

Heart health Q&A

Q: How can I manage stress?

A: Take 15–20 minutes a day to sit quietly, breathe deeply and let go of the things that are stressful in your life. Try to accept things you can't change. Talk through your stress and focus on the good in your life, not always the bad.

Q: What should I do to increase my physical activity levels?

A: Pick activities you enjoy and that get your heart rate going, whether it's walking, swimming or playing with your kids/grandkids. Staying active can relieve the tension in your body and help you stay healthy both physically and mentally.

Q: What tests should I know about?

A: Coronary Artery Disease (CAD) is often diagnosed by a primary care physician based on your medical history, symptoms, a physical exam and diagnostic tests—including a total lipid profile. There isn't one specific test used to diagnose CAD, so make sure you work with your physician to determine your risk factors and the tests that fit your needs.

Visit **myuhc.com** to find a two-star physician today.

I choose to:

Eat healthy

Exercise every day

Know my numbers

Learn more about finding the right physician for me

Be one less statistic

Take control of my future

Start today by visiting myuhc.com.

Choose to stay connected with the latest heart facts.

For more information on heart health, including food and exercise tips, check out:

- www.americanheart.org
- www.goredforwomen.org
- www.choosetomove.org
- www.fda.gov/hearthealth
- www.optumanswers.com

Then, visit myuhc.com to find a two-star physician and get on the road to prevention.



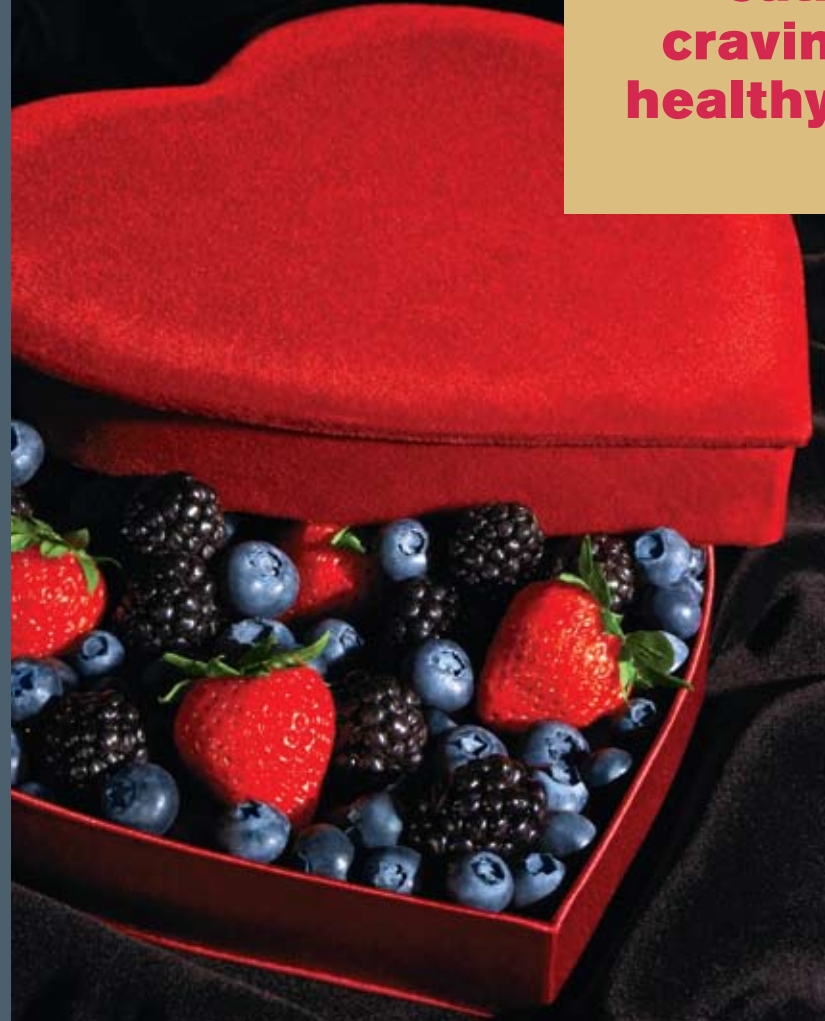
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I choose to satisfy my craving for a healthy heart.



**Choose the right physician for you.
Make the right choices for a
lifetime of heart health.**

Coronary heart disease is the number one killer of both men and women, but most people don't know its severity.¹ The good news: It's preventable. Learning to manage your heart health may be easier than you think. It may be as easy as making a few lifestyle changes, many of which revolve around learning your risk factors.

UnitedHealth Premium®: Choose quality

A quality physician can help you understand your risk factors and create a plan for you to lower them. Unfortunately, doing the research to find a good physician can often be time-consuming. That's why UnitedHealthcare® created UnitedHealth Premium, a program that does the research for you.

¹National Institute of Nursing Research. "Subtle and Dangerous: Symptoms of Heart Disease in Women." U.S. Department of Health and Human Services, NIH PUBLICATION NUMBER: 06-6079



**Choosing fruits and
veggies can keep
your heart healthy.**

★★ Quality and Cost Efficiency

A physician has met the criteria for quality of care based on national evidence-based medical standards and practices and for cost-efficient care.

★ Quality of Care

A physician has met quality of care guidelines by following national evidence-based medical standards and practices.

Cardiac specialists are evaluated to determine if they:

- Meet or exceed evidence-based quality guidelines and cost-efficiency standards
- Are board certified and have active staff privileges at a UnitedHealthcare participating facility
- Use medication and testing in accordance with nationally recognized guidelines

Cardiac specialty centers and facilities are evaluated to determine if they:

- Have an extensive, experienced staff
- Offer a broad range of cardiac services
- Perform a minimum volume of cardiac procedures
- Have rapid response programs for emergency care

Choose to know it all: Quick heart-health tips.

The American Heart Association has many useful tips for maintaining a healthy heart, including:

Tip 1: Make time for physical activity.

The American Heart Association recommends that healthy adults ages 18–65 get at least 30 minutes of moderate exercise five days per week.

Tip 2: Record your activities and reward your dedication.

Keep a fitness or diet journal to stay on track, then allow yourself an occasional treat to stay motivated.

Tip 3: Lower your saturated fat and cholesterol intake.

Explore americanheart.org and learn the foods to avoid. You can get heart-friendly grocery shopping tips, too.

Tip 4: Replace your typical side dishes with veggies.

The perfect way to add vitamins, minerals and fiber to your diet, not to mention stay at a healthy weight.

Tip 5: Make the commitment to manage your weight.

Check out the American Heart Association's No Fad Diet at americanheart.org.

Tip 6: Partner with a two-star physician and choose to give your heart the care it deserves.

Visit myuhc.com to find the right physician for you.

Choose your two-star designated physician at myuhc.com or visit MyChoiceNotChance.com for a free and easy interactive guide on how to get started.

Choose to ask your physician the right questions.

Are my cholesterol levels healthy, or how can I maintain healthy levels?

Recommended Targets:

Total Cholesterol: 200 mg/dL or less
HDL ("Good") Cholesterol: More than 60 mg/dL
LDL ("Bad") Cholesterol: Less than 100 mg/dL
Triglycerides: Less than 150 mg/dL

Is my blood pressure level healthy?

A reading of less than 120/80 mm Hg is considered normal.

Is my body mass index (BMI) level healthy?

BMI values from 18.5–24.9 are healthy.

Overweight is defined as a BMI of 25.0 to less than 30.0. People with BMIs in this range have an increased risk of heart and blood vessel disease.

Obesity is defined as a BMI of 30.0 or greater. People with BMIs of 30.0 or more are at higher risk of cardiovascular disease.

Extreme obesity is defined as a BMI of 40 or greater.