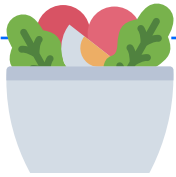


Healthy Lifestyle Choices

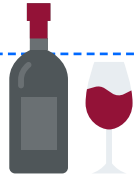
Taking an active role in your own healthcare, including making healthy lifestyle choices, can provide many benefits. These benefits can include increased energy, improved general well-being, and potentially a longer life.



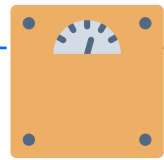
Eat Healthy



Exercise Regularly



Limit Smoking and Alcohol



Maintain Healthy Weight



Get Enough Sleep



Get Annual Exams and Vaccinations

Eat Healthy

Choose Food With Important Nutrients

- Eat more high fiber foods: whole grains, popcorn, oats.
- Eat a variety of fruits and vegetables every day.
- Choose fresh or frozen fruits and vegetables when possible.
- Use less salt in cooking and at the table.
- Choose low salt or salt free foods.

Choose to Limit Foods High in Saturated Fat, Trans Fat and Sugar

- Fried foods, cakes, candy, cookies, crackers, pies, lard, shortening, stick margarine, and non-dairy creamers
- Fatty cuts of meat
- Whole milk and dairy products made from whole milk
- Salad dressings
- Fruit-flavored drinks and sodas
- Tea or coffee sweetened with sugar

Ask Your Care Team

- Can I schedule time with a dietitian?
- What fruits and vegetables can I have?
- How much protein do I need a day?
- What seasonings can I add to foods in place of salt?

Exercise Regularly

Regular physical activity is one of the most important things you can do for your health.

- Talk to your doctor about what activities they recommend for you.
- Make a plan of what activities can help increase your daily movement.
- Start slow, gradually increase your physical activity, and don't forget to keep going!

Ask Your Care Team

- Do I have any limitations?
- Are there any community activities I can get involved in?

Limit Smoking and Alcohol

Heart disease, cancer, emphysema, stroke, pneumonia, liver disease, and premature death related to smoking or alcohol are preventable.

- Choose to stop smoking.
- Explore smoking cessation programs, medications and nicotine replacement therapies to help with side effects of withdrawal.
- Choose to limit or stop drinking alcohol.

Ask Your Care Team

- What worked for other patients to help them quit smoking?
- What types of programs are there to help me quit smoking or drinking alcohol?
- How much alcohol is recommended in a heart healthy diet?



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Get Annual Exams and Vaccinations

Your overall health is important. Ensuring that you stay up to date on regular appointments, screenings and vaccinations all play a role in preventing and detecting health problems early if needed.

- Choose to complete an annual physical exam with your primary care provider.
- Choose to complete screening tests recommended for your age and gender: pap smear, mammogram, yearly breast exam, prostate exam, colonoscopy.
- Choose to complete routine blood tests.
- Choose to receive regular dental care.
- Choose to complete annual vision exams.
- Choose to receive recommended vaccines for your age and risk of disease.

Ask Your Care Team

- What vaccines are important for me?
- What screenings are important for me to get?
- What labs do you check yearly? (cholesterol, blood glucose, vitamin D)

Maintain a Healthy Weight and Get Enough Sleep

Your eating and sleeping patterns along with your physical activity level all contribute to maintaining a healthy weight. Obesity, high blood pressure and type 2 diabetes are linked to poor sleeping habits.

- Choose a daily routine that makes you happy and keeps you physically active.
- Choose to stick to a regular sleep schedule and plan to get at least 7 hours of sleep each night.
- Work with your care team to identify obstacles to good sleep.



Ask Your Care Team

- What else could be making me gain or lose weight?
- Is it safe for me to exercise?
- What can I do if I'm not sleeping well?

For more information or to file a grievance, please contact:

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