

Nurse's Notes

from your UnitedHealthcare Health Engagement Nurse

Self-Care for a Healthier Heart

February 2022

Self-care is what you do to stay healthy, and what you do to care for any existing health problems such as high blood pressure, diabetes, or mental health disorders. Self-care for your heart is really self-care for your whole self. Here are some tips for a heart-healthy lifestyle:

Move more - Get at least 2½ hours of physical activity each week. If time is a factor, try doing chunks of 5, 10, or 15 minutes of activity a few times each day.

Eat healthy foods - A healthy diet that is rich in whole grains, vegetables and fruits, and low in sodium and saturated fat is key to heart disease prevention.

Aim for a healthy weight - Being overweight is hard on your heart. It increases your risk of cardiovascular disease and diabetes. A heart-healthy eating plan and being physically active may help you achieve and maintain a healthy weight.

Reduce stress and improve sleep - Stress and lack of sleep or poor-quality sleep can contribute to high blood pressure, heart disease, and other medical conditions. Consider healthy stress-reducing activities and take steps to improve your sleep habits.

Quit smoking - The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Talk with your doctor about programs and products that can help you quit smoking.

Know your numbers – Establish a relationship with a primary care doctor and know your health numbers (cholesterol, glucose, blood pressure, weight, etc.). Work with your doctor to lower your risk of heart disease.

Your UnitedHealthcare Health Engagement Nurse is available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals. See below for more information about Nurse Therese and how you can contact her!



Nurse Therese

Email: therese_lentz@uhc.com

Phone: 614-974-9234