

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH HEART FAILURE

How to manage your health when you have CHF and diabetes

These conditions often coexist, but they don't necessarily need to be handled separately. The following strategies can help make living with both a little easier.

1 Build a new healthy habit

Maybe it's learning to meditate. Or maybe it's having a vegetable at each meal. Or perhaps it's a goal to stop smoking. Big or small, just pick one thing that motivates you.

2 Set meaningful goals

Focus on small milestones that give you a sense of progress. For instance, both heart failure and diabetes can cause fatigue. Movement

can help ease it. So, one possible goal could be to add mini "movement snacks" into your day. Start with a few minutes and go from there. Make sure to talk to your physician before starting a new exercise routine.

3 Review your medications

Some newer medications may help treat both CHF and diabetes. Your physician can review your medications and determine

if a treatment that manages both is right for you.

4 Keep an eye on sodium levels

Eating less salt can help lower your blood pressure and reduce excess fluid in your body.

Try these tips:

- Keep portions small.
- Try to eat more meals at home.
- Use salt-free seasonings.
- Drain and rinse canned beans and veggies.





How to stay motivated on your CHF journey

When you're living with congestive heart failure (CHF), it's normal to have good days and bad days. One way to help have more good days? Start by building small, healthy habits. These simple steps can help you feel more encouraged and more in control of your health.

Celebrate the small wins

Every step forward matters, so pay attention to the little victories along the way. Maybe you have more energy, keep all your appointments, or stay active a little longer than before.

Progress doesn't happen overnight. It takes time and patience. Reminding

yourself of what's going well may help boost your mood and help you stay on track.

Give yourself grace

Be patient with yourself and extend the same compassion you'd offer a friend. Some days will feel easier than others, and setbacks — like a symptom flare, a low-energy day, or

missed medication — don't erase your progress. They're a normal part of managing CHF. As the American Psychological Association notes, resilience isn't about avoiding hardship, it's about learning how to recover and keep going. And when you need extra support, your RN Case Manager is just a call away.

Stay connected

You don't have to do this alone. Support from family, friends, or your care team can make a big difference. Talking with others or checking in with your physician or RN Case Manager can help you feel more confident.

It also helps to make time for activities you enjoy. Reading, fishing, knitting, whatever you like. Following your passions can help you feel more grounded and engaged with your whole life — not only your condition.



To reach a Case Manager

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



Quick refresh: Hurricane prep tips



You can't prevent natural disasters, but you can prepare for them. Learn simple steps you can take now to help manage your health during an emergency.

1. Create or update your emergency plan

Hurricanes often require evacuations. So the first step is to decide where you will go and when you'll leave. Make sure everyone in your household knows what to do.

2. Stock a "go" bag

Having a few essentials already packed can save time if you need to move quickly.

Include:

- Water
- Nonperishable food
- A basic first aid kit
- Flashlights and extra batteries
- A battery-powered or hand-crank radio
- A phone charger or backup power source
- Emergency contacts

Store important documents in a waterproof bag or small bin.

3. Plan for your health needs

Changes in routine, stress, and limited access to care during a hurricane can make CHF symptoms harder to manage.

To help manage heart failure during a hurricane:

- Bring medications with you if you need to evacuate.
- Watch for symptoms such as swelling, sudden weight gain, or difficulty breathing.
- Follow any sodium limits recommended by your physician, including when choosing shelf-stable foods.

4. Sign up for alerts

Staying informed can help you make safe decisions. Registering for text alerts from local emergency management agencies (such as your county emergency management office) can help keep you updated before and after the storm.

Your health plan **anytime, anywhere.**

Get instant access to your benefits, doctors, claims, virtual care, and much more in one place.



Recipe



Frozen berry-and-yogurt treats

Built for backyard hangs, beach days, and whatever the long weekend brings. These yogurt dipped berries keep it light — and protein forward.

Serves 4 | Prep: 5 mins | Rest time: 6 hrs

Ingredients

- ½ cup nonfat Greek yogurt
- ½ tbsp honey
- 1 cup mixed berries (strawberries, raspberries, blueberries, blackberries)

Directions

1. Mix the Greek yogurt and honey in a large bowl. Once combined, individually dip the berries into the mixture.
2. Transfer the berries to a baking sheet lined with wax paper, arranging them in a single layer. Freeze for six hours, or until fully frozen. Once solid, transfer the berries to any container you like — they won't stick together. Serve right from the fridge (or cooler). Enjoy!

Nutrition facts (per serving)

Calories 85.9 | Fat 0.3g | Saturated fat 0g | Sodium 21.5mg | Carbs 15.8g | Protein 6.3g | Fiber 3.8g