

## ACMENE A Newsletter for AvMed **Members**

**Sneaky causes** of fluid retention

You're watching your salt and taking your meds, so why are you still swelling? Here's what else might be at play.

welling in the feet, legs, or abdomen can be a sign of fluid retention, a common symptom of heart failure. Even if you're following your care plan, there may be other things contributing to the problem.

Understanding what can trigger swelling makes it easier to take action before symptoms worsen. Hidden triggers may include:

- "Healthy" convenience foods like canned soups, frozen meals, or deli meat — often high in sodium
- Weather changes, especially hot, humid days



- Over-the-counter meds. especially NSAIDs like ibuprofen
- Inconsistent medication **use** or skipped doses

Luckily, there are steps you can take to stay ahead of fluid retention and protect your health. Managing these factors at home can help you feel more comfortable and avoid serious complications. Try these tips:

 Read labels carefully and look for low-sodium options

- Ask your doctor about safer pain relief options
- Weigh yourself daily, as small changes can be an early warning sign
- Write down your symptoms so you can track patterns and share with your care team

If you notice swelling that's new or worsening, check in with your Provider. A few simple changes may help you feel better and avoid more serious complications.

#### YOUR HEALTHIEST LIFE WITH HEART FAILURE



## Tips for a better night's sleep

Quality sleep helps your body repair itself, and that includes your heart and blood vessels.

ccording to the American Heart Association, getting seven to nine hours of quality sleep each night is one of the keys to good heart health.

But good sleep isn't always easy to come by. In fact, one in three adults don't get enough, according to the Centers for Disease Control and Prevention. And if you have congestive heart failure, poor sleep can raise your risk of complications.

## Here's how sleep supports your heart:

- Gives your heart and blood vessels time to repair
- Regulates blood pressure
- Supports a healthy weight, which can reduce heart strain

 Lowers inflammation, which plays a role in heart disease.

Small changes can make a big difference in how well you sleep and how you feel the next day.

## Try these tips for better rest:

- Keep a regular sleep schedule, even on weekends
- Limit screen time an hour before bed to protect natural melatonin levels
- Make your bedroom cool (60-67°F), dark, and quiet
- Avoid caffeine after 3 p.m.
- Skip heavy meals late at night
- Limit alcohol, which can interfere with deep sleep
- Try calming techniques like deep breathing or meditation before bed

If you're struggling with sleep, talk to your doctor. They can help you find solutions that work for you and support your overall treatment plan.



#### To reach a Case Manager

Simply call 1-833-609-0735 or email DM@AvMed.org or scan the QR code provided.

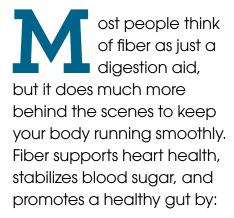


## **Healthy Eating Made Simple**

#### THE FIBER FIX:

# Why most people don't get enough and how to sneak more in

Fiber helps support heart, gut, and blood sugar health. These easy tips can help you close the gap without overhauling your whole diet.



- Lowering LDL ("bad") cholesterol.
- Slowing digestion, helping prevent blood sugar spikes.
- Supporting regular bowel movements and a healthy microbiome.

Still, most adults get less than half the recommended amount each day. According to Mayo Clinic,

- Women need at least
   21 to 25 grams per day
- Men need at least 30 to 38 grams per day

#### Try these easy tips to sneak more fiber into your diet:

 Add a veggie: Toss spinach into scrambled eggs or top tacos with shredded cabbage.



- Swap your carbs:
   Choose whole-grain bread or brown rice over white versions.
- Snack smart: Try nuts, seeds, popcorn, or fruit with skin (like apples or pears).
- Start slow and hydrate: Increasing fiber too quickly can cause bloating — go gradual and drink plenty of water.

Even small changes can go a long way toward supporting your overall well-being.

Less paper.

Same great health info.

Reduce paper waste and get the same great health content delivered straight to your inbox. To switch, scan the QR code and log into your member portal. Under **Email Preferences**, select **Yes, I want to receive emails**.



## The Right Care at the Right Time

When you need quick care, these AvMed services will be on standby.

#### Access Your Account 24/7

Register or log in at AvMed.org

#### Call Member Engagement Center

1-800-882-8633 TTY 711

Hours: 8 am to 8 pm Mon to Fri, 9 am to 1 pm Sat.
7 days a week 8 am to
8 pm from Oct 1st to
Mar 31st.

#### Nurse on call

1-888-866-5432

Speak to a registered nurse at any time of day or night about a non-life-threatening illness or injury.

#### **MDLive Virtual Visits**

### 1-800-400-MDLIVE or MDLive.com/ AvMed

Speak with a licensed doctor virtually or by phone from the comfort of your own home 24/7/365 for non-emergency symptoms. Prescriptions will be sent to your local pharmacy.

#### **Urgent Care Center**

If you think you have bronchitis, an infection, an allergic reaction or need wound care, visit an urgent care center if your physician is unavailable. To find an in-network care center, go to **AvMed.org** 

## **Emergency Department**

If you suspect you are having a heart attack or stroke, or have uncontrollable bleeding, don't wait: Call **911** or go to the emergency room.

Unencrypted email makes it easier to communicate with your case manager! To opt in, scan the QR code with your phone. Log in or register to the Member portal and select "Set My Preferences."

