

# Achieve

A Newsletter  
for AvMed  
Members

## ▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

### Better ways to measure your blood pressure at home

Knowing how to track your blood pressure at home can make it a lot easier to manage your health. Here's what you need to know.

#### How to choose an at-home BP monitor

- Opt for an automatic, upper-arm cuff. Get a recommendation from [validatebp.org](https://www.validatebp.org), supported by the AMA.
- If you can, check the fit before you buy.

#### How to get an accurate reading

- Put on a short-sleeve shirt.
- Sit with your legs uncrossed and rest your arm on a solid surface, at heart level. Slightly bend your arm, palm up.

- Place the cuff on bare skin, just above your elbow.
- Avoid exercise or caffeine for 30 minutes before measuring.
- Stay still and do not talk or move during the reading.
- Take your blood pressure at the same time daily.

#### What the numbers mean

- **The top number** (systolic) measures pressure during a beat.

- **The bottom number** (diastolic) measures pressure between beats.

#### How can I improve my numbers?

- Exercise daily.
- Eat heart-healthy foods.
- Limit alcohol and quit smoking.

#### When should I talk to my doctor?

A single high reading is not usually a cause for alarm. But if your readings are consistently above your target, contact your physician.





## What to know about weight-loss medications and CAD

**T**here are many treatments that help manage coronary artery disease (CAD). They can lower cholesterol, reduce blood pressure, and control inflammation. Now, some weight-loss medications are also being used to help protect heart health. Learn what these medications are and how

they can support your heart health.

### A new role for weight-loss medicine

You may have heard about GLP-1 medications, often used for weight loss and blood sugar control. Research now shows some of these drugs can lower the risk of serious heart problems,

like heart attack and stroke, in adults with heart disease—even without diabetes.

These medications may also:

- Reduce inflammation
- Improve blood vessel function
- Lower blood pressure

Together, these effects can help reduce strain on the heart.

### Who might benefit

Weight-loss medications are not for everyone. But they may be an option for adults who:

- Are living with both diabetes and coronary artery disease
- Are looking for support in managing their weight as part of their heart health
- Have other risk factors, like high blood pressure or high cholesterol

Your physician can help you learn more about these treatment options.



### To reach a Case Manager

Simply call 1-833-609-0735, email [DM@AvMed.org](mailto:DM@AvMed.org) or scan the QR code provided.



# Healthy eating made simple



## What “low sodium” and “reduced sugar” really mean

Nutrition labels can be confusing and healthy-seeming descriptions may not be healthy at all. Here’s how to decode a few of the most common claims.

**B**right, colorful phrases on the front of food packages are designed to catch your eye. But what exactly are they claiming? Here’s how to find out.

### What does “low” mean?

“Low” means the nutrient is below a specific limit

set by the FDA for each serving.

For example, “low sodium” means 140 milligrams of sodium or less per serving. “Low fat” means 3 grams of fat or less per serving.

### What about “reduced” or “less”?

“Reduced” or “less”

means the product has at least 25% less of a nutrient than the regular version.

“Reduced sugar” does not mean sugar-free. It only means the product has less sugar than the original version.

### Is “no added sugar” the same as “sugar free”?

“No added sugar” means no sugar was added during processing. The food may still contain natural sugars, such as those found in fruit or milk.

“Sugar free” means the product has less than 0.5 grams of sugar per serving.

### What does “light” mean on food labels?

“Light” (or “lite”) can mean a few things. It may mean fewer calories or less fat than the regular version. In some cases, it describes color or texture instead of nutrition.

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## Recipe



### Sunrise berry smoothie

This simple smoothie is full of vitamin C and antioxidants. Making it for one? Cut the ingredients in half, or save the extra for later.

#### Ingredients

- 2 cups mixed frozen berries
- 1 cup plain 2% fat Greek yogurt
- 1 cup orange juice

#### Directions

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into two serving cups.

#### Nutrition facts (per serving)

Calories 180 | Fat | Saturated fat 1  
Carbs 31 | Protein 10 | Fiber 4 | Sugar 22 | Sodium 31  
Potassium 546 | Vitamin C 180% DV | Calcium 16% DV