disease without even knowing it. By increasing your knowledge about heart disease and the testing, you can ensure that you receive the treatment you need. The first step is getting tested for heart disease.

Electrocardiogram (EKG)

The first test that your doctor may suggest is an electrocardiogram, or EKG. An EKG measures the electric signals as they travel through your heart. This test can often show if you have had a heart attack or are having a heart attack.

Echocardiogram, or echo test

This is another test that your doctor may suggest that is often done in a specialty clinic. The echo test uses sound waves to make pictures of your heart. The doctor is able to learn more about the size, shape and function of your heart. It also tells your doctor how well your heart is working.



Stress test

If you have signs and symptoms of heart disease when you are walking or exercising, your doctor may suggest a stress test. During this test, you walk on a treadmill with EKG wires attached to your body, and photos are taken of your heart during exercise and when you are at rest.

This test can show how well blood is flowing in and out of your heart. It shows how well your heart pumps blood with slow and fast heartbeats.

Talking to your doctor about testing for heart disease

It is important to talk to your doctor about the different tests you can have. These tests will help you learn if you are at risk or have heart disease. Ask your doctor the following questions:

- Why am I having the test?
- How will I feel after the test?
- Where will I have the test?
- When will I know the results from the test?
- Who will give me the test?
- What do I need to do in my life after the test?
- How do I prepare for the test?
- How will the test be given?
- Are there risks with these tests?



**Carol Kim,
Health Net**

*We focus on getting you
the health information you
need, when you need it.*



Understand and Manage Coronary Artery Disease

Coronary artery disease (CAD) occurs when arteries that carry blood to the heart become clogged. This affects the flow of blood and oxygen to the heart.

Artherosclerosis is one of the main causes of coronary artery disease

Artherosclerosis is the buildup of fats called “plaque” in the walls of the arteries. When there is a buildup of plaque:

- Blood vessels become hard, thin and less flexible.
- It becomes harder for blood to flow through arteries.
- You may feel chest pain.

The symptoms above may lead to a heart attack.

These treatments may improve blood flow to the heart and help lessen your risk of future heart attacks

Angioplasty

Angioplasty is a procedure using a balloon to open the blocked or narrowed arteries.

Stent

A stent is a small metal or mesh tube. This tube is placed into a narrowed or blocked artery to improve blood flow to the heart.

Coronary artery bypass grafting (CABG)

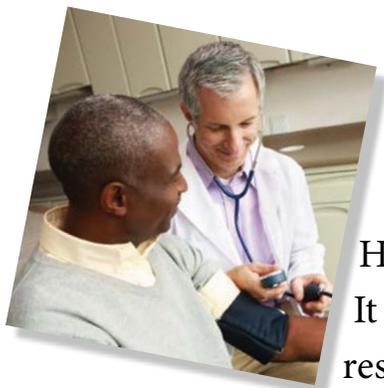
Coronary artery bypass grafting (CABG) uses a person’s leg vein or chest artery to bypass the blockage. The vein or artery is placed beyond the narrowing or blocked portion of the artery and bypasses the blockage.

Your doctor will describe treatments and other procedures that may be needed for your heart.

If you have CAD, it is important to follow your treatment plan. Keep a healthy lifestyle to prevent future heart problems.



Understand and Manage Heart Failure



Heart failure means that your heart is not as strong as it used to be. It has to work harder to pump blood through your body. This can result in a buildup of fluid in your heart, lungs and body. You can have mild, moderate or severe heart failure.

Causes of heart failure:

- Coronary artery disease (CAD) occurs when fatty deposits called plaque build up in blood vessel walls and block the blood flow to the heart. This is the most common cause of a heart attack.
- Cardiomyopathy is a condition when the heart muscle starts to break down and the heart cannot work as it should.
- High blood pressure (hypertension) can make the heart get bigger and work harder.
- High alcohol use may strain the heart.

The factors below may add to heart failure:

- If you had a heart attack that may have damaged your heart.
- If you have had a heart valve disease which prevented your heart valves from opening and closing properly.
- If you had a virus or bacterial infection which damaged the heart and its ability to work well.
- If you were born with a weak heart.

If you learn that you have heart failure, it is important to follow your treatment plan and take your medicine. Understand your signs and symptoms of heart failure. Call your doctor if these symptoms change or worsen. Keep a healthy lifestyle to have a good quality of life.

Symptoms of heart failure

Here are some of the early symptoms and signs of heart failure:

- Weight gain of three pounds or more in one day or five pounds in one week
- Shortness of breath
- Swelling in legs, feet, hands, or stomach
- Fatigue (feeling tired)
- Dry frequent cough
- Weakness
- Loss of appetite or a sick feeling
- Dizziness
- Confusion



Understand and Manage **a Stroke** (*Brain Attack*)

A stroke happens when blood flowing to parts of the brain stops. Within minutes, brain cells lose blood and/or oxygen and begin to die. It is important to know the symptoms of a stroke so that you can get to a hospital quickly.



If you feel any of these symptoms, you should call 911 right away!

Warning signs of a stroke:

- Sudden numbness or weakness of the face, arms or legs, mainly on one side of the body.
- Sudden confusion and trouble speaking or understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking.
- Sudden dizziness and loss of balance.
- Sudden severe headache with no known cause.

When you see the signs above, it is very important to call 911 right away!

Every minute counts to prevent long-term brain damage and risk of death.



Healing *from a* *Heart Attack or Stroke*

Your doctor may suggest that you attend a program called cardiac rehabilitation. This program is handled by a medical team that helps improve heart-related problems. Your doctor and health care team will test your health and find out if cardiac rehabilitation will help you.

The cardiac rehabilitation team will look for your risk of heart disease, stroke and high blood pressure, and create a program for you.

This program may include:

- Physical activity to improve your strength and heart fitness through walking and exercise.
- Education to help you make good food choices that will reduce the amount of fat, sugar, salt, and cholesterol in your diet.
- Resources to manage pain, stress and fatigue when living with heart disease.

- Support and counseling to cope with sadness, depression and worry that may occur when living with heart disease.

Cardiac rehabilitation can help improve your overall quality of life.



Set Goals for a Healthy Heart

Setting goals helps you make decisions about changes that can help your heart and overall health. Making goals is an important step in giving you the self-confidence and drive to make changes in your life.

It is helpful to have both long- and short-term goals. The success you feel reaching your short-term goals can help you stay focused on your long-term goals. Long-term goals are the big picture and should include the following:

- Certain health behaviors that you want to change.

- Skills and ways that you will change these behaviors.
- Rewards you get when you achieve your goals.

Setting goals raises your chances for success when making changes in your life. It is important to set goals that are realistic for you.





1 Eat a healthy diet – Aim for at least 9 servings (at least 4½ cups) of vegetables and fruits a day.

2 Keep a healthy weight – Check your body mass index (BMI) to see if you are at a healthy weight.



3 Stay active – Check with your doctor about an exercise plan that works for you. Adults should get at least 30 minutes a day.

4 Reduce your stress – Meditate or try yoga.

5 Quit smoking – Talk to your doctor about ways to quit smoking.



6 Limit your alcohol – Do not mix alcohol with any of your medicines.

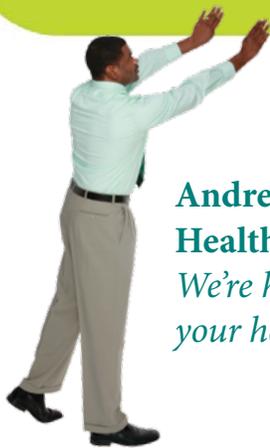
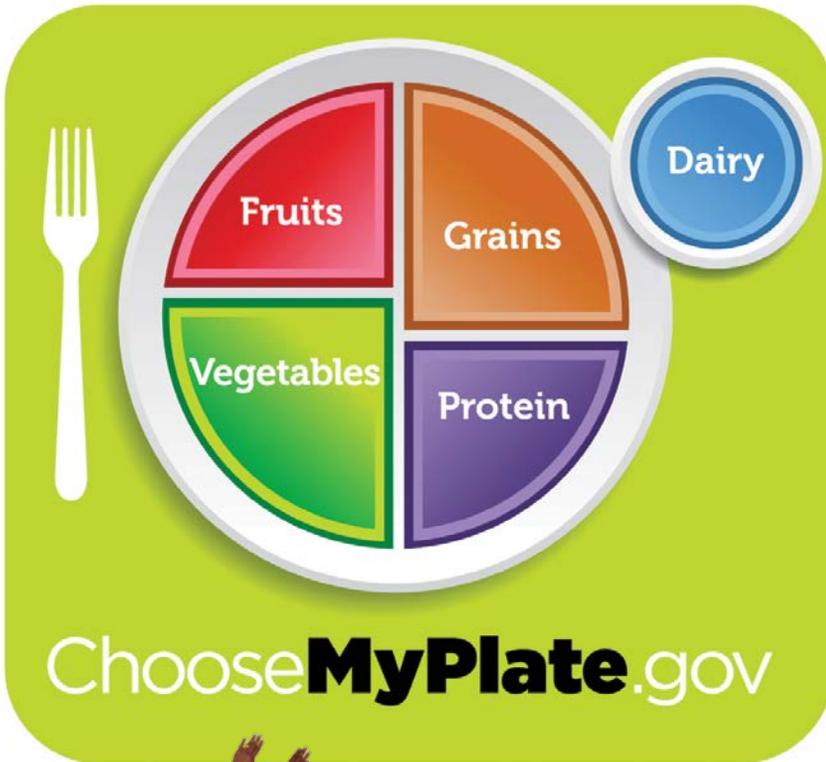
7 Control your blood pressure – Have your blood pressure taken often.

8 Lower your bad cholesterol level – Eat fewer foods that are high in saturated fats. Check with your doctor about medication.

9 Manage your diabetes – Watch your blood sugar levels and eat a healthy diet to lower your blood sugar.



10 Take your medicine as directed – Talk to your doctor if you have any questions or concerns about your medicine.



Andre Hamil,
Health Net
*We're here to support
 your health goals.*

Eat a healthy diet and keep a healthy weight

It is good to eat foods like whole grains, proteins, seafood, and fresh fruits and vegetables.



Focus on fruits

- Mix the colors of fruits.
- Try apples, bananas, oranges, kiwis, and grapes.

Vary your veggies

- Eat different colored vegetables.
- Try carrots, broccoli, spinach, and eggplant.
- Drink 100% vegetable juice.



Get enough dairy

- Choose low fat or fat-free milk, yogurt and cheese.
- If you can't drink milk, try a lactose-free option, like soy milk.

Eat less salt or sodium

- Limit packaged foods with high amounts of salt, such as canned foods, sauces and mixes.
- Limit salt by using herbs, spices and lemon juice.



Eat less fat

- Saturated fats or solid fats are fats that become solid at room temperature, like butter.
- Saturated fats contain high amounts of cholesterol that leads to plaque buildup in the arteries and leads to heart disease.

Eat more whole grains

- Choose 100% whole wheat bread.
- Look for foods with “whole grain” listed as the first ingredient.
- Try oatmeal, plain popcorn, corn tortillas, brown rice, and whole wheat pasta.



Go lean with protein

- Choose lean beef, seafood and chicken (baked or grilled).
- Try beans, lentils and eggs.
- Snack on unsalted nuts and seeds.
- Eat soy products such as tofu.



Eat less sugar

- Many sugars and syrups are added to food.
- Too much of these sugars can lead to unwanted weight gain and diabetes.
- Choose water or low fat milk instead of sugar-sweetened drinks like soda.



Stay active

Regular exercise is very important and helpful for long-term health and well-being.

Here are a few of the many health benefits of regular exercise:

- Lowers the risk of heart disease, high blood pressure, bone loss, diabetes, and obesity.
- Lowers total blood cholesterol and increases good cholesterol.
- Helps keep a healthy weight.
- Relieves stress and worry.
- Helps build healthy bones, muscles and joints.
- Improves quality of sleep.
- Increases energy, strength and range of motion.
- Promotes well-being.

Talk to your doctor before starting an exercise program. If you have a chronic disease such as high blood pressure, talk to your doctor about what type of physical activity is right for you.



Lower your high blood pressure

High blood pressure is often called the silent killer because you don't feel any symptoms if you have it. Because of this, many people don't take notice of their blood pressure. Don't make this mistake!

High blood pressure can raise your risk for heart disease, kidney disease and stroke. It is important to get your blood pressure checked often.

You can improve your blood pressure by:

- Checking your blood pressure every day.
- Changing your diet.

- Raising your physical activity level.
- Taking your medicine as told by your doctor.
- Keeping a healthy weight may help lower your blood pressure.

Exercise is ideal for a healthy heart and can help improve:

- Blood flow
- The way your food is digested
- Calories burned
- Pain
- Breathing
- Energy levels
- Sleep
- Ability to fight illness
- Sense of well-being



**Michael McClusky, RPh,
Health Net**

We help members build healthy habits.

Check your blood pressure at home every day

Checking your blood pressure every day will help you and your doctor look for numbers that are high or low and know when they change. Ask your doctor or nurse to suggest a home blood pressure monitor (a machine that measures your blood pressure) that is right for you.

The first time you take your blood pressure at home, do it on one arm then the other. When you take your blood pressure the next day, use the arm that had the highest numbers.



How to check your blood pressure

- Use a blood pressure cuff or band that fits your arm. Ask your doctor about the right size of blood pressure cuff to use.
- Rest for 5 minutes before you take your blood pressure.
- If you drink alcohol, smoke or exercise, wait 30 minutes before you take your blood pressure.
- Sit with your back against a chair and place your feet on the ground. Rest your arm on a table at the level of your heart. Do not cross your legs.



- Take your blood pressure **2 times a day at the same time for 7 days**. Save your numbers on the machine or write them down. Show the numbers to your doctor or nurse during your doctor's visit.

Know your blood pressure numbers

What do these numbers mean?

The upper number is called the systolic number. This is the amount of pressure it takes for the heart to pump blood to the body through your arteries.

The lower number is the diastolic. This is the amount of pressure when the heart is relaxed and filling with blood.

Blood pressure recommended guidelines:³

Age	Systolic number goal	Diastolic number goal
60 and older	Less than 150	Less than 90
60 and under	Less than 140	Less than 90

Lower your high blood pressure with diet

Eating less salt can help lower your blood pressure. Salt is also called “sodium” on food labels. You should eat no more than 1,500 mg of salt or sodium each day, which equals 3/4 teaspoon of salt. One teaspoon of salt equals 2,000 mg of sodium. Do not add extra salt to food when cooking or eating.



Avoid foods that are high in salt:

- Fast foods like pizza, tacos, burritos, burgers, fries, and fried chicken.
- Packaged meats like ham, bacon, corned beef, and hot dogs.
- Salty foods in cans and jars like pickles, sauces, dips, soups, and broths.
- Snack foods like pretzels, chips, salted nuts, and crackers.
- Frozen meals and foods with soy sauce, marinades, that are smoked, or cooked in broth.
- Dairy products like cheese, butter or ice cream.

³Prehypertension: Blood pressure that is between normal and high blood pressure.

Learn to read your food labels

- Look at the serving size and servings per container.
- This label shows 470 mg of salt which is 1/3 of the total salt allowed in one day.

The food label below is very high in salt. The label shows that a one cup serving contains 470mg of salt. If you were to eat this food product, you would be eating 2 servings (2 cups) which equals 940 mg of salt. You are allowed 1,500 mg of salt each day.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%



Patrice Holloway,
Health Net

*We help you make
informed health decisions.*

Treating Your Heart Disease *with* Medicine

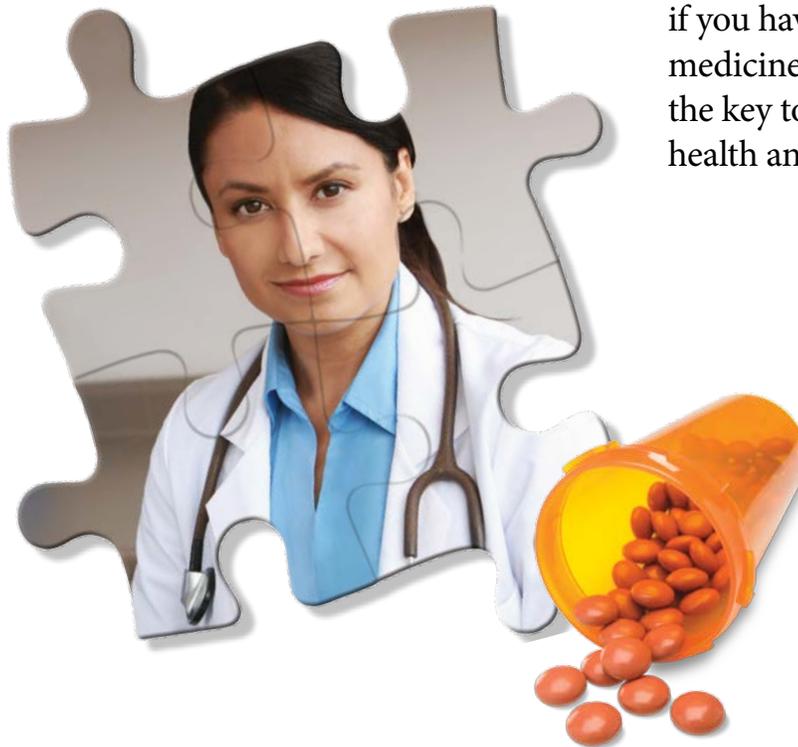
Your doctor may prescribe one of more types of medicine to manage your heart condition. It is important to know why you are taking certain medicines and how they are helping your heart. It is also important to follow the directions for taking the medicines.

Medicine can help:

- Your heart to pump better and stronger.
- Remove extra fluid from your body.
- Improve your life when living with heart disease.

Taking your medicine at different times each day can be hard. It is important to create a medicine routine that fits into your life. Keep track of your medicine and follow the schedule when you take them.

Talk to your doctor or pharmacist if you have questions about your medicine. Taking your medicine is the key to maintaining your heart health and living longer.



Final Prescription for **Living *with* Heart Disease**

Managing a health condition can be challenging, and some conditions like coronary artery disease, heart failure, and strokes will never go away. By learning how to manage these chronic conditions, you are one step closer to having a heart healthy life.

Pick up this booklet when you need information and encouragement. Ask for support from family and friends. Keep in touch with your doctor. Make new heart healthy lifestyle choices one healthful habit at a time.

Above all, be patient with yourself. You are on a new life path that needs plenty of courage. Try your best to stay on that path by making a daily promise to take good care of yourself and your heart. You will discover what millions of others have learned: You can live a happy and healthy life with heart disease.

Janis E. Carter,
Health Net
*We're part of your
health team.*



Health Net

Member Resources



The following are toll-free customer care center numbers for Health Net members. Get help and support with your benefits and learn about our wellness programs. You can also log in to **www.healthnet.com** to get more information.

For California Medicare members:

1-800-275-4737 (TTY: 711)
October 1 to February 14, 8:00 a.m. to 8:00 p.m., 7 days a week

February 15 to September 30, Monday through Friday, 8:00 a.m. to 8:00 p.m. Calls handled by automated phone system on weekends and holidays.

For California Cal MediConnect members:

Los Angeles
1-855-464-3571 (TTY: 711)
A live person is here to talk with you Monday through Friday, 8:00 a.m. to 8:00 p.m. You can leave a voicemail Saturday, Sunday and federal holidays, 8:00 a.m. to 8:00 p.m. We will return your call the following business day. The call is free.

San Diego

1-855-464-3572 (TTY: 711)
A live person is here to talk with you Monday through Friday, 8:00 a.m. to 8:00 p.m. You can leave a voicemail Saturday, Sunday and federal holidays, 8:00 a.m. to 8:00 p.m. We will return your call the following business day. The call is free.

For California Medi-Cal members:

1-800-675-6110 (TTY: 711)
24 hours a day, 7 days a week
To order materials or attend a class, call the Health Education Information Line at **1-800-804-6074 (TTY: 711)** Monday through Friday, 8:00 a.m. to 5:00 p.m.

For Arizona Medicare members:

1-800-977-7522 (TTY: 711)

October 1 to February 14, 8:00 a.m. to 8:00 p.m., 7 days a week

February 15 to September 30, Monday through Friday, 8:00 a.m. to 8:00 p.m. Calls handled by automated phone system on weekends and holidays.

For Oregon/Washington Medicare members:

1-888-445-8913 (TTY: 711)

October 1 to February 14, 8:00 a.m. to 8:00 p.m., 7 days a week

February 15 to September 30, Monday through Friday, 8:00 a.m. to 8:00 p.m. Calls handled by automated phone system on weekends and holidays.

The information provided is not intended as medical advice or as a substitute for professional medical care. Always seek the advice of your physician or other health provider for any questions you may have regarding your medical condition, and follow your health care provider's instructions.

Programs and services are subject to change.

Health Net has a contract with Medicare to offer HMO, PPO and HMO SNP plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal.

Health Net Community Solutions, Inc. is a plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

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