

## CARDIAC CARE

# Congestive Heart Failure and Exercise



### MODERATE EXERCISE CAN HELP YOUR HEART!

If you are at-risk for heart failure, you may think that exercise will hurt you. But, along with prescribed medication, regular exercise can help reduce how often you have difficulty breathing or feel weak. Most people have more energy and less stress after exercising. It can also lower your weight, blood pressure and cholesterol levels and can improve your circulation. Before you start to exercise, ask your doctor to help you develop the right exercise program for you. The best exercises to help prevent heart failure are:

- Aerobic activities
- Walking
- Biking
- Swimming

Your doctor may want you to have a stress test. This test measures the strength of your heart when you are walking on a treadmill or riding an

exercise bike. The stress test will help you judge how much activity is safe for your heart.

### AVOID EXERCISING:

- right after eating
- right after taking medication
- in hot or humid weather
- in cold weather
- if you don't feel well
- if you feel short of breath
- if you have chest pain
- if you get nauseated, dizzy or lightheaded.

### HERE'S A SIMPLE, AT-HOME EXERCISE PROGRAM:

- Wear comfortable clothing and flat shoes or sneakers.
- Warm up first. Spend 5-10 minutes stretching and walking at a slow pace.
- Start off slow. Walk or ride a stationary bike at a comfortable pace. If you get tired after 2 minutes, stop and rest.

- After resting for 1-2 minutes, try to walk or ride again for another 2 minutes. Repeat this five times, for a total of 10 minutes. Or, if you prefer, you can exercise a couple of times a day.
- To increase the amount of time you exercise, add a minute or two every week.
- Eventually you will reach your goal of exercising 5-7 days a week for 30-40 minutes a day (if your doctor says it's safe).
- Remember to always cool down when you're done exercising. Just repeat what you did to warm up.

**STOP** exercising immediately if you get chest pain or discomfort, shortness of breath, lightheadedness, dizziness or nausea.



**FOR MORE INFORMATION** about cardiac health, call Care Management 1.800.414.6641 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះមាននៅក្នុងភាសាខ្មែរ និងភាសាសំស្ក្រឹត និងភាសាអង់គ្លេស។ សម្រាប់ព័ត៌មានបន្ថែម សូមទូរស័ព្ទទៅលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់សូមទូរស័ព្ទទៅលេខ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).