Say hello to heart-healthy habits

Eating well and exercising regularly can go a long way to helping your heart — and your overall health.

**Aerobic exercise.** Taking brisk walks or riding a bike is good for the heart. Exercise helps control high blood pressure and cholesterol. Exercising with family or friends can make it fun — and help them stay healthy too. Your doctor can tell you how much activity is enough.

**Eat heart-smart.** Fruits and veggies are great for the heart. Filling half the plate with them is a good habit to follow. The other half can be foods like poultry, fish, whole grains and low-fat dairy.

Go easy on foods that are salty or sugary. And limit those with saturated and trans fat. You’ll also want to avoid foods with “partially hydrogenated” in the ingredients.

Find more heart-healthy tips at [www.heart.org](http://www.heart.org). Care managers can help to make sure a person understands and follows these healthy habits daily.

*Source: American Heart Association ([www.heart.org](http://www.heart.org))*

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**If your doctor prescribed medications for CAD, it is important to take the medication on a regular basis. These medications can help the heart work with less stress or help to lower cholesterol (fat in the blood). High cholesterol in the blood makes the heart work harder.**

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Contract services are funded under contract with the State of Arizona. This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs.

If you would no longer like to receive this mailing, please call Member Services and ask for the Care Management Department.

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[www.MercyCareAZ.org](http://www.MercyCareAZ.org)

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What to do with opioids you don’t need

Opioids are in the news a lot. One reason is because of the tens of thousands of overdose deaths that happen every year when people misuse these very strong drugs.

You can help end this crisis. Has your doctor prescribed opioids to treat your pain? If your treatment has ended and you no longer need the drugs, don’t keep them around. Never give them to anyone else. Dispose of them properly. Here’s how:

• **Find a drug take-back program.** These programs collect old medicines and dispose of them properly for you. You can search online for a drug take-back program in your community. The police department might know of one too.
  • **Ask a pharmacy.** They may be able to dispose of the medicine for you. Remember that unused medicines kept around may end up in the wrong hands. Someone could find and take the medicine that was meant for you and an overdose could occur.

Additional sources: Centers for Disease Control and Prevention (www.cdc.gov); National Institute on Drug Abuse (www.drugabuse.gov)

Ask about Narcan

Opioid overdoses kill people. They can be reversed by a drug called naloxone (Narcan). Anyone can give this drug and save a life. From 1996 through June 2014, it saved the lives of more than 26,000 people in the U.S. You will still need to call 911 after you give it, because it will wear off in one to two hours. To learn more, talk to your doctor or pharmacist.

Source: Centers for Disease Control and Prevention (www.cdc.gov)

Did you know that you may be able to get Lifeline cell service plus a smartphone at no cost to you? Go to [www.MercyCareAZ.org](http://www.MercyCareAZ.org) or call Member Services at 1-800-624-3879 and ask about the Assurance Wireless Lifeline program.