



Keep track of your health.



938-CST6517 11/14

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Health conditions may be impacted by lifestyle. Which means that when it comes to your health, you really are in control. Take a minute to look at your current health, set wellness goals and then get started on meeting them. **Here are 4 healthy tips.**

1 Know your numbers.¹

Because many health conditions are “silent” before they become serious, it is important to “know your numbers.” These screenings let you know your risk for serious health problems.

Blood Pressure

High blood pressure can mean your heart is working too hard. If it’s not treated, it can lead to heart disease, heart attack, kidney failure and stroke.



Blood Sugar

A blood sugar (also called glucose) screening measures the amount of sugar your body uses for energy. Unhealthy levels can lead to diabetes.

Cholesterol

Cholesterol is a waxy substance found in cells in the body. Too much cholesterol can lead to heart disease, which may cause a heart attack or stroke.

- Total cholesterol
- LDL (“bad” cholesterol)
- HDL (“good” cholesterol)
- Triglycerides

BMI

Body mass index (BMI) is a screening tool to see if you are at a healthy weight. It is calculated by your height and weight. A healthy BMI is between 18.5 and 24.9. To calculate your own BMI go to:

cdc.gov/bmi

2 Eat well.²

From fast food to super foods, what goes into your body affects the performance you get out of your body. Because, after all, food is fuel. In addition to eating well, it’s important to keep your weight in a healthy range. Being overweight can lead to serious health problems like heart disease, diabetes and some types of cancer. While losing weight can seem hard, many people find success simply by moving more and eating less.

Here are a few items called “super foods” because of their nutritional value. Plan meals around them:

- Blueberries
- Strawberries
- Broccoli
- Carrots
- Oatmeal
- Brown rice
- Nuts
- Beans
- Salmon
- Pumpkin



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Team
Creative: MIKE
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Project Details
Color(s): CMYK
File Name:
M918424 CST6517_UHC CP NY14_HealthyTips_BloodPressure_bro-EN_v4.indd

Dimensions
Flat: 8.5 x 18.125
Fold: 8.5 x 3.625
Accordian fold
@100%
Software: InDesign CS6

Team
CMO: _____
Creative Director: _____
Designer: _____
Copywriter: _____

Mkt Strat: _____
Mkt Mgr: _____
Brandguidelines: _____
Compliance: _____
Andrew: _____

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3 Balance activity and rest.^{3,4}

Staying active is one of the best things you can do for your health. When it comes to getting more exercise, the first step is often the hardest step. The good news is that there are many easy ways to get exercise. You don't have to go to the gym or have special shoes. You just have to move your body. In fact, walking just 10 minutes a day can have a positive impact on your health. And for many, as you move your body you also lift your mood. Win-win.

- Talk to your doctor about exercises that are right for you and how much you should exercise.
- Choose something you enjoy.
- Set goals that you will reach. For example, if you set a goal to exercise 30 minutes a day, start by breaking it up into three 10-minute sessions during the day.



A lack of sleep can make us tired. But it can also make us sick. The body needs time to recharge. When you don't get enough sleep, your body isn't at its strongest. In fact, not getting enough sleep has been linked to heart problems, diabetes, obesity, depression and memory loss. What good reasons to sleep in when you can!



- Go to bed at the same time every night.
- Set a bedtime routine.
- Wake at the same time every morning.
- Get as much sunlight during the day as possible.
- Drink plenty of water.
- Do not sleep with the television on.
- Sleep in a dark room.
- Keep your bedroom cool.

4 Start a health notebook.



Writing things down can be helpful for you and your doctor. It can be as easy as using a notebook to write down your questions and bring them to the doctor.

- Ask your doctor to write things in your notebook, like goals for blood pressure, weight or cholesterol.
- You can use the notebook to track when you take medicine, what you eat and even just how you feel each day.
- You might want to ask yourself these questions and write down your answers:
 - How do I feel about my overall health?
 - Have I experienced any recent changes in my health?

- If I could change one thing about my health, what would it be?
- What steps can I take to reach my goals?
- What questions do I have for my doctor?

¹ American Heart Association, 2012, Centers for Disease Control and Prevention (CDC) Division of Activity and Obesity, 2012

² Centers for Disease Control and Prevention (CDC) Division of Nutrition, 2012, United States Department of Agriculture, 2012

³ Centers for Disease Control and Prevention (CDC) Division of Physical Activity and Obesity, 2012

⁴ Centers for Disease Control and Prevention (CDC) Division of Sleep and Sleep Disorders, 2012