

# HEART HEALTH

## Tips for a Healthy Heart

### 1) **Eat right.**

Strive for a healthy weight. Choose a diet that is low in saturated fat, *trans* fat and cholesterol. Reduce the salt in your diet.

### 2) **Move more.**

Try to exercise 30 minutes most or all days of the week.

### 3) **Don't smoke.**

If you smoke, quit. Ask your doctor about medicines to help you quit. Call Smoker's Helpline at **1-800-662-8887** for help with a "stop smoking" plan.

### 4) **Know your numbers.**

Make sure you visit your doctor on a regular basis. Ask about your blood pressure, cholesterol and blood glucose. Make a plan with your doctor if needed to improve your numbers.

### 5) **Take medications as ordered.**

Keep a list of all your medications. Share the list with each doctor you see. Try organizing your medicines with a pill box.

### 6) **Learn More.**

Talk to your doctor about your concerns. You can learn more online at **www.heart.org**. The Alliance also has many handouts on heart disease.

- ◆ High Blood Pressure
- ◆ Cholesterol
- ◆ Heart Failure
- ◆ Coronary Artery Disease
- ◆ Heart Attack
- ◆ My Medication List



**You don't have to do this alone!** To find out more about heart health, call Alliance Health Programs **510-747-4577**. Toll-free 1-877-932-2738; TTY: 711 or 1-800-735-2929 or online at **www.alamedaalliance.org**.