

CHRONICLES

The story of your good health throughout the year



FEBRUARY IS AMERICAN HEART MONTH

Know the Signs of a Heart Attack and Stroke

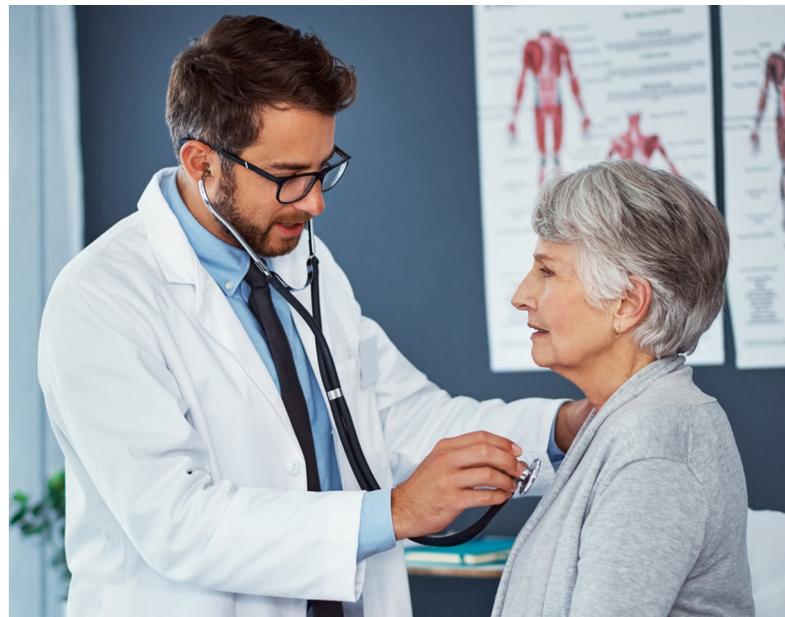
In honor of American Heart Month, we're taking time to focus on cardiovascular health and heart disease, which is the leading cause of death in the United States. This month, learn the signs and symptoms of a heart attack and stroke.

Signs of a Heart Attack

- Chest discomfort, especially in the center of the chest, like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body, including the arms, back, neck, jaw or stomach.
- Shortness of breath.
- Other signs like breaking out in a cold sweat, nausea or lightheadedness.

Warning Signs of a Stroke

- Use the letters in F.A.S.T. to spot a stroke:
 - F - face drooping.
 - A - arm weakness.
 - S - speech difficulty, like slurred speech.
 - T - time to call 911.
- Other signs include sudden numbness or weakness in your face, arm or leg, especially on one side of your body; confusion or trouble speaking; difficulty seeing in one or both eyes; trouble walking; and a severe headache.



The signs for women might be less noticeable. While men often experience chest pain, women tend to have more shortness of breath, nausea and jaw or back pain. It is important for women to pay attention to these subtle signs.

In addition, it's important to regularly take any medications for high blood pressure and high cholesterol as prescribed by your doctor and to stay on top of your routine screenings. Call your CareMore Care Team to schedule an appointment.

COVID-19 UPDATE

The Omicron variant of COVID-19 has quickly spread throughout the United States, causing a surge in cases. Though it appears to be milder in symptoms than previous strains, people who are elderly or who have underlying conditions, like heart disease, diabetes, lung disease, or a weakened immune system, remain more likely to get severely ill from COVID-19 and should take extra precautions.

Getting a COVID-19 vaccine and booster shot is the best way to protect yourself and those around you from illness. The Centers for Disease Control and Prevention (CDC) now recommends a booster shot at least five months after completing a Pfizer or Moderna vaccine series or two months after receiving a Johnson & Johnson vaccine.

Mask Up!

Wearing a mask when in public indoor spaces is also important for reducing exposure to COVID-19. Different types of masks offer various levels of protection. Cloth masks block the least against fluid and particles, and NIOSH-approved N95 masks provide the most effective barrier. Surgical masks offer more protection than cloth, and you can increase its protection by wearing a cloth mask over surgical masks. Overall, the CDC advises that you should wear the most protective mask possible that you'll wear regularly and that fits close to your face.



To schedule your free flu shot, COVID-19 vaccine or booster shot, contact your doctor or in-network pharmacy, or visit info.caremore.com/vaccine.

HEART-HEALTHY EATING: Slow Cooker Vegetable Turkey Soup

One of the keys to preventing heart disease is through a healthy diet and lifestyle. Here is an easy recipe from the American Heart Association that is both good for you and delicious. Your CareMore Care Team can also assist you with meal planning and connecting you to resources for access to healthy food.

Ingredients

- 1 pound ground turkey breast
- 3 large carrots, sliced into rounds
- 2 medium zucchini, halved and sliced
- 1 small onion, chopped
- 28-ounce can no-salt-added tomato sauce
- 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 2 medium garlic cloves, minced
- 1 tablespoon dried Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth

Directions

1. Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey.
2. Cook, covered, on low for 8 hours, or until the turkey is no longer pink.



HIDDEN BENEFITS OF HEART-HEALTHY ACTIVITY

Staying active is one of the best ways to prevent heart disease by reducing cholesterol, blood pressure and your risk of heart attack. But staying active can also improve your overall health and outlook. Here are some activities you can do to improve your heart health that also have some hidden benefits.

- **Go for a walk** with a friend or neighbor. It's a great way to stay social.
- **Do yoga.** Simple yoga poses and stretches can reduce stress.
- **Try water aerobics or swimming.** Water activities can be easier on your joints while providing the same benefits to your heart and lungs.
- **Go cycling outdoors** and feel more connected to your neighborhood.
- **Join a fitness program, like Nifty after Fifty®.** Enjoy meeting people and find a support system to encourage regular exercise. As part of your CareMore benefits, you have access to this unique wellness program. Visit niftyafterfifty.com to learn more.



Before starting a new exercise routine, consult with your doctor to discuss what exercise plan is best for you.

KNOW YOUR HEART NUMBERS

Hypertension, also known as high blood pressure, can put you at risk for heart disease and other health problems. Typically, a healthy blood pressure is less than 120/80. Review this chart to understand what your numbers mean. As part of your CareMore benefits, you can have regular monitoring at your local Care Center to ensure your blood pressure is under control. Contact your Care Team to set up an appointment.

Blood Pressure Category	Systolic	Diastolic
Normal	<120 mmHg	<80 mmHg
Elevated	120-129 mmHg	<80 mmHg
Stage 1 Hypertension	130-139 mmHg	80-89 mmHg
Stage 2 Hypertension	≥140 mmHg	≥90 mmHg

Systolic is the first number and diastolic is the second.