Healthy heart quick start

AetnaBetterHealth.com/California

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Services here for you

Member Services

Questions about benefits and services? Just call **1-855-772-9076 (TTY: 711)**.

24-hour nurse line

Health advice is always available for our members and their family. Just call **1-855-772-9076 (TTY: 711)** and ask for the nurse line. Nurses are always ready to help.

Language assistance

All member information is available in other languages and formats. In-person and phone interpreters are also available upon request. If in-person services are best to address language needs, call Member Services at least 3 days before the appointment. For our members who cannot hear or speak well, please call **1-855-772-9076 (TTY: 711)**.

Communication from Aetna Better Health of California

Members who have uncontrolled blood pressure will receive an automated interactive voice response (IVR). You can opt out at any time. This call is to provide tips on managing your blood pressure such as regular checkups and reminders to take your daily medicines.

Transportation

Need a ride to your doctor appointments? We cover medical, non-medical and emergency transportation services. Just call Member Services 72 hours (3 days) in advance at **1-855-772-9076 (TTY: 711)**. All rides are free after we approve them.

Support for your healthy heart

Our Care Management will help monitor, manage, and prevent symptoms for chronic conditions such as heart failure or coronary artery disease. Our team will coordinate treatment options with your doctor to make sure the care needed is provided. Many of our members with heart failure live healthy and active lives. Call us today at **1-855-772-9076 (TTY: 711)** if you have questions.

How the heart works

The heart is a very important organ in the human body. The main job of the heart is to pump blood to all parts of the body. The heart carries oxygen and nutrients then takes away carbon dioxide and waste products.

The blood vessels (called arteries) help carry blood with high oxygen and nutrients from the heart throughout the body (example: brain, feet, and arms). The other blood vessels (call veins) carry blood with low oxygen back to the heart to help increase oxygen level.

Did you know:

- The heart is the strongest muscle in the body.
- The heart pumps about 2,000 gallons of blood a day.
- Each day, the heart beats around 100,000 times.

Here are some helpful links to read more on heart health

- American Heart Association (AHA):
  www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease

- Center for Disease Control and Prevention (CDC):
  www.cdc.gov/heartdisease/index.htm

- U.S. Food and Drug Administration (FDA):
  www.fda.gov/consumers/minority-health-and-health-equity-resources/heart-disease

Understanding heart disease and its common types

What is heart disease?

Heart disease refers to different types of conditions that affect the heart. Each year, heart disease (including heart attack and stroke) claims nearly 18 million lives, making it the number one cause of death in the world.

Some common heart diseases:

- **Angina (chest pain)** – pain or discomfort in the chest.
- **Coronary artery disease (CAD)** – occurs when there is poor blood flow to the heart due to a blockage.
- **Congestive heart failure** – occurs when the heart muscle does not pump blood as well as it should.
- **Cardiac arrest** – occurs when the heart stops beating suddenly.
- **Stroke** – occurs when the blood vessels carrying blood to the brain gets blocked. The brain is not getting enough oxygen it needs.
- **Myocardial infarction (heart attack)** – occurs when blood flow to the heart is blocked causing some permanent damage to the heart muscle.
- **Cardiomyopathy (heart muscle disease)** – occurs when the heart muscle becomes enlarged, thick, or rigid.
- **Arrhythmia (abnormal heart rhythms)** – occurs when the heart beats too quickly, too slowly, or with an unusual pattern.

On the road to better heart health

Signs and symptoms of heart disease

- Chest pain
- Dizziness
- Shortness of breath
- Pain to the neck, jaw, and throat
- Tiredness
- Swelling of feet, ankles, and legs (called edema)

Risk factors

- Smoking
- Drinking too much alcohol
- Diabetes
- Not enough physical activity
- High blood pressure (hypertension)
- Family history of heart disease
- High "bad" cholesterol
- Obesity
- Unhealthy diet (example: high in saturated fat and salt)

Lifestyle tips

Food
- Healthy diet (whole grains, fruits and vegetables, low fat, etc.)
- Lower alcohol intake
- Lower salt intake
- Poultry/fish (omega 3)

Exercise
- Moderate exercise aim for 30-60 minutes of activity daily (brisk walking, yoga)
- Maintain a healthy weight

Sleep
- Try to sleep for 7 or more hours each night

Medical
- Regular health screenings (blood pressure, cholesterol level, A1c)
- Take your prescribed medicines regularly

Not smoking

Reduce stress
- Pick up a hobby (drawing, meditation)

Talk to your doctor and pharmacist

A regular check-in is an important step to manage heart health. Schedule regular visits with your doctor. Before each visit, it's important to make a list of everything to talk about, such as test results, blood pressure readings, medicines, lifestyle changes, etc.

Ask a pharmacist

- What are the brand and generic (non-brand) names of the medicines?

- What's each medicine for?

- How much of the medicine should be taken and when?

- What should be done if a dose is missed?

- What are the side effects?

- Are there other medicines, foods, drinks or activities to avoid?

Common medicines for heart disease

These are some common medicines used to help manage heart health. As always, you should speak with your doctor about your health care needs and see which medicine(s) is/are right for you.

Antiplatelets

- Stop cells that helps blood clot (called platelet) from blocking arteries
- Help prevent future heart attack

Examples: Plavix (clopidogrel), Brilinta (ticagrelor)

Beta blockers

- Help slow down heart rate
- Work to help pump the heart better

Examples: Coreg (carvedilol), Tenormin (atenolol)

Angiotensin converting enzymes (ACE) inhibitor or angiotensin receptor blocker (ARB)

- Lower blood pressure
- Makes blood vessels (arteries) bigger to help pump blood

Examples: Zestril (lisinopril), Cozaar (losartan)

Statins

- Lower total and "bad" cholesterol level
- Lower the swelling in the arteries

Examples: Lipitor (atorvastatin), Crestor (rosuvastatin)

Sodium-glucose cotransporter (SGLT2) inhibitors

- Treat type 2 diabetes
- Lower risk of going to the hospital for heart failure

Examples: Jardiance (empagliflozin), Farxiga (dapagliflozin)

Glucagon-like pepetide-1 (Glp-1) receptor agonists

- Treat type 2 diabetes
- Lower risk of heart disease (example: stroke)

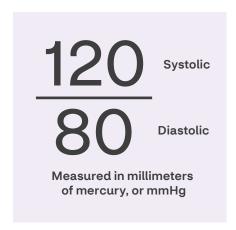**Examples: Trulicity (dulaglutide), Victoza (liraglutide)**

Stay
on track

Blood pressure reading level chart

	Systolic mmHg (upper number)		Diastolic mmHg (lower number)
Low Blood Pressure (Hypotension)	Less than 80	and	Less than 60
Normal	Less than 120 (80-120)	and	Less than 80
Elevated	120 – 129	and	Less than 80
High Blood Pressure (Stage 1)	130 – 139	or	80-89
High Blood Pressure (Stage 2)	140 or more	and/or	90 or higher
Hypertensive Emergency/Urgency	180 or higher	and/or	120 or higher

When the heart beats, it is pumping blood throughout the body, carrying oxygen and nutrients. As blood is moving, it is being pushed against the walls of the blood vessels. The force of this push is called blood pressure. There are two numbers in a blood pressure reading. The top number is called systolic and measures the amount of force in the arteries when the heart muscle contracts. The bottom number called diastolic measures the force in the vessels of the heart when it relaxes between beats.

According to the American Heart Association, the normal systolic reading should be between 90 and 120 and the diastolic reading should be between 60 and 80.

If a blood pressure reading is done at home and the number is high, a doctor should be contacted right away. If the blood pressure is in the "Hypertensive Emergency/Urgency" tier (see table above), **call 911 immediately**.

120 Systolic

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80 Diastolic

Measured in millimeters of mercury, or mmHg

If you have a blood pressure cuff at home, record your blood pressure level and be sure to bring it to your doctor so they can help manage your health. Visit **cdc.gov/bloodpressure** to learn how to correctly measure your blood pressure. The CDC has a blood pressure log available to print at **cdc.gov/heartdisease/docs/My_Blood_Pressure_Log.pdf**.

If you have questions about your healthy heart care, call Member Services at **1-855-772-9076** (**TTY: 711**).

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English: Attention: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

Spanish: Atención: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

Chinese:注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104 (TTY: 711)**。

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