

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH HEART FAILURE

Aren't I too young for congestive heart failure?

CHF is on the rise in younger adults, but there's still plenty you can do to live a long, happy life.

It's tough to get a chronic diagnosis at any age. But learning you have congestive heart failure earlier in life may feel especially surprising. Experts say it's likely becoming more common because other related conditions, such as overweight and obesity, are rising among younger adults, too.

You may not ever know why you have CHF. But a few simple tips and habits can help ensure you feel your best every day.



Eat colorfully

Fill your plate with fruits, nonstarchy vegetables such as leafy greens, and lean proteins. Fiber-rich foods (like those on page 3) can also help you feel full without adding lots of extra calories.

Get a little sweaty

The American Heart Association recommends 30 minutes of moderate activity five times a week, such as swimming, dancing, biking, or even

brisk walking. You can break up those 30 minutes any way you want. Please obtain approval from your doctor prior to starting an exercise regimen.

Stick with your treatment

Your doctor may prescribe medications, such as blood pressure medication and diuretics to manage fluid. If you need help staying on top of your medication plan, you can call your Case Manager for support.



Heart failure and mental health: Coping with anxiety and depression

Living with CHF can sometimes leave you feeling depressed and anxious. These tips can help.

Getting diagnosed with a chronic disease like CHF can bring feelings of frustration, anger, and grief. And learning to live with a long-term illness can sometimes leave you feeling overwhelmed. This may make it tougher to take care of yourself. That's why it's so crucial to find the right mental health treatment.

How mental health issues may worsen your CHF

Yes, depression is a mental health condition, but when left untreated, it can result in physical changes to the body, including:

- Abnormalities in stress hormones
- Changes in heart rate or blood circulation
- Increased inflammation
- Metabolic changes

How to start feeling a little better

The good news? There's a lot you can do to manage anxiety and depression, and some of the steps may help to improve your CHF, too. Try these ideas:

- **Get active.** Exercise isn't just good for your heart — it releases endorphins that boost your mood.
- **Do things that relax you.** Read a good book, pet your pooch, or do something else that makes you feel happy.
- **Consider professional help.** Your doctor or Case Manager can refer you to a mental health provider for talk therapy to help you process heavy emotions.

Seeking treatment for your mental health may motivate you to better manage your chronic disease. And keeping up with your care plan for your chronic disease can help keep you mentally strong. Together with your doctors, you've got this.



To reach a Case Manager

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



Healthy Eating Made Simple



The magic of fiber

Fiber is a nutritional powerhouse. Here's how much you need — and how to get it every day.

When you think about important nutrients, fiber might not top your list. But fiber supports nearly every part of your health. Plus, it keeps you feeling fuller for longer.

Most adults don't get enough fiber. Luckily, it's easy to add more to your diet once you know how.

What is fiber?

Fiber is a carbohydrate that your body can't digest. Instead, it moves through your system.

There are two main types:

- **Soluble fiber** helps lower cholesterol and blood sugar.
- **Insoluble fiber** aids in digestion.

Easy ways to get more fiber in your diet

Small swaps can make a big difference. Try these:

- Choose whole-grain bread, pasta, and rice.
- Add chia seeds, almonds, or flaxseeds to cereal or yogurt.
- Toss extra veggies into soups and stir-fries.
- Swap beans for meat in chili or tacos once or twice a week.

How much fiber do you need?

Your daily needs depend on your age and gender.

Women 50 and younger	25 grams
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Men 50 and younger	38 grams
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Women over 50	21 grams
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Men over 50	30 grams
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Recipe



Matcha Chia Breakfast Pudding

Nutrition facts Calories 420 | Fat 16 g | Saturated fat 1.5 g | Sodium 220 mg | Carbs 48 g | Protein 24 g | Fiber 15 g

Health and wellness or prevention information.

Ingredients

- 1 cup Fair Life chocolate milk
- ¼ cup chia seeds
- ½ scoop unflavored protein powder
- 1 tsp matcha powder
- 1 Tbsp granola
- 2 Tbsp blueberries
- 1 Tbsp slivered almonds

Directions

1. Combine milk, chia, protein powder, and matcha in a pint jar.
 2. Cover with lid, shake for 30 to 60 seconds to dissolve matcha and protein powder, and refrigerate overnight.
 3. The next morning, top with granola, blueberries, and almonds and take it to go.
- If you can't find Fair Life chocolate milk, swap in another high-protein brand.