

THE HEALTHMAP HERALD

SUMMER 2025

Care Navigation Corner

Our Care Navigation team is here to help.

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

Our Care Navigation team members can:

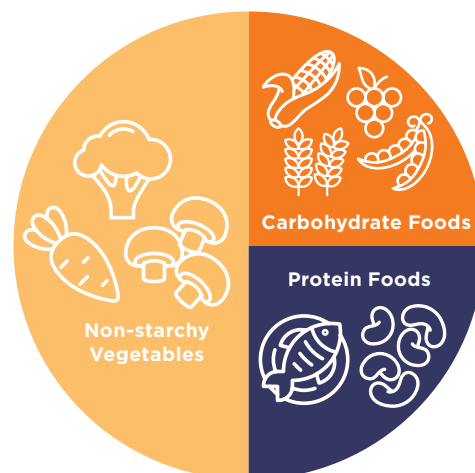
- Assist you with managing your conditions, medications, nutrition, and more.
- Help you understand and manage instructions from your doctor.
- Contact your doctors to schedule appointments.
- Connect you to community-based services that can assist you with transportation, meals, overcoming financial 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 eligibility requirements to access Healthmap services.

Eating right and exercising are important for everyone. A healthy lifestyle can be especially beneficial for those with chronic conditions like kidney disease, diabetes, high blood pressure, or others. In this issue of *The Healthmap Herald*, we shine a spotlight on the Mediterranean eating style and provide tips for making healthy food swaps. We also review the importance of staying active and suggest easy ways to incorporate exercise into your lifestyle. Small steps can lead to big changes in your health! Always check with your doctor about which diet and exercise options are right for you.

The Mediterranean Eating Style

The Mediterranean eating style focuses on low-fat, mostly plant-based foods. This eating pattern has been shown to help with weight loss and lower the risk of some chronic diseases such as high blood pressure. Low-fat options that fit into this eating style include vegetables, fruit, whole grains, nuts, seeds, beans, lentils, and peas. Olive oil is the main source of healthy fat, but other sources are avocados, nuts, olives, and seeds. The main sources of protein are beans, peas, lentils, nuts, and seafood. Sweets and animal products should be eaten less often. The picture below shows how to create a plate with healthy foods.



To start following the Mediterranean style of eating, try making these healthy food swaps:

- Use oils that are liquid at room temperature in place of butter and margarine.
- Replace mayonnaise with avocado or low-fat, unsweetened plain yogurt.
- Use herbs and spices in place of salt.
- Replace sweetened beverages with water or low-calorie choices.
- Choose healthy snacks such as vegetables with hummus or a piece of fruit with a handful of nuts or seeds.
- Choose lean proteins such as beans, chicken, turkey, seafood, and fish more often than red meat, pork, and processed meats.
- Choose low-fat dairy items instead of whole-fat dairy products.
- Eat fruit for dessert.

For more information on the Mediterranean eating style, find Healthmap's guide at the link below.

**Download Healthmap's
Mediterranean Eating Guide**



Kidney Corner

Tips for Better Kidney Health

Kidney Health Tip: Keep your blood sugar controlled

If blood sugar remains high for a long period of time, it can harm the kidneys. This can cause chronic kidney disease or make existing kidney issues worse. Eating balanced meals, staying active, and taking medications as prescribed can go a long way in keeping your blood sugar in a healthy range. If you have diabetes or pre-diabetes, talk to your doctor about setting a goal for your blood glucose (sugar) levels. Click the link below to download a helpful Blood Glucose Log Sheet.

**Download Healthmap's
Blood Glucose Log Sheet**

Why do I need to keep my kidneys healthy?

The kidneys help remove excess 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: Get enough sleep

Getting enough quality sleep is important for your overall health. Lack of sleep can increase your risk of having high blood pressure, heart disease, or other conditions. 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 at your next visit.

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. (2023, December 20). *Adult Activity: An Overview*. <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

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National Kidney Foundation. (2025). *Diabetes and Kidney Disease (Stages 1-4)*. <https://www.kidney.org/kidney-topics/diabetes-and-kidney-disease-stages-1-4>

Pérez-Torres, A., Caverni-Muñoz, A., & González García, E. (2022). Mediterranean Diet and Chronic Kidney Disease (CKD): A Practical Approach. *Nutrients*, 15(1), 97. <https://doi.org/10.3390/nu15010097>



Exercise Made Easy

Regular exercise helps with weight management and blood pressure control. If you have pre-diabetes or diabetes, it can help with blood sugar control as well. In some cases, it can also slow the progression of heart or kidney disease. In addition to keeping your body healthy, exercising can help you feel better overall, both mentally and physically.

Starting to work out may seem hard at first, but it doesn't have to be that way. If you haven't exercised in a while, it's okay to start small. Even light walking, housework, or lifting small weights will help. There are many ways to make working out fun and easy to fit into your day. If you don't have much time to work out, do small amounts throughout the day. For example, you can work out for 15 minutes before and after work, exercise during your lunch break, or work out on the weekend.

To make exercising more fun, work out with a friend or go for a walk while talking on the phone. You can also listen to podcasts or music or watch television during your workout.

Don't forget to listen to your body. Take breaks when needed, and start fresh the next day. Don't be too hard on yourself for a missed workout. As you get stronger, you can gradually exercise more often and for longer periods of time.

Check with your doctor to see what kinds of exercise would work for you. For more tips to help you get started, click the link below and read Healthmap's guide to exercising.

**Download Healthmap's
Exercise Guide**

For more tips to assist you in reaching 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 eligibility requirements to access Healthmap services.