Achieve

AvMed Embrace better health.®

A Newsletter for AvMed Members

▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

The truth about alcohol and your heart health

Can a glass of wine be heart-healthy — or is that a myth? Is any amount of alcohol safe for people with a heart condition? Here's what recent research says.

For years, moderate drinking, such as a daily glass of red wine, was believed to protect the heart. But recent studies challenge this idea. The World Health Organization now states there is no safe level of alcohol consumption for health. Even small amounts may raise risks like high blood pressure and certain cancers, which can worsen heart disease.

When you're living with coronary artery disease, managing risk factors like blood pressure and cholesterol is key to treating your condition. Alcohol can increase blood pressure and interfere with medications used to treat heart conditions, making it harder to keep your heart healthy.

Luckily, there are steps you can take to safeguard your heart. Cutting back on alcohol, even a little, can help improve blood pressure, liver health, sleep, and mental focus.
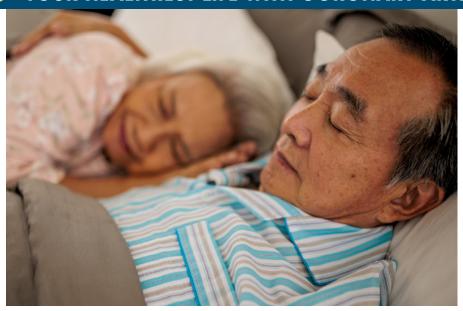
Here's how:

- **Consider setting alcohol-free days.**
- **Choose non-alcoholic drinks**, like sparkling water or mocktails.

Talk with your doctor

Your healthcare Provider can help you understand how alcohol fits into your heart health plan. Staying informed lets you make smarter choices to protect your heart and overall well-being.

Health and wellness or prevention information.

Tips for a better night's sleep

Quality sleep helps your body repair itself, and that includes your heart and blood vessels.

According to the American Heart Association, getting seven to nine hours of quality sleep each night is one of the keys to good heart health.

But good sleep isn't always easy to come by. In fact, one in three adults don't get enough, according to the Centers for Disease Control and Prevention.

And if you have coronary artery disease, poor sleep can raise your risk of complications.

Here's how sleep supports your heart:

- **Gives your heart and blood vessels time to repair**
- **Regulates blood pressure**
- **Supports a healthy weight,** which can reduce heart strain

- **Lowers inflammation**, which plays a role in heart disease.

Small changes can make a big difference in how well you sleep and how you feel the next day.

Try these tips for better rest:

- **Keep a regular sleep schedule**, even on weekends
- **Limit screen time** an hour before bed to protect natural melatonin levels
- **Make your bedroom cool** (60–67°F), dark, and quiet
- **Avoid caffeine after 3 p.m.**
- **Skip heavy meals late at night**
- **Limit alcohol,** which can interfere with deep sleep
- **Try calming techniques** like deep breathing or meditation before bed

If you're struggling with sleep, talk to your doctor. They can help you find solutions that work for you and support your overall treatment plan.

To reach a Case Manager

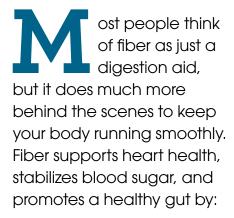Simply call 1-833-609-0735 or email DM@AvMed.org or scan the QR code provided.

Health and wellness or prevention information.

Healthy Eating Made Simple

THE FIBER FIX:

Why most people don't get enough and how to sneak more in

Fiber helps support heart, gut, and blood sugar health. These easy tips can help you close the gap without overhauling your whole diet.

Most people think of fiber as just a digestion aid, but it does much more behind the scenes to keep your body running smoothly. Fiber supports heart health, stabilizes blood sugar, and promotes a healthy gut by:

- **Lowering LDL ("bad") cholesterol.**

- **Slowing digestion**, helping prevent blood sugar spikes.

- **Supporting regular bowel movements** and a healthy microbiome.

Still, most adults get less than half the recommended amount each day. According to Mayo Clinic,

- **Women need at least 21 to 25 grams per day**

- **Men need at least 30 to 38 grams per day**

Try these easy tips to sneak more fiber into your diet:

- **Add a veggie:** Toss spinach into scrambled eggs or top tacos with shredded cabbage.

- **Swap your carbs:** Choose whole-grain bread or brown rice over white versions.

- **Snack smart:** Try nuts, seeds, popcorn, or fruit with skin (like apples or pears).

- **Start slow and hydrate:** Increasing fiber too quickly can cause bloating — go gradual and drink plenty of water.

Even small changes can go a long way toward supporting your overall well-being.

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Call Member Engagement Center
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Hours: 8 am to 8 pm Mon to Fri, 9 am to 1 pm Sat. 7 days a week 8 am to 8 pm from Oct 1 to Mar 31.

Nurse on call	MDLive Virtual Visits	Urgent Care Center	Emergency Room
1-888-866-5432	**1-800-400-MDLIVE or MDLive.com/AvMed**	If you need wound care or think you have an infection or allergic reaction, find an in-network urgent care center at **AvMed.org**	If you are bleeding uncontrollably or suspect you are having a heart attack or stroke, call **911** or go to the emergency room.
Speak to a registered nurse at any time of day or night about a non-life-threatening illness or injury.	Speak with a licensed doctor virtually or by phone 24/7/365 for non-emergency care.		

Unencrypted email makes it easier to communicate with your case manager! To opt in, scan the QR code with your phone. Log in or register to the Member portal and select "Set My Preferences."

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