

# Work out your heart health

According to the Centers for Disease Control and Prevention (CDC), 1 in 4 people in the U.S. die from heart disease, including heart attacks. Some of the best things you can do to prevent a heart attack are getting regular exercise and eating healthy.



## Here's what you need to know:

### Get at least 2.5 hours of moderate exercise every week.

You can try:

- Walking.
- Running or sprints.
- Biking.
- Swimming.
- Dancing.
- Jumping rope.

Your doctor can help you make an exercise plan that you can handle and enjoy.

### Fill half your plate with colorful fruits and veggies.

And eat less sugar, salt, and unhealthy fat. Here are some ways you can do this:

- Drink water instead of soda or other sugary drinks.
- Buy low-sodium or no-sodium foods.
- Cook with oil (like vegetable or canola) instead of butter.
- Cook more meals at home and eat fewer processed foods (these come in boxes and wrappers).

## Know the signs of a heart attack.

You may have:

**Pain in your jaw, neck, chest, back, arms, or shoulder.**

**Feeling that you may faint, including feeling lightheaded or weak.**

**Shortness of breath.**

If you have any signs of a heart attack, call 911 or go to the nearest hospital right away.



Member Services and 24/7 NurseLine:  
1-855-690-7800 (TTY 711)  
[www.anthem.com/wisconsin](http://www.anthem.com/wisconsin)

# Choosing your main doctor

Getting the best health care starts with finding a doctor who you like and trust. Then you can choose them to be your primary care provider (PCP).

## Why it's important to have a PCP:

- **They're your one-stop health shop** — your PCP should be the first person you go to for almost any health needs. They can treat and help diagnose almost anything. And if not, they'll refer you to a specialist who can.
- **They know your full health history** — over the years, they'll get to know you, your preferences and your medical history. They can help make sure you get regular screenings and effective treatments that work for you and your lifestyle.
- **They keep track of your health care** — when you see more than one doctor, your PCP can help you avoid things like:
  - Medicine interactions or overdoses
  - Getting too many tests, the same tests and/or tests you don't need
- **There for you, even when you're not sick** — your PCP can help you eat healthier, lose weight, quit smoking or other substances, manage stress, and much more.
- **You can get an appointment faster** — once you've found your PCP and had your first visit, it's easier to get an appointment sooner. Plus, when you're in the office, you'll spend less time answering health history questions and filling out extra paperwork.



As long as they accept your insurance, your PCP can be a:

Family doctor.

Nurse practitioner.

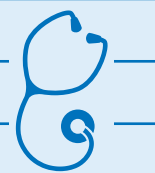
Physician assistant.

Pediatrician (for children).

Obstetrician/gynecologist,  
a.k.a. OB/GYN (for women).

Geriatrician (for older adults).

And more.



## You can find and change PCPs: Online

- Visit [www.anthem.com/wisconsin](http://www.anthem.com/wisconsin).
- Click on **Find a Doctor**.
- **Login** to (or create) your secure account and follow the instructions on screen to change PCPs.

## By phone

- Call 1-855-690-7800 (TTY 711) Monday through Friday 8 a.m. to 5 p.m. local time.



# Healthy recipe

## Easy burrito bowl

### Basic bowl ingredients

- Rice (brown or white; cooked)
- Beans (black or pinto; cooked, drained and rinsed)
- Tomato (diced)
- Lettuce (chopped romaine or baby spinach)
- Salsa (pico or red or green sauce)
- Corn (yellow or white kernels)
- Avocado (ripe slices)
- Lime juice to taste (fresh, squeezed)
- Cilantro to taste (chopped leaves)

### Optional toppings

*Note: Add less of these ingredients because they're high-calorie and less healthy.*

- Cheese (grated)
- Sour cream

Customize your burrito bowl with your favorite ingredients!



# Be well, stay well

## Get your annual wellness visit

Yearly doctor visits are important – even when you're not sick. Wellness visits (also called checkups) can help your doctor:

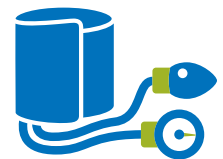
- Catch problems early, often when they're easier to treat.
- Control or even prevent certain health issues.

**If you or your child hasn't had a wellness visit this year, call the doctor's office and schedule one soon.**



Depending on your age and gender, you may get some of the screenings listed below.

- Height, weight and body mass index check
- Blood pressure screening
- Heart rate check
- Vision screening and eye exam
- Physical exam, including:
  - Breast exam and well-woman screening for women
  - Testicular exam for men
- Depression screening
- Tobacco and substance use discussion
- Sexually transmitted infection and disease screening
- Blood work to check for diabetes, cholesterol and thyroid issues, and more

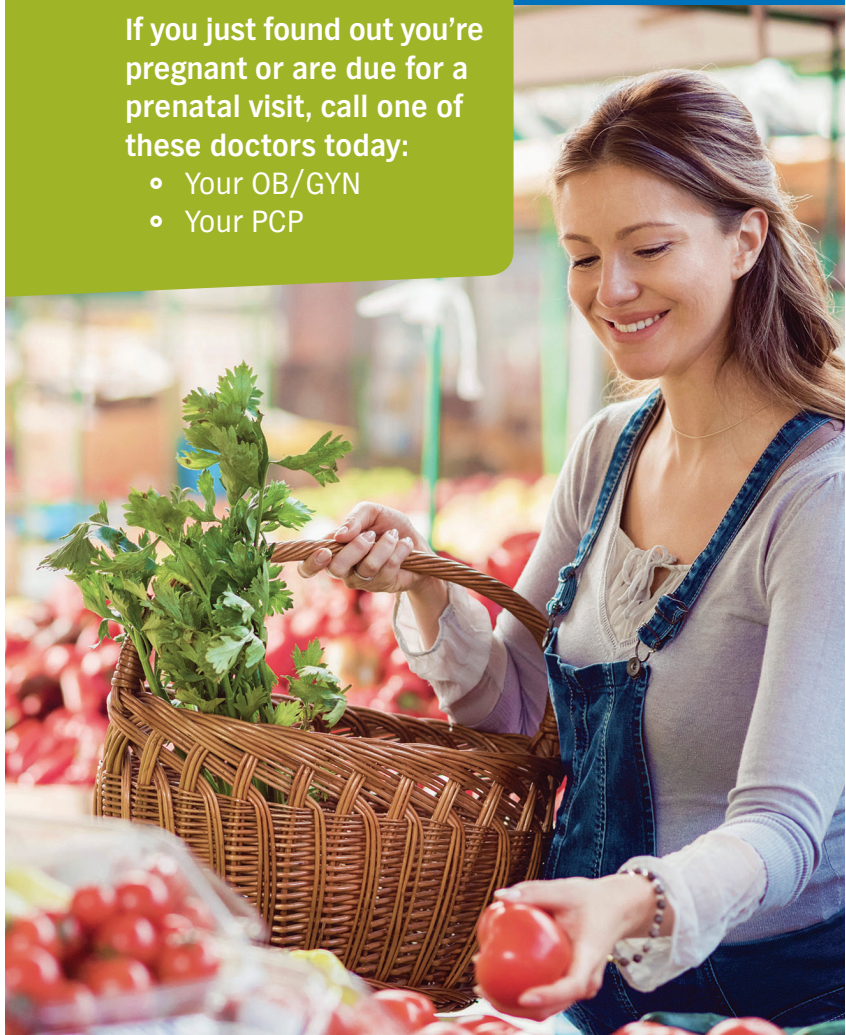


# Healthy pregnancy, healthy baby

There's so much info and advice out there for pregnant women. It can be hard to know which to follow.

If you just found out you're pregnant or are due for a prenatal visit, call one of these doctors today:

- Your OB/GYN
- Your PCP



## Here's a list of tips that can help anyone:

### ❑ Get prenatal care —

You may qualify for a \$25 gift card if you go to a prenatal visit either:



- Within 42 days of joining Anthem Blue Cross and Blue Shield.
- In your first trimester (weeks 1-12).

During your...	Visit the doctor...
First and second trimester (months 1-6)	At least once a month
Third trimester (months 7-8)	At least once every two weeks
Last (9th) month	Every week

*Note: If you're older than 35 or your pregnancy is high-risk, your doctor may want to see you more often.*

- ❑ **Eat a balanced diet** — Focus on variety and include lots of colorful fruits and veggies. Drink lots of water.
- ❑ **Eating for two** — You should only eat around 300 more calories per day when pregnant. Note: if you're under or overweight, this number may be different. Talk with your OB/GYN.
- ❑ **Take prenatal vitamins/supplements** — Your OB/GYN can help you choose them.
- ❑ **Exercise** — Just don't overdo it. Try taking a pregnancy exercise class, walking, swimming or even yoga.
- ❑ **Don't smoke or use drugs.**
- ❑ **Don't drink alcohol** — According to the CDC, there is no known safe amount of alcohol you can drink while pregnant.
- ❑ **Avoid chemicals** — Including things like cat litter and cleaning products.
- ❑ **Learn everything you can** — About pregnancy, labor, breastfeeding, and more. Take classes, read books and websites, and talk to your mom friends.

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