

# HEALTH TIPS

Make Health Happen

## Heart Disease

### HOW HEALTHY IS YOUR HEART?

Read the questions below. The more times you answer “yes,” the more likely you are to be at risk for heart disease.

If you haven’t seen your doctor in over a year, go in for a wellness checkup. Fill this out and bring it with you. You may need your doctor to answer a few of the questions, and you can talk about the answers.

- | Yes                      | No                       | Cholesterol   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat foods with a lot of fat or cholesterol – like butter, fried foods, red meat and baked goods? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat canned foods or frozen dinners more than 3 times a week?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat fast food more than 2 times a week?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your cholesterol over 200?   |

#### Smoking

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are you a cigarette, pipe or cigar smoker? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you smoke 4 or more cigarettes a day?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you plan to keep smoking?               |

#### Blood pressure

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you weigh more than you should?        |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat lots of salty foods?           |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your blood pressure above 120/80?      |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you exercise less than 3 times a week? |



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#### Helpful phone numbers for UniCare members only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

HP-C-1133-13 12.13



## Heart Disease

# HOW HEALTHY IS YOUR HEART?

### Other risk factors

- Do you have diabetes, or does someone in your family?
- Do you have a hard time handling stress?
- Are you a woman on birth control pills or the patch who smokes and has high blood pressure?
- Did your brother, father, uncle or grandfather have a heart attack before age 55?
- Did your mother, sister, aunt or grandmother have a heart attack before age 65?

During your checkup, your doctor can talk to you about how to make yourself – and your heart – healthier.

Is there anything else you would like to ask your doctor? Write it down here so you don't forget:

During my checkup, I want to ask:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

I want to learn more about: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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