

Learn the ABC's of Heart Health

Did you know heart disease is one of the most common complications of diabetes? It's so common that having diabetes actually doubles your risk for heart attack or stroke!* Even if you don't have diabetes, it's still important to keep your heart healthy and strong. TexanPlus® HMO/HMO-POS is here to tell you about the ABC's of heart health.

It's a good idea to talk with your doctor about having the following screenings and tests:



A1C—simple blood test that measures the sugar levels in your body.

Blood pressure test—measures the pressure in your blood vessels as your heart pumps.

Cholesterol level test—also known as a “lipid profile,” pinpoints how much good and bad cholesterol (fat) you have in your blood.

These tests are key indicators of diabetes and heart conditions like hypertension. Your doctor will tell you the healthy ranges for each of these tests and help you to find ways to stay within these ranges. This helps to ensure your heart is working at its best and helps to better prevent or manage diabetes.

And don't forget about D and E! Diet and Exercise play a very important role in maintaining a healthy heart and keeping diabetes in check. Dr. Trevor Rabie, our Chief Medical Officer, recommends regular daily exercise which can be as simple as a brisk walk for 20 to 30 minutes or whatever you feel you can manage.

A heart healthy diet consists of lots of fruits, vegetables and whole grains. Eat less red meat and more lean meat such as chicken without the skin, and fish. Low fat dairy products and using vegetable oils especially olive oil are also healthy choices.



Live Healthy, Be Active and Stay Independent

One of the most important factors that you can control, and one that really increases your risk for heart attack or stroke and diabetes complications, is cigarette smoking. If you smoke we strongly recommend you stop. Speak to your doctor about some ways he/she can help you – there are some good options for you.



If you have any questions about your plan, please call us at 1-866-230-2513, 8:00 a.m. to 8:00 p.m. in your local time zone (TTY users call 711) 7 days a week.

TexanPlus® HMO and TexanPlus® HMO-POS are Health plans with a Medicare contract. Enrollment in these plans depends on contract renewal. Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next. Speak with your doctor before changing your diet or activity level.

*<http://www.diabetes.org/mfa-recipes/tips/2012-02/diabetes-and-heart-health.html>

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