



THE HEALTHMAP HERALD

FALL 2024

During the fall season, it's important to maintain healthy habits and take steps to protect yourself from getting sick. Healthmap Solutions is here to help you stay on track with your goals. Read the tips below to learn how you can stay healthy this fall!

Fighting the Flu

The flu is a contagious respiratory virus that spreads when people with the flu cough, sneeze, or talk. During a severe flu season, 1 out of every 10 people will feel sick from the flu. Flu season usually begins in October, peaks in February, and ends in April or May. In tropical regions such as Puerto Rico, the flu season begins even earlier. It is best to be vaccinated against flu before flu season starts. Flu shots reduce flu illness by 40% to 60%!

Certain adults are at higher risk for developing serious complications from the flu and should be vaccinated each year. These include adults 65 years and older, pregnant women, and adults with certain chronic medical conditions (like asthma, heart or kidney disease, diabetes, and stroke).

Getting the flu shot is a great way to protect your health and the health of others during the fall and winter. Talk to your doctor to see if getting a flu shot is right for you. For a list of myths and facts about the flu shot, download Healthmap's flu vaccine guide using the link below. You can also find it at healthmapsolutions.com/patient-resources.

Download Healthmap's
Flu Vaccine Guide

Cardiac Corner

Tips for Better Heart Health

Heart Health Tip: Quit Smoking

If you smoke, work on a plan to quit. Quitting will help keep your body, blood vessels, and heart healthy, and it will also lower your risk of having a heart attack or stroke. Quitting can be hard, but you can do it! There are many resources available to help you make a plan and deal with the challenges of quitting. You can call **1-800-QUIT-NOW (1-800-784-8669)** to speak with a coach who can help you quit smoking. The Centers for Disease Control and Prevention (CDC) also offers tips for quitting at the link below. Talk to your doctor if you have questions about these resources.

View CDC Website:
Tips From Former Smokers®

Why do I need to keep my heart healthy?

Heart disease is a leading cause of death in the United States, but there are steps you can take to prevent heart disease. By working with your doctor to monitor your heart health and making lifestyle changes such as eating right and exercising, you can help your heart (and your body) stay healthier for longer.

Kidney Corner

Tips for Better Kidney Health

Kidney Health Tip: Eat Less Sodium (Salt)

Too much sodium (a component of salt) can lead to health issues, such as high blood pressure, which can harm the kidneys and lead to chronic kidney disease (CKD). You can lower your sodium intake by limiting fast foods and prepackaged foods, and by preparing meals at home using herbs and spices instead of salt to add flavor. Try some low-sodium recipes when preparing holiday meals this season!

Why do I need to keep my kidneys healthy?

The kidneys help remove excess water and waste from the body, which is important to keep the body healthy and balanced. In some people, the kidneys may not be able to filter out water and waste as well as they should. If the kidneys are not working well for a long time, the person may be diagnosed with chronic kidney disease (CKD). CKD can get worse over time, so it is important for people with CKD to learn about their condition and manage their health. People with very advanced kidney disease have options to replace the kidneys' job of filtering water and waste from the body. Those options include kidney transplant, dialysis in the person's home, or dialysis in a clinic. Although there is a lot to learn about these different options, Healthmap is here to help! Please visit healthmapsolutions.com/patient-resources for more information or call Healthmap at **1-800-481-0474 (TTY: 711)** to speak with a registered nurse.

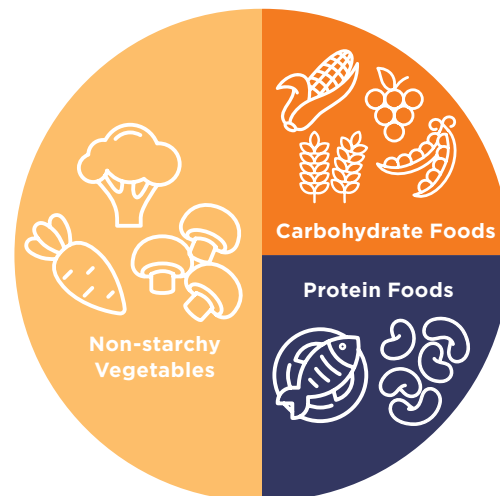
Healthy Eating During the Holidays

With the holiday season coming up, you may be getting ready for family dinners, holiday parties, and special events. Healthmap's registered dietitians recommend the following tips to maintain healthy eating habits during the holidays:

- 1. Eat a healthy breakfast every morning.** A balanced breakfast increases your energy throughout the day and helps you avoid cravings. Don't skip meals, even if you plan on eating a special holiday meal later in the day.
- 2. Drink enough water.** Staying hydrated is important for everyone and can help with weight management. Some people with certain conditions such as kidney disease may need to limit their fluid intake. Talk to your doctor to see how much water you should be drinking each day.
- 3. Make a healthy plate.** When filling your plate at a holiday dinner, it can be tempting to fill up on starchy foods like bread or potatoes. Instead, fill half of your plate with non-starchy vegetables like carrots or green beans, one quarter of your plate with lean protein like fish, turkey, or tofu, and one quarter of your plate with whole-grain carbohydrates such as brown rice or whole-wheat bread.

For more information on making a healthy plate, download Healthmap's healthy eating guide using the link below. You can also find it at healthmapsolutions.com/patient-resources.

Download Healthmap's
Healthy Eating Guide



4. **Make healthy swaps.** If you are cooking for a holiday meal, swap out ingredients and cooking methods for healthier options. For example, try boiling, steaming, or baking vegetables instead of frying them in butter or oil. Use herbs and spices in place of salt. Buy fresh, whole foods instead of processed foods if possible.
5. **Stay active.** Physical activity is an important part of your health. Try going for a walk after meals or doing activities with family and friends that get your body moving.

If you would like to learn more about healthy eating habits, call Healthmap's Care Navigation team at **1-800-481-0474 (TTY: 711)**. We can introduce you to one of Healthmap's registered dietitians. Please talk to your doctor if you are on a specific diet plan, or if you have questions about how these healthy tips can fit into your diet.



For help with reaching your health goals, visit Healthmap's Patient Resources website at healthmapsolutions.com/patient-resources or call Healthmap at **1-800-481-0474 (TTY: 711)**.

Sources

- American Diabetes Association. *Tips for Eating Well: Eat Good to Feel Good*. <https://diabetes.org/food-nutrition/eating-healthy>
- Centers for Disease Control and Prevention. (2022). *Key Facts About Influenza (Flu)*. <https://www.cdc.gov/flu/about/keyfacts.htm>
- Centers for Disease Control and Prevention. (2024). *Healthy Eating and the Holidays*. <https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>
- Centers for Disease Control and Prevention. (2024). *Tips From Former Smokers®*. <https://www.cdc.gov/tobacco/campaign/tips/index.html>
- National Kidney Foundation. *Sodium and Your CKD Diet: How to Spice Up Your Cooking*. <https://www.kidney.org/kidney-topics/sodium-and-your-ckd-diet-how-to-spice-your-cooking>
- U.S. Department of Agriculture. (2020). *Five Healthy Eating Tips for the Holidays*. <https://www.usda.gov/media/blog/2020/12/09/five-healthy-eating-tips-holidays>

Care Navigation Corner

Our Care Navigation team is here to help.

Healthmap's Care Navigation team includes registered nurses, registered dietitians, social workers, and other specialists who can help you reach your health goals.

Our Care Navigation team members can:

- Teach you how to manage your conditions, medications, nutrition, and more.
- Help you understand and manage instructions from your doctor.
- Contact your doctors to schedule appointments.
- Connect you to community-based services that can assist you with transportation, meals, overcoming financial burdens, and more.
- Provide referrals to behavioral health clinicians.

Please call Healthmap at **1-800-481-0474 (TTY: 711)** if you would like to speak to a member of our Care Navigation team to learn more.

