

# Achieve

A Newsletter  
for AvMed  
Members

## ▶ YOUR HEALTHIEST LIFE WITH HEART FAILURE

### How therapy can help you manage your heart failure

Managing this chronic condition involves more than just caring for your physical health.

**W**hen you think about your heart failure care team, you probably picture your cardiologist and primary care doctor. But when it comes to managing a chronic condition, your mental health plays a big role too. Untreated depression and anxiety can make it harder to follow your care plan. Here's how adding a mental health professional to your care team may help.

#### Recognizing the signs

It's not always easy to notice when your

mental health begins to decline. You might dismiss persistent feelings of sadness or worry as just part of dealing with a chronic condition. A therapist can help identify these concerns and provide treatment.

#### Managing stress

Heart failure can be overwhelming, and stress can make symptoms worse by raising blood pressure. A mental health provider can teach you stress-management techniques

like mindfulness and relaxation exercises.

#### Maintaining a healthy lifestyle

Diet, exercise, and medication adherence are key parts of managing heart failure. A therapist can help you work through barriers, develop motivation, and set achievable goals.

Addressing your emotional well-being can make a real difference in how you manage your heart failure.





## Check these health metrics to monitor your CHF symptoms

We'll guide you through which symptoms to monitor, how to track them, and why they matter.

**W**hen you have congestive heart failure (CHF), small changes in your body can signal a shift in your condition. Tracking key health metrics can help you and your doctor catch problems early and adjust your care as needed.

### Key metrics to monitor.

- **Weight:** Sudden weight gain can be a sign of fluid buildup, a common CHF symptom.
  - **Swelling (edema):** Watch for swelling in your feet, ankles, or legs, which may indicate fluid retention.
  - **Breathing:** Increased shortness of breath, especially when lying down, can mean your heart is struggling to pump effectively.
- How to track your symptoms.** Keeping a daily log of your readings and symptoms can help you notice trends. Share this information with your healthcare provider at regular appointments. If you experience rapid changes, such as sudden weight gain or severe shortness of breath, seek medical attention promptly.
- By staying on top of these health metrics, you can take an active role in managing your CHF.



### To reach a Case Manager

Simply call 1-833-609-0735 or email [DM@AvMed.org](mailto:DM@AvMed.org) or scan the QR code provided.



# Healthy Eating Made Simple

## Your inflammation-fighting shopping list

Here's what to add to your plate to help reduce inflammation and support better health.

**C**hronic inflammation has been linked to serious health conditions like heart disease, diabetes, and arthritis. Eating these foods can help reduce inflammation and support overall well-being.



**Fatty fish.** Salmon, tuna, and mackerel are rich in omega-3 fatty acids, which may help reduce inflammation.



**Berries.** Blueberries, strawberries, and blackberries are packed with antioxidants that combat inflammation.



**Leafy greens.** Spinach, kale, and Swiss chard are high in vitamins and

polyphenols, which support immune health and reduce inflammation.



**Nuts.** Almonds and walnuts contain healthy fats and antioxidants that may help lower inflammatory markers.



**Olive oil.** A staple of the Mediterranean diet, extra virgin olive oil is loaded with anti-inflammatory compounds.



**Tomatoes.** Rich in lycopene and vitamin C, tomatoes help fight inflammation and protect against chronic diseases.



**Turmeric.** This bright yellow spice contains

curcumin, a powerful anti-inflammatory compound that may help relieve joint pain.

### Whole grains.



Brown rice, quinoa, and whole wheat contain fiber that supports gut health and may lower inflammation.

### Green tea.



Loaded with antioxidants called catechins, green tea has been shown to reduce inflammation and support heart health.

Pair these additions to your eating plan with a balanced lifestyle that includes regular exercise, stress management, and adequate sleep for the best results.

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## Recipe



## Springtime Chopped Salad

Serves 4 | Prep time: 5 min  
Cook Time: 10-12 min

### Ingredients

2 fennel bulbs, sliced into  
¼" pieces  
1 teaspoon light olive oil  
4-5 cups mixed greens

1 cup alfalfa sprouts  
¼ cup raw almonds,  
chopped  
¾ small white onion, cut into  
rings  
1-ounce goat cheese  
crumbles

### Dressing:

2 ½ teaspoons light olive oil  
1 tablespoon water  
1 tablespoon apple cider  
vinegar  
¼ small white onion, grated  
finely  
1 teaspoon poppyseeds  
½ teaspoon Dijon mustard  
1 teaspoon honey

**Nutrition facts** Calories 154.2 | Fat 9.7 g | Saturated fat 2.3 g  
Polyunsaturated fat 1.6 g | Monounsaturated fat 5.3 g | Cholesterol 5.6 mg  
Sodium 131.1 mg | Fiber 5.5 g | Protein 5.4 g

### Directions

1. Heat olive oil in a non-stick skillet on medium-high and stir in fennel. Cook for 10-12 minutes until lightly browned, flipping halfway through. Set aside to cool.
2. Toss fennel and salad ingredients in a large bowl, minus goat cheese.
3. Chop salad to desired texture. Whisk dressing ingredients in a separate bowl. Toss with salad.
4. Arrange in bowls and top with goat cheese and crusty wholegrain bread.