



Your Health & Wellness

2012-2013





Discover all of the tools, resources and support you have as a member, to help you live a healthier and well life.

- **Library.** Get information on diseases and conditions, drug references, and tests & procedures to wellness articles, nutrition facts, and healthy recipes.
- **Multimedia.** Gives access to animated demos, interactive presentations and videos on health conditions, medical procedures, and health news.
- **Healthy Living.** Guides you through the preventive services you should know about to help keep you healthy and well, plus education classes and events.
- **Wellness.** Provides articles and interactive tools on a broad range of topics from stress management, to cholesterol, fitness, and pregnancy & newborns.
- **Health Management.** Helps eligible members take control of a medical condition and lead a fuller life.
- **Your Family.** Access useful information during any life stage, from your children to an older adult, to help maintain their overall health and wellness.
- **Interactive Tools.** Manage your health, take quizzes on current health concerns, risk assessments, and use trackers to help you follow a healthy course.
- **Your Health.** Gives you the support tools you need to set goals, reminders, and create a personal health record to remind you of what you should do on a regular basis to stay healthy.

You'll see some of the resources available to you in this brochure. But you're only a click away, from taking advantage of every free resource and program we offer. Go to www.mycarefirst.com so you can stay informed, and manage your health and wellness.



Blood Pressure

Get pumped about good health

Controlling High Blood Pressure

High blood pressure can affect your health. And it's not just something that happens to other people. It's a serious condition that:

- Affects 1 out of 4 American adults.
- Increases your chances of getting heart disease or having a stroke.
- Is called a "silent killer" because it often has no warning signs or symptoms.

But you can control your condition or prevent it when you have the information you need.

Who gets high blood pressure?

Anyone can develop high blood pressure. It is most common among young adults, but it can affect children, too. You are especially at risk if:

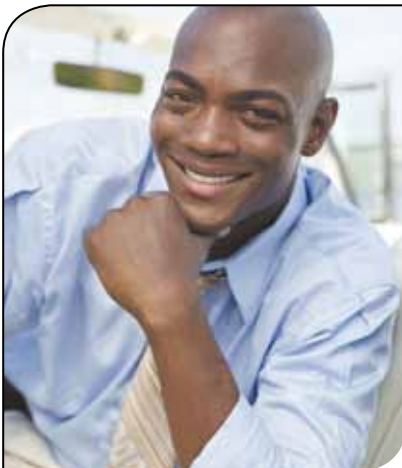
- you are older than age 65.
- you are African-American.
- your parents or grandparents have high blood pressure.
- you have diabetes.

How can you help prevent it?

Good news is, no matter what your race, age, sex or family history you can lower your chances of developing high blood pressure by:

- Maintain a healthy weight and lose weight if you are overweight.
- Stay physically active 30 minutes a day, 5 days a week.
- Eat foods low in salt/sodium.
- Avoid alcoholic beverages. If you drink, do so only in moderation.
- Not smoking.

- High blood pressure often has no symptoms or warning signs. That's why you should have your pressure checked regularly. And if your doctor prescribes medicine, be sure you know how, and when to take it.



What is blood pressure?

As your blood moves to different parts of your body, it travels through blood vessels called arteries. "Blood pressure" is the force of your blood pushing against the artery walls as it moves through them.

What makes it go up or down?

Different activities make your blood pressure go up or down, which is normal. For example if you:

- Run for a bus, your blood pressure goes up.
- Sleep at night, your blood pressure goes down.



How high is too high?

First, you should know that your blood pressure is always expressed in systolic and diastolic pressure:

- Blood pressure is at its greatest when your heart contracts or squeezes and pumps blood — the “systolic” pressure.
- Blood pressure is at its lowest when the heart is at rest or between beats — the “diastolic” pressure.

And it's always measured in “millimeters of mercury,” represented as mm Hg.

So, you'll usually see blood pressure written as:

120 systolic

80 diastolic mm Hg

A normal blood pressure level is 120/80 mm Hg, and high blood pressure is 140/90 mm Hg or higher. See the chart for additional blood pressure levels.

Blood Pressure Levels in Normal Adults*
(Age 18+)

Blood Pressure Level		
Risk Category	Systolic	Diastolic
Normal	120 or less	80 or less
Prehypertensive	120-139	80-89
High	140 or higher	90 or higher

** For those not taking medicine for high blood pressure and not having a short-term illness. If you have diabetes, see your doctor frequently for blood pressure checks and other necessary tests. These categories are from the National High Blood Pressure Program.*

What can happen if left untreated?

If your blood pressure is up most or all of the time, it means that your blood is pushing on your arteries with harder than normal force. When this occurs, you have high blood pressure, that if left untreated can lead to:

- Hardening of the arteries
- Enlarged heart.
- Stroke.
- Heart attack.
- Kidney damage.

RESOURCES: **American Heart Association**
www.americanheart.org
 415 North Charles Street
 Baltimore, MD 21201
 410-685-7074

National Institutes of Health
www.nih.gov



Diabetes

Making your blood sugar move

24 Million People

According to the American Diabetes Association, 24 million people in the United State have diabetes. And 6 million people, that's 25%, don't even know they have it. So it's important to understand what diabetes is and how you can help to prevent it or manage the condition.

What is diabetes?

It's a disease that develops when your body doesn't make or use insulin properly. Insulin is the hormone that helps blood sugar move into your body's cells, to give you the energy you need, and without that — serious health problems can occur. If left untreated heart disease, kidney disease, blindness, loss of limbs, and diseases of the nervous system can develop. And people with diabetes are twice as likely to have a heart attack or stroke.

What are the risk factors?

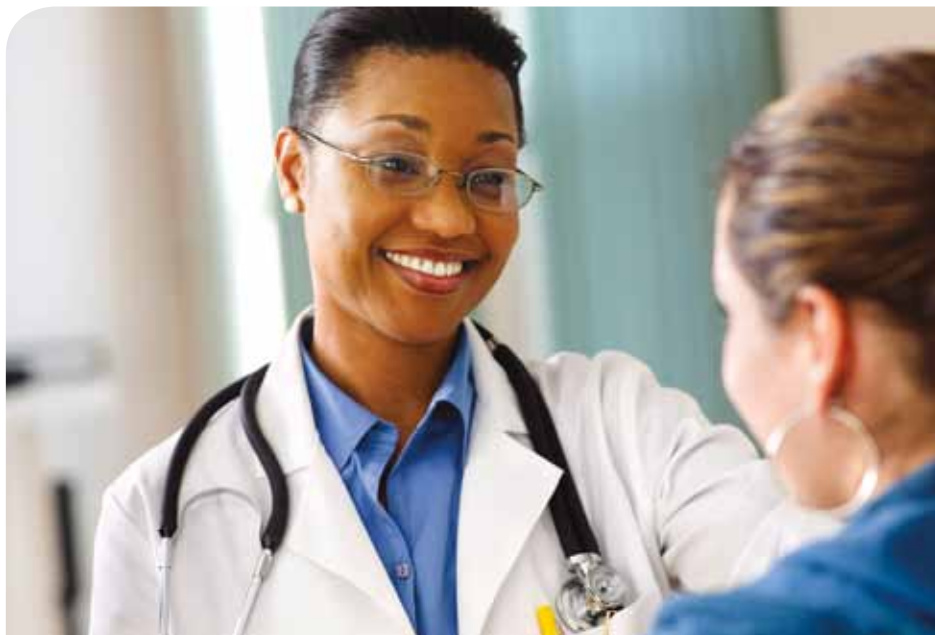
You're at greater risk if you're:

- Age 40 or older.
- Overweight.
- Related to someone with diabetes.
- African American, Latino, Native American, Asian American or Pacific Islander.

How can you tell if you might have diabetes?

It can affect different functions of the body and there are many symptoms. Some common warning signs are:

- Constant thirst.
- Constant hunger.
- Frequent urination.
- Fatigue.
- Weight loss.
- Blurred vision.



■ If you think you may have diabetes, don't wait to take action. Call your doctor and schedule a check-up that includes a simple test for diabetes. By detecting diabetes in its early stages and getting proper treatment you can lower your risk of complications.



How can you control diabetes?

While there isn't a cure for diabetes, you can control it by working closely with your health care team. Your team may include your doctor, eye doctor, diabetes educator and a nutritionist.

Together, you and your doctor can make a treatment plan to control your blood sugar levels. By following a proper plan of diet, exercise, and medication you can control diabetes and prevent serious health problems in the future.

And if you control your diabetes, you can lead a full, active life. Studies have shown that maintaining lower blood sugar levels helps even those who have had poor control in the past.

Can diabetes be prevented?

The Diabetes Prevention Program, a study sponsored by the National Institutes of Health, found that people with pre-diabetes (higher than normal blood sugar levels) can prevent or delay the onset of the disease by a 5-7% weight loss. That's only 10-15 lbs. for a 200 lb. person.

And it's easier than you think. You just need to build up to 30 minutes of physical activity a day, 5 days a week, and eat a reduced fat and lower calorie diet.



It's worth the effort to prevent diabetes. Because you'll be able to lead a healthier and longer life.

RESOURCES:

Visit our online Diabetes Center at www.carefirst.com/diabetes.

American Diabetes Association

800-DIABETES

www.diabetes.org

en Espanol: www.diabetes.org/espanol

American Association of Diabetes Educators

800-338-3633

www.aadenet.org

Joslin Diabetes Center

888-JOSLIN-8

www.joslin.org

National Institute of Diabetes and Digestive and Kidney Diseases

www.niddk.nih.gov



Take Heart

You can fight heart disease

Healthy Habits Can Lower Your Risk

By adopting 5 healthy habits you can lower your risk for heart disease or improve your health if you have heart disease. It's the leading cause of death in America, but you can help change that.

1 Lower your cholesterol

Low fat, low cholesterol foods can help reduce your blood cholesterol level and weight, and prevent heart disease.

Know your cholesterol numbers.

- LDL (bad) cholesterol levels should be less than 100 mg/dL.
- HDL (good) cholesterol levels should be more than 40 mg/dL for men and more than 50 mg/dL for women.
- Total blood cholesterol level of less than 200 is desirable. A reading of 240 or higher means you have high cholesterol. Even a level between 200-240 can increase your risk of heart disease.

Be sure to ask your doctor if you don't know your cholesterol numbers!

Tips for lowering your cholesterol.

- Dairy. Buy 1% or skim milk, low fat or fat free cheese.
- Oil & Butter. When cooking, use non-stick cooking oil spray on pans instead of fat or butter.
- Food Labels. Check for fat content — choose foods lower in fat, saturated fat and cholesterol.
- Snacking. Choose fruits and vegetables instead of chips and cookies.
- Trim the Fat. Don't forget to remove the fat from your meat and poultry before cooking.

2 Control your blood pressure

Use less salt and lower sodium foods to help prevent and lower high blood pressure.

Know your blood pressure.

- Desirable blood pressure is 120/80.
- High blood pressure is 140/90 or higher.

Since high blood pressure doesn't go away by itself, ask your doctor what you can do. And in some cases, medicine is needed to control it.

Tips for lowering your salt intake.

- Herbs & Spices. Flavorful options like cilantro, cumin, fresh garlic, parsley, onion, oregano or crushed hot pepper can replace salt.
- Low or Free. Choose foods that are "low sodium", "sodium-free" or "no-salt added".
- Processed & Higher Sodium. Avoid smoked, cured, and processed beef, pork and poultry.



3 Get more active

Regular physical activity can help you get heart healthy.

Activity has its rewards.

- Heart & lungs work better.
- Blood pressure, blood cholesterol, and blood sugar can be lowered.
- Appetite and weight can be controlled.
- Relax and sleep better.
- More energetic.
- Feel better about yourself.

The more you do, the easier it gets.

Try for 30 minutes of exercise each day. And it doesn't have to be done all at once — try for three 10-minute sessions.

Stepping into your activity.

Whether you're new to exercising or it's part of your regular routine

consider these ideas based on your activity level:

- Starting out simple.
 - Taking the stairs instead of the elevator or escalator.
 - Stop your bus ride by 1 or 2 stops and walk.
 - Parking your car at the end of the parking lot.
 - Walk with a friend at lunch.
- Moving on.
 - Dancing.
 - Jumping rope.
 - Stationary bike.
- Increasing your activities.
 - Running.
 - Bicycling.
 - Aerobic exercises.
 - Swimming.



■ Be sure to talk to your doctor before beginning any exercise plan.



4

Watch your weight

Help your heart and your total health.

Maintaining a healthy weight can reduce your risk of heart attack or stroke. But it can do much more because watching your weight can help you avoid illnesses that result from being overweight such as diabetes, arthritis, heart disease, high blood pressure and cholesterol.

Your weight and a healthy range.

Check with your doctor if you don't know whether your weight puts you in to a healthy range.

Right weight.

If you're already at the right weight for your height, then it's important to maintain your weight. Eat foods lower in fat, calories, and exercise regularly.

Need to lose.

Go slowly and aim to lose about 1/2 to 1 lb. per week. If you need

to lose a lot of weight, check with your doctor or a dietician first, so they can help you.

Tips for losing weight.

- Read labels & choose foods lower in fat and calories.
- Serve smaller portions and don't take seconds.
- Eat more fruits and vegetables instead of cakes, candy, and soft drinks.
- Get physically active for 30 minutes a day.

5

Don't smoke

Breathing easier is only one of the many benefits.

Quit smoking and you will:

- Lower your risk of heart attack, stroke, and lung disease.
- Breathe more easily.
- Feel less tired.
- Save money.
- Be fresher, from your clothes and hair to your breath.
- Most importantly — save your family and loved ones from the health risks of second-hand smoke.

How to quit:

- Talk to your doctor. They may recommend a nicotine replacement patch or a support group.
- Keep your home smoke-free. Insist that people go outside if they want to smoke.

And if you have children, talk to them about the harm it will do to their health. Practice saying to them, "No thanks, I don't smoke".

RESOURCES:

American Heart Association
www.americanheart.org
 415 North Charles Street
 Baltimore, MD 21201
 410-685-7074

National Heart, Lung, and Blood Institute
 800-575-9355
www.nhlbi.nih.gov

Source: National Heart, Lung, and Blood Institute



Food Labels

Making it easier to eat right

Reading Food Labels is Easier Than You Think

Manufacturers are now required by the U.S. government to provide nutrition labels with terms, which must meet specific standards. So, what do the terms mean and what should you consider when reading labels?

What do the words mean?

Fat Free.

Less than 0.5 grams of fat per serving.

Low Fat.

3 grams of fat (or fewer) per serving.

Lean.

- Fewer than 10 grams of fat.
- 4.5 grams of saturated fat.
- No more than 95 milligrams of cholesterol per serving.

Light (Lite).

- Calories – 1/3 fewer calories.
- Fat – No more than 1/2 the fat of the higher calorie, higher fat version.
- Sodium – No more than 1/2 the sodium of the higher sodium version.

Cholesterol Free.

- Fewer than 2 milligrams of cholesterol.
- 2 grams (or less) of saturated fat per serving.



What should you consider when reading labels?

Serving Size.

Start by eating the same serving size, shown on the label. If you eat twice the serving size listed, you have to double the calorie and nutrient values on the label. And if you eat 1/2, the serving size shown, you would cut the calories and nutrient value in 1/2.

Calories.

Are you eating the proper number of calories each day to maintain a healthy weight? An active 5'4", 138-lb. woman needs about 2,200 calories each day while an active 5'10", 174-lb. man needs about 2,900 calories each day. So, if you're overweight you should cut back on your calories.

Protein.

Most Americans get more protein than they need, plus foods containing animal protein have fat and cholesterol. So you should consider:

- Eating small servings of lean meat, fish and poultry.
- Choosing skim or low-fat milk, yogurt and cheese.
- Trying vegetable proteins like beans, grains and cereals.



Total Carbohydrate.

You can eat more carbohydrates if you need to cut down on fat. That's because carbohydrates give you nutrients and energy and can be found in fruits, vegetables, bread and potatoes.

Dietary Fiber.

Help reduce your risk for heart disease and cancer. Also known as roughage – fruits, vegetables, whole-grain foods, beans and peas are all good sources of fiber.

Total Fat.

Since too much fat may contribute to heart disease and cancer it's important to limit your calories from fat. Since most people do need to cut back, be sure to choose foods with a big difference between the total number of calories and the number of calories from fat.

Saturated Fat.

It's part of the total fat in food and is a key factor in raising cholesterol and your risk for heart disease. That's why it's listed separately. So try not to eat foods that are high in saturated fat.

Trans Fat (Required as of 2006).

Also known as trans fatty acids, they're fats found in foods such as vegetable shortening, some margarines, crackers, candies, baked goods, cookies, snack foods, fried foods, salad dressings, and many processed foods.

There is a direct, proven relationship between diets high in trans fat content and LDL ("bad") cholesterol levels, and creates an increased risk of coronary heart disease. Therefore, stay away from trans fats whenever possible.

Cholesterol.

Too much cholesterol, a substance that can clog your arteries, can lead to heart disease. Try to eat less than 300 mg of cholesterol each day.

Sodium.

Also known as salt, it can lead to high blood pressure in some people. Limit your intake to 2,400 mg (1 tsp) or less each day.

Vitamins & Minerals.

The goal is 100% of each, for the day. Don't count on 1 food to meet this goal – choose a variety.

Daily Value.

The values are listed for people who eat 2,000 or 2,500 calories each day. So, depending on whether you eat more or less, your personal daily value may be higher or lower than those listed on the label.

RESOURCES:

American Heart Association

www.americanheart.org
415 North Charles Street, Baltimore, MD 21201
410-685-7074

National Institutes of Health

www.nih.gov



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