

health awareness



CTSI
Central Texas State Institute

A COUNTY HEALTH POOL PUBLICATION

FEBRUARY 2021



HEART HEALTH

Do you know that heart disease is the number one cause of death among men and women in the United States? February is Heart Month – the perfect time of year to learn more about heart disease prevention and to make healthy diet and lifestyle changes for you and your loved ones.

Eat Healthy

A healthy diet is the best way to prevent heart disease. The American Heart Association (AHA) recommends eating a diet high in lean protein, whole grains, and nutrient-rich fruits and vegetables

while limiting unhealthy fats such as saturated and trans fats found in processed foods. Also work on reducing your sodium and sugar intake to keep your heart healthy.

Get Enough Sleep

Getting sufficient sleep is important to heart health. According to a 2011 AHA study, substandard quality of sleep is linked to high blood pressure which can lead to heart disease.

While the perfect amount of sleep is different for each individual, most sources suggest an average of 6-8 hours

of sleep per night for adults. In addition to the risk of high blood pressure, sleep deprivation can also make weight loss more challenging, can have a negative effect on metabolism, and can trigger a vicious cycle of poor eating habits and cravings.

Exercise

Exercise is another key component of heart health. If you are new to exercising, start small and build gradually. Focus on being more active by taking the stairs or parking in the furthest parking space when you run errands. Take a brisk walk at lunch or

(Article is continued on reverse side.)

in the evening with your family. If you currently do cardio, add some strength training to build muscle. Try different types of exercises until you find one that you enjoy and can incorporate into your lifestyle on a regular basis.

Manage Stress

Stress management is a part of heart health as high blood pressure brought on by stress

can damage the heart muscle. Like exercise, it is important to find a stress management technique that works for you. For some people, exercise reduces stress while other people might find activities like yoga or meditation relaxing. Spending quality time with friends and family can also relieve stress for some, while others might enjoy alone time to recharge and distress. Try

a few activities to see what gives you pleasure and helps relieve the stress in your life.

Take the opportunity this February to implement good, heart healthy habits. [CTSI](#)

Benefits Corner

ConditionCare has you Covered

Through our partnership with Anthem, the County Health Pool offers members access to ConditionCare, a no-cost program to help members manage ongoing health conditions. If you or a covered family member suffer from:

- Asthma (pediatric or adult)
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease
- Diabetes, types 1 or 2 (pediatric or adult)
- Heart failure

ConditionCare can provide 24/7 access to a nurse manager to help coordinate your care and educational resources about your condition.

Call **877-236-7486** to sign up. To receive educational resources about your condition, register on [anthem.com](#) and opt-in for email communications.

ConditionCare doesn't replace your doctor. Your nurse care manager works with your doctor to help you follow your care plan. Any information shared with your ConditionCare nurse is confidential, and you will be asked to confirm your identity when you call to protect your privacy. Managing a chronic disease isn't easy. ConditionCare is designed to give you the resources you need to stay healthy.

As always CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.

