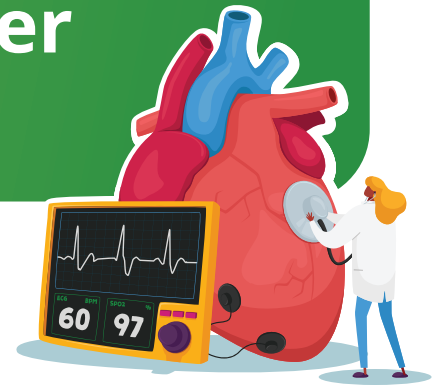


Keep Your Heart Healthy After a Heart Attack



A heart attack happens when blood flow that brings oxygen to the heart becomes blocked. Making lifestyle changes and taking medicines can help you recover and protect your heart.

What changes can you make?

- **Keep a healthy weight.** Being overweight causes your heart to work harder. Aim to eat smaller portions or fewer calories, drink more water, get good sleep and manage stress.
- **Choose foods that will nourish your body.** Eat healthy, low-fat meals with less salt and sugar. Fruits, vegetables and foods with fiber can help prevent heart disease.
- **Stay active.** Do at least 30 minutes of movement such as walking, biking or swimming 5 days per week.
- **Quit smoking if you smoke.** Plan a quit date and get help through counseling. Ask your doctor about products that can help you quit smoking such as nicotine patches, gums or lozenges. Take the first step and call 1-800-QUIT-NOW (1-800-784-8669) for FREE support.

Which medicine might you need?

To prevent another heart attack	Beta blockers slow down the heartbeat, lower blood pressure and make the heart work less. Beta blockers include metoprolol and bisoprolol .
To prevent damage to the blood vessels	High blood pressure can damage blood vessels. Some people may need more than one medicine to lower blood pressure. These medicines include hydrochlorothiazide , lisinopril and amlodipine .
To prevent blood clots	Common blood thinners include aspirin and clopidogrel .
To reduce cholesterol	Statins prevent fatty buildup from forming, growing or breaking off to block blood vessels. Common statins include atorvastatin and rosuvastatin .

Talk to your doctor about making lifestyle changes to help keep your heart healthy. If you have questions, call OneCare Customer Service toll-free at **1-877-412-2734 (TTY 711)**, 24 hours a day, 7 days a week. We have staff who speak your language. Visit us at www.caloptima.org/health-insurance-plans/onecare.