

THE HEALTHMAP HERALD

WINTER 2025



Cardiac Corner

Tips for Better Heart Health

Heart Health Tip: Manage Stress

Too much stress can harm your physical and emotional health. In some people, constant stress can lead to high blood pressure, which can increase the risk of having a heart attack or stroke. Finding healthy ways to manage your stress levels can make a big difference. If you are feeling stressed, try exercising, spending time with friends and family, getting enough sleep, meditating, or listening to music. If your stress is more severe, it might be helpful to talk to your doctor or a therapist. Patients in Healthmap Solutions' program can also call the Care Navigation team for help at

1-800-481-0474 (TTY: 711).

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 heart disease. 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.

The start of a new year is the perfect time to focus on improving your health. At Healthmap Solutions, we're here to support you with making healthy choices and feeling your best. In this issue of *The Healthmap Herald*, we're focusing on healthy weight management, following your medication regimen, and protecting your heart and kidney health. Follow these tips to set yourself up for a healthier 2025!

Healthy Weight Management

Achieving and maintaining a healthy weight is an important part of managing your overall health and well-being. People who are a healthy weight generally feel better and have more energy than those who are overweight or obese. Maintaining a healthy weight can also lower a person's risk of developing chronic diseases, such as heart disease, diabetes, and high blood pressure. However, managing weight can be difficult. Your age, gender, lifestyle, habits, sleep, medications, and other factors can all affect your weight. In general, staying active and choosing healthy foods can help you reach a healthy weight and improve your health.

It's important to talk to your doctor if you think you might need to lose or gain weight. They can help you figure out what changes you can make to help you reach your weight management goals. If you need to make changes in your eating habits, it can be helpful to learn how to read the Nutrition Facts labels on the foods you buy. Understanding the numbers and terms on food labels makes it easy to compare different food options and make healthy choices. To help, Healthmap has created a helpful guide for reading food labels, available at the link below.

**Download
"Reading Food Labels"**

In addition to making healthy eating choices, focus on making lifestyle choices that will help your physical and emotional health. Regular physical activity is great for weight management, and it can also improve your mood and energy levels. Get your family and friends together for walking, gardening, swimming, yoga, or any physical activities you enjoy.

Patients in Healthmap's program can learn more about weight management and healthy eating by calling Healthmap's Care Navigation team at **1-800-481-0474 (TTY: 711)**. One of our nurses or registered dietitians can help.

Tips for Taking Your Medications

If your doctors have prescribed medications for you to take, it's important to take the right dose of medicine, in the right way, at the right time. This is called "medication adherence." If you take many different medicines, it might be hard to stay on track with your medication schedule. Healthmap recommends the following tips to improve your adherence:

- 1. Talk to your healthcare team.** Ask your doctor about which medicines you need to take, and why you need to take them. For your safety, don't stop taking medicines without talking to your doctor first, even if you have side effects. If you can't afford your medications, ask your doctor or pharmacist if they can help lower your cost. The Healthmap Care Navigation team includes nurses and pharmacists who can answer questions about your medications.
- 2. Make a routine and set reminders.** Take your medicines at the same time each day. If you have trouble remembering when to take them, set an alarm or download a free medication reminder app. Talk to your pharmacist about automatic refills or delivery services to make sure you never run out of your medications.
- 3. Get organized.** Use a weekly pill organizer. If you can't remember if you have taken your medicine, you can check the pillbox to see if the pills are still there. You can also make a list of all your medications and supplements and track when you take each one. Bring the list to all doctor appointments.

For more ways to improve your medication adherence, check out Healthmap's guide on managing your medications at the link below.

Download "Tips for Taking Your Medications"

Care Navigation Corner

Our Care Navigation team is here to help.

Healthmap's Care Navigation team includes registered nurses, registered dietitians, social workers, 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.



Kidney Corner

Tips for Better Kidney Health

Kidney Health Tip: Limit Alcohol

While having one standard drink per day (one 1.5-ounce shot, one 12-ounce glass of beer or one 5-ounce glass of wine) has not been shown to increase a person's risk for kidney disease, alcohol can indirectly impact kidney health and overall health in many ways.

- Alcohol interacts with some medications, including those for diabetes, cholesterol, sleep, pain, and others. Ask your doctor or pharmacist if you can have alcohol while taking your prescribed (or any over-the-counter) medications.
- Alcohol intake can contribute to high blood pressure, which is a common cause of kidney disease, heart disease, and stroke. Limiting how much and how often you drink can help lower your blood pressure and protect your overall health. Check with your doctor to see how much alcohol, if any, is safe for you to drink.

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 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.



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.

Sources

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