



mercy care

Living Well with Coronary Artery Disease

Take a step toward heart-healthy eating

Healthy food choices can help your heart, even if you already have heart disease. You don't have to change everything at once. Start with small steps like these:

Go for whole grains. Choose whole-wheat breads, pastas and tortillas. Try oatmeal or whole-grain cereals. Eat brown rice instead of white rice.

Use a new cooking oil. Use olive or canola oil instead of butter or margarine.

Cut back on salt. Read nutrition labels to find foods low in sodium (salt).

Switch to low-fat dairy. When you get used to that, try the nonfat versions next.

Plan one meatless meal a week. Use beans, lentils or vegetables with pasta or whole grains.

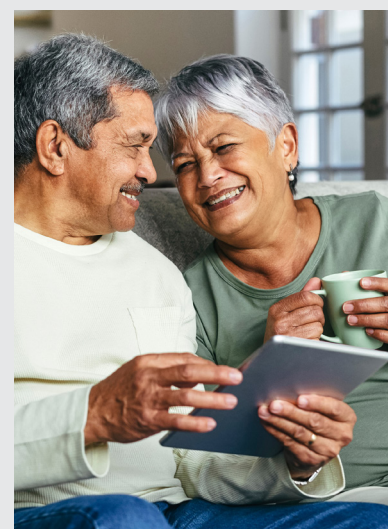
Drink fewer sugary beverages. Choose water or sugar free drinks. Add lemon, lime or berries to water.

Choose leaner proteins. Go for fish, skinless poultry or low-fat ground meats. Trim fat from other meats.

Increase produce intake. Since the nutrients in fruits and vegetables vary, it's important to eat a variety on a regular basis. Be sure to opt for dark green, red and orange vegetables, and beans and peas throughout the week.

Once you've mastered one of these changes, give another a try. Lifestyle changes like these are great tools to help protect your heart. If your doctor prescribes medicines, they're just as vital. Be sure to take them exactly as your doctor tells you to.

Sources: Academy of Nutrition and Dietetics (www.eatright.org); American Heart Association (www.heart.org)



4 ways to take charge

If you have a chronic health condition, take it step by step:

- 1** Learn all you can about it at **www.heart.org**.
- 2** Work with your doctor on a care plan.
- 3** Take your medications as prescribed.
- 4** Aim for healthy habits like exercise, eating right and getting enough sleep.

Contact us

Mercy Care
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Phoenix, AZ 85040

Member Services:

602-263-3000 or
1-800-624-3879 (TTY **711**),
Monday through Friday,
7 a.m. to 6 p.m.

ACC-RBHA members with SMI:

602-586-1841 or
1-800-564-5465 (TTY **711**),
24 hours a day, 7 days a week

24-hour nurse line:

602-263-3000 or
1-800-624-3879

Additional contacts:

<https://www.mercycareaz.org/contact-us.html>

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If you would no longer like to receive this mailing, please call Member Services.

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[mercycareaz.org](https://www.mercycareaz.org)

Get healthy after a heart attack

If you've had a heart attack, there are things you can do to get on the road to recovery and better health.

Start by seeing your doctor as often as recommended. You'll learn how to help your heart mend and lower your risk for another heart attack. These steps can also help:

Take your medicines. They can help prevent future heart trouble. Learn what each one is for and take it just as your doctor says.

Commit to quit. If you smoke or vape, ask your doctor for help quitting. Or call the Arizona Smokers Helpline (ASHLine) directly at **1-800-556-6222** or visit **www.ashline.org**. It may take a few tries, but it's one of the best things you can do for your heart.

Change your eating habits. Choose a variety of low-fat, heart-healthy foods. Ask your doctor if you need to cut back on sodium (salt) and added sugars.

Get active again. Ask your doctor how to safely begin. It might be best to start with a supervised cardiac rehab program.

Tell your doctor how you feel. You might feel sad, angry or scared after a heart attack. That's understandable. If it starts to get in the way of your recovery, ask for help.

Source: American Heart Association (www.heart.org)



Don't forget!

A yearly flu shot is the best way to protect yourself from the flu. If you haven't had yours yet, ask your doctor or pharmacist.

Source: Centers for Disease Control and Prevention

Care Management

Need help? A care manager can tell you more about your condition. They can connect you with a provider too. This is a covered service for members with certain health needs. Call Member Services and ask for the Care Management Department.