



THE HEALTHMAP HERALD

FALL 2025

Care Navigation Corner

*Our Care Navigation team
is here to help.*

The Healthmap Solutions (Healthmap) Care Navigation team includes registered nurses, registered dietitians, social workers, behavioral health specialists, pharmacists, and wellness coaches 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.

Please 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.

As the weather cools and the holiday season approaches, it's important to take steps to stay healthy so you can feel your best. In this issue of *The Healthmap Herald*, we're sharing easy ways to stay strong all season long. Read on for tips on making healthy choices and avoiding getting sick.

Tips for Healthier Holidays

Holiday gatherings often go hand-and-hand with big meals and sweet treats. If you have health conditions, it can be hard to know what you should or shouldn't eat. To stay mindful of your health while still enjoying the foods you love, try these tips:

- **Keep portions in check.** Aim for balanced portions of lean proteins, whole grains, and plenty of vegetables. Fill half of your plate with non-starchy vegetables like carrots or green beans, one quarter of your plate with lean protein like fish, turkey, or tofu, and one quarter of your plate with whole-grain carbohydrates such as brown rice or wholewheat bread. Use a small plate at big holiday meals to avoid overeating.
- **Don't skip meals.** Skipping meals may cause you to eat too much later in the day. Eat balanced meals throughout the day and eat light, healthy snacks before holiday meals.
- **Cook with salt-free seasonings and herbs.** If you have conditions like kidney disease or heart failure, your doctor may suggest eating less salt. When cooking holiday meals, season foods with rosemary, thyme, lemon juice, garlic, or pepper to add flavor without salt.
- **Eat sweets in moderation.** If you are trying to control your weight and keep your blood sugar in check, limit sweet treats. Serve yourself a smaller portion or share a dessert.
- **Make healthier swaps.** Instead of frying foods in oil, try baking, roasting, or grilling. When choosing meats, opt for lean cuts like skinless turkey breast. Instead of eating sweets or baked goods for dessert, have a baked apple or a fruit salad.

Simple Steps for Staying Well

This time of year brings fun with friends and family, but also more chances to catch colds and the flu. To avoid getting sick, make sure to take these simple steps:

- **Practice good hygiene.** Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer if you can't wash your hands. Try not to touch your face to prevent the spread of germs.
- **Get enough rest.** Sleep helps your body recover and fight off illness.
- **Be mindful around others.** Keep your distance from people who are sick. If you do get sick, stay home if possible. If you go out, remember to cover coughs and sneezes and wash your hands often.
- **Make healthy food choices.** Eating right can help your body fight off illness. Foods like fruits and vegetables are packed with nutrients that can help you stay well.
- **Keep up with vaccines.** Getting a flu shot every year is a great way to protect your health and those around you. Flu shots lower your risk of getting the flu by ~40%–60%. If you do get the flu, you will feel less sick than if you did not get the shot. Your doctor may also suggest other vaccines to prevent illnesses such as COVID-19, respiratory syncytial virus (RSV), or others. Check with your doctor to see if you are due for any vaccines.
 - » For more information on flu shots, read our guide below.

Click to download “Fighting the Flu Starts With You!”



Kidney Corner

Tips for Better Kidney Health

Kidney Health Tip: Get regular checkups.

Since kidney disease does not usually have symptoms, it's important to see your doctor regularly and get your kidney function checked. Testing is especially important for people who have a family history of kidney disease, are overweight or obese, or have health condition such as pre-diabetes, diabetes, high blood pressure, or heart disease. Ask your doctor if kidney function testing is right for you. To learn more about different kidney function tests, click the link below.

Click to download
“Kidney Function Tests”

Why do I need to keep my kidneys healthy?

The kidneys help remove water and waste from the body, which is important to keep the body healthy and balanced. In some people, the kidneys may not be able to filter out water and waste 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 very advanced kidney disease who go on to develop kidney failure have options to replace the kidneys' job of filtering water and waste from the body. Those options include kidney transplant, dialysis in the person's 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 registered nurse.

Cardiac Corner

Tips for Better Heart Health

Heart Health Tip: Keep blood pressure controlled.

If you have high blood pressure that is not controlled, it can damage your heart, brain, eyes, and kidneys. High blood pressure is one of the most common causes of stroke, heart attack, and kidney failure. These outcomes can be prevented if blood pressure is controlled through diet, lifestyle, and medications. If you have high blood pressure, talk to your doctor to find out what treatments would work best for you. Click the link below to download our guide and learn more about high blood pressure.

[Click to download "Managing High Blood Pressure"](#)

Why do I need to keep my heart healthy?

Heart disease is a leading cause of death in the United States, but there are steps you can take to prevent it. By working with your doctor to monitor your heart health and making lifestyle changes such as eating right and exercising, you can help your heart (and your body) stay healthier for longer.

Sources

Centers for Disease Control and Prevention. (2024, March 14). *Hand Hygiene Frequently Asked Questions*. <https://www.cdc.gov/clean-hands/faq/index.html>

Piedmont Healthcare. *10 ways to prevent the cold and flu*. <https://www.piedmont.org/living-real-change/10-ways-to-prevent-the-cold-and-flu>

Mayo Clinic. (2023, November 28). *High blood pressure dangers: Hypertension's effects on your body*. <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045868>



Featured Recipes

Try these healthy dishes this season!

Green Bean Casserole

Recipe by Mayo Clinic Staff

This is the perfect holiday side dish, with less salt and fat than a traditional casserole.



[Click to go to the recipe: Green Bean Casserole](#)

Chicken Noodle Soup

Recipe by National Kidney Foundation

Enjoy a bowl of classic chicken noodle soup with less sodium, fat, and cholesterol.



[Click to go to the recipe: Chicken Noodle Soup](#)

Baked Apples

Recipe by American Kidney Fund Kidney Kitchen

Try these baked apples as healthier fall dessert option.



[Click to go to the recipe: Baked Apples](#)

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.