

THE HEALTHMAP HERALD

WINTER 2026



Whether you are living with chronic conditions, working toward weight loss, or simply trying to improve your overall health, it's important to incorporate healthy habits into your everyday life. Lifestyle factors like being mindful of food choices and getting regular exercise can help keep your heart healthy, protect your kidneys, and help you feel better overall. In this issue of *The Healthmap Herald*, Healthmap Solutions offers heart-healthy lifestyle tips and guidance for achieving a healthy weight. Set goals for yourself and see what healthy changes you can make this year.

Protecting Your Heart Health

According to the American Heart Association, heart disease is the leading cause of death in the United States. By adopting healthy habits, you can protect your heart, lower your risk of heart disease, and improve your overall health. Ask your doctor if any of these changes would be right for you:

- **Eat a low-sodium (salt) diet.** Eating less salt can help lower blood pressure levels, limit fluid build-up in the body, reduce strain on the heart, and lower your risk of kidney disease. For tips on lowering your salt intake, download Healthmap's guide below.



[Click to download "Lowering Sodium Intake"](#)

- **Exercise regularly.** Regular physical activity helps strengthen your heart muscle and can lower your risk for heart disease and heart attacks. If you haven't exercised in a while, it's okay to start small. Even light walking, housework, or lifting small weights will help. Download "Exercising for Health" to learn easy ways to include exercise in your daily routine. Don't forget to talk with your doctor before starting any exercise routine.



[Click to download "Exercising for Health"](#)

- **Avoid tobacco products.** If you smoke, work on a plan to quit. Quitting will help keep your body, blood vessels, and heart healthy. It can also lower your risk of having a heart attack or stroke. You can call **1-800-QUIT-NOW (1-800-784-8669)** to speak with a coach who can help you quit smoking. The Centers for Disease Control and Prevention (CDC) also offers tips for quitting at the link below.

[CDC website: Tips From Former Smokers®](#)

- **If you are overweight, work on losing weight.** This will make it easier for your heart to do its job. Keep reading for tips to help you lose weight in a healthy way.

Tips for Healthy Weight Management

Ask yourself: “Do you feel that your weight is negatively affecting your quality of life or overall health?” If the answer is “yes,” talk to your doctor about this at your next visit. There are many lifestyle factors that affect weight, including nutrition, exercise, stress, and sleep. Learning to manage these factors can make it much easier to achieve and maintain a healthy weight. Try the tips below to help you make small changes in your day-to-day life that support healthy weight management. Talk to your doctor before trying to lose or gain weight.

- **Check the Nutrition Facts labels on your food.** Learning how to read food labels can help you make healthier food choices. Pay attention to serving sizes, calories, and nutrients in each serving. Try to maximize the nutritional value of foods you eat by choosing foods that are high in fiber and low in added sugars. Making more nutritious choices can help you stay full longer, meet your calorie intake goals (if you are trying to lose or gain weight), and feel better overall. To learn more about reading food labels, check out Healthmap’s guide below.

[Click to download “Reading Food Labels”](#)

If you need help setting nutrition goals, a registered dietitian can help. Members in Healthmap’s program can call **1-800-481-0474 (TTY: 711)** to talk to a dietitian.

- **Set weekly exercise goals.** Regular exercise can help with weight management, blood pressure control, and blood sugar control. Set achievable goals for yourself and keep a log of your workouts to stay on track. Print the exercise log sheet linked below to keep track of your physical activity each day.

[Click to download “Exercise Log”](#)

- **Manage stress.** Stress causes the body to create more of a hormone called cortisol. Too much cortisol can increase your appetite and make it harder for your body to burn calories. Finding healthy ways to manage your stress levels can make it easier to stay in control of your weight. If you are feeling stressed, try going for a walk, spending time with loved ones, meditating, or listening to music. If your stress is more severe, it might be helpful to talk to your doctor or a therapist.
- **Get enough sleep.** Getting enough quality sleep is important for your overall health and can also help you manage your weight. Getting sufficient and good quality sleep helps your body regulate the hormones that control hunger. On the other hand, a lack of sleep actually increases hunger hormones, alters food preferences toward unhealthier food choices, and promotes weight gain. Try to get 7 to 9 hours of sleep each night to feel your best and stay healthy. If you have trouble sleeping, discuss this with your doctor during your next visit.

Care Navigation Corner

Our Care Navigation team is here to help.

Healthmap’s Care Navigation team includes registered nurses, registered dietitians, social workers, pharmacists, and other specialists who can help you reach your health goals.

Our Care Navigation team members can:

- Assist you with managing your conditions, medications, nutrition, and more.
- Help you understand and manage instructions from your doctor.
- Contact your doctors to schedule appointments.
- Connect you to community-based services that can assist you with transportation, meals, overcoming financial burdens, and more.
- Provide referrals to behavioral health clinicians.

You can call Healthmap at **1-800-481-0474 (TTY: 711)** if you would like to speak to a member of our Care Navigation team to learn more about the program. Patients must meet program requirements to access Healthmap services.



Kidney Corner

Tips for Better Kidney Health

Kidney Health Tip: Keep blood pressure controlled.

Poorly controlled blood pressure can damage the blood vessels in the kidneys, as well as the brain, heart, and eyes. High blood pressure is one of the most common causes of stroke, heart attack, kidney failure, and even death. Fortunately, these outcomes can be prevented if blood pressure is controlled. This can be done through changes to diet, lifestyle, and medications. To learn more, download “Managing High Blood Pressure” at the link below.

Click to download “Managing High Blood Pressure”

Why do I need to keep my kidneys healthy?

The kidneys help remove excess water and waste from the body. This is important to keep the body healthy and balanced. In some people, the kidneys may not work as well as they should. If the kidneys are not working well for a long time, the person may be diagnosed with chronic kidney disease (CKD). CKD can get worse over time, so it is important for people with CKD to learn about their condition and manage their health. People with advanced kidney disease such as end-stage renal disease (ESRD) have options to replace the kidneys’ job. These options include kidney transplant, dialysis at home, or dialysis in a clinic. Although there is a lot to learn about these different options, Healthmap is here to help! You can visit healthmapsolutions.com/patient-resources for more information on managing kidney health. Patients in Healthmap’s program can call **1-800-481-0474 (TTY: 711)** to speak with a nurse.

For more tips to help you reach your health goals, visit Healthmap’s Patient Resources website at healthmapsolutions.com/patient-resources. Patients in Healthmap’s program can also call **1-800-481-0474 (TTY: 711)** to speak with our Care Navigation team. Patients must meet program requirements to access Healthmap services.



Sources

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