

Wellness Today

Spring 2025

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Tips**

SilverSneakers®

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CarePlus
HEALTH PLANS®

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Cybersecurity Awareness



Cybersecurity awareness is crucial in today's digital world. The internet is full of useful digital tools and resources, but don't fall victim to scams! Following some basic internet safety practices can help ensure that your online experience is safe and enjoyable.



Tips to follow:

1. **Don't click on links in emails** from unfamiliar senders. Be wary of any strange or unexpected messages, even if it's from someone you know.
2. **Don't open any attachments** unless you know the sender and were expecting them to send it.
3. **Ignore unsolicited phone calls** and "robocalls."
4. **Don't respond to or click on** pop-up windows on your phone or computer.
5. **Don't conduct any transaction** involving personal information while using a public (or unsecured) network.

Source: [Improving Personal Cybersecurity: 5 Tips for Seniors \(ncoa.org\)](https://www.ncoa.org/article/improving-personal-cybersecurity-5-tips-for-seniors)

Protect Yourself this Flu Season



Flu shots are covered for our members. Stay safe and healthy this flu season by getting your annual flu shot. Contact your primary care physician today to set up an appointment to administer the flu shot or request a flu shot during your annual wellness visit.

You can also go to any in-network pharmacy and present your CarePlus member ID card along with your photo identification. Search for in-network pharmacy locations by using our [Pharmacy Finder tool](#) or requesting a copy of our printed bilingual directory [here](#).



Promoting Heart Health

Managing High Blood Pressure and Cholesterol through Diet

Maintaining heart health is important for overall well-being. Two factors that may contribute to cardiovascular disease are high blood pressure (hypertension) and elevated cholesterol levels.

Understanding these conditions and adopting a heart-healthy diet can significantly reduce the risk of heart-related issues.

Understanding High Blood Pressure and Cholesterol

High blood pressure (hypertension) occurs when the force of blood against the artery walls is consistently too high. This condition can lead to serious health problems, including heart disease, stroke, and kidney failure.

Cholesterol, a fatty substance found in the blood, is essential for building healthy cells. However, high levels of low-density lipoprotein (LDL) cholesterol can lead to plaque buildup in arteries, increasing the risk of heart disease and stroke.

Dietary Recommendations for Heart Health

Adopting a balanced and nutritious diet is useful in managing both high blood pressure and cholesterol levels. **Here are some recommended dietary strategies:**



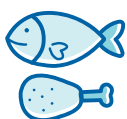
1. Eat More Fruits and Vegetables

Fruits and vegetables are rich in essential vitamins, minerals, and fiber. They help lower blood pressure and cholesterol levels. Aim for at least five servings of a variety of colors daily.



2. Choose Whole Grains

Whole grains like oats, brown rice, and whole wheat bread provide more fiber and nutrients compared to refined grains. Fiber helps reduce LDL cholesterol and maintain healthy blood pressure levels.



3. Opt for Lean Proteins

Incorporate lean protein sources such as skinless poultry, fish, legumes, and nuts. Fatty fish like salmon and mackerel are high in omega-3 fatty acids, which are beneficial for heart health.



4. Limit Saturated and Trans Fats

Reduce consumption of saturated fats found in red meat and full-fat dairy products, and avoid trans fats present in many processed and fried foods. These fats can raise LDL cholesterol levels and increase heart disease risk.



5. Reduce Sodium Intake

Excess sodium contributes to high blood pressure. Limit sodium intake by avoiding processed foods, using herbs and spices for seasoning, and choosing low-sodium alternatives.



6. Incorporate Healthy Fats

Use healthy fats such as olive oil, avocado, and nuts instead of butter or margarine. These fats help improve cholesterol levels and support overall heart health.



7. Low Alcohol Consumption

Excessive alcohol intake can raise blood pressure and contribute to high cholesterol levels. Ask your doctor how much alcohol is okay for you, if any.

A heart-healthy diet plays a vital role in managing high blood pressure and cholesterol levels, which can reduce the risk of cardiovascular diseases.

By making healthy dietary choices and maintaining a balanced lifestyle, individuals can positively impact their heart health and overall quality of life.

Sources: 1. American Heart Association. (2023). [Healthy Eating for a Healthy Heart](#). 2. Mayo Clinic. (2023). [High Blood Pressure \(Hypertension\)](#). 3. National Heart, Lung, and Blood Institute. (2023). [Cholesterol](#).

Consult your doctor before beginning any new diet or exercise regimen.



Upgrade Your Breakfast



Looking for a way to add whole grains in your diet?

Oats are a great source of whole grains, and they're very versatile. You can make classic oatmeal, steel-cut oats, overnight oats, baked oatmeal, and more!

Plus, you can add seasonal fruit and nuts to make a well-rounded meal.

Visit [Sharecare](#) for some ideas for how you can upgrade your oatmeal.



Virtual Classes with SilverSneakers®

Are you using your SilverSneakers fitness benefit?

All CarePlus members can enjoy free access to participating gyms, community classes, on-demand workout videos, and even live classes online.

If you haven't tried live online classes with SilverSneakers, you may want to!

- Participate from the comfort of home.
- You won't be seen on camera, but you can join an optional group chat.
- Instructors cater to all skill levels.
- Choose from a large variety of fun and interactive classes.

Here are just a few of the online classes and coaches you may be able to join:

Gentle Stretch with Coach Will



Seated Strength with Coach Caroline



Yoga Flow with Coach Michelle



Walking for Wellness in English and Spanish with Coach Maria



Find upcoming classes and RSVP today!

[Get Started](#)

Consult your doctor before beginning any new diet or exercise regimen. All product names, logos, brands and trademarks are property of their respective owners, and any use does not imply endorsement.

Guided Stretch Exercise



Need an Easy Way to Improve Your Mobility?

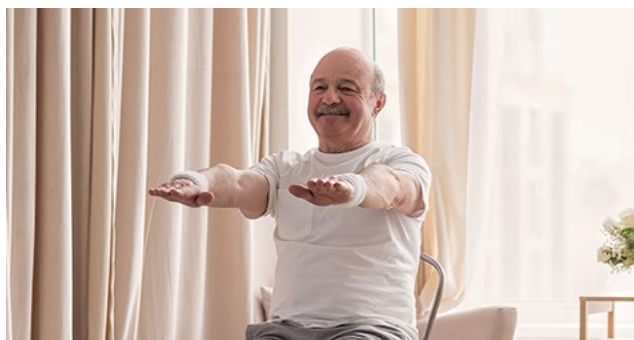
The best stretches are ones you can do whenever, wherever, including from the comfort of a couch or chair. Adding this simple seated stretch to your routine is a fantastic way to relieve neck and shoulder tension.

Seated Stretch: Ear-to-Shoulder

- Sit tall in a chair with your feet flat on the floor and arms relaxed at your sides.
- Without turning your head, drop one ear toward your right shoulder. Go as far as you can without straining or lifting your shoulder.
- If comfortable, use your right hand to gently pull your head down and deepen the stretch.
- Hold for 15 seconds while taking slow, deep breaths.
- Switch sides and repeat.
- Do 2 or 3 holds on each side.

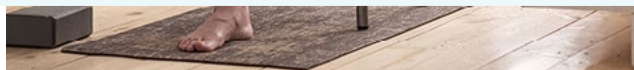
Incorporating seated stretches like this into your daily routine is a great way to maintain your flexibility and mobility.

As you try new stretches, see how your body feels. Once you know which stretches feel best for you, include them in your weekly routine.



“If a car is not driven and is left in the backyard, it will eventually rust and fall apart. But if driven regularly and maintained properly, it can operate at a high level of performance for many years.”

– Pete McCall, C.S.C.S.



Source: [10 Total-Body Stretches You Can Do from a Chair - SilverSneakers](#).
Consult your doctor before beginning any new diet or exercise regimen.



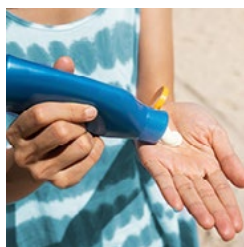
Spring and Summer Health Tips: Staying Safe and Well

As the weather warms up, spring and summer offer plenty of opportunities for outdoor activities and improved well-being. **To make the most of these seasons while maintaining good health, consider the following tips:**



1. Stay Hydrated

Warm temperatures increase the risk of dehydration. Aim to drink at least eight glasses of water daily, and more if you are active outdoors. Carry a reusable water bottle to help you stay hydrated throughout the day.



2. Protect Your Skin

Sun exposure can lead to sunburn and increase the risk of skin cancer. Use a broad-spectrum sunscreen with an SPF of 30 or higher, wear protective clothing, and seek shade during peak sunlight hours (10 a.m. to 4 p.m.).



3. Manage Allergies

Spring often brings pollen and other allergens. To reduce symptoms, keep windows closed during high pollen days, use air purifiers, and consider consulting a healthcare provider for appropriate allergy treatments.



4. Maintain Physical Activity

Engage in regular exercise to boost cardiovascular health and overall well-being. Activities such as walking, cycling, swimming, and gardening are excellent ways to stay active while enjoying the pleasant weather.



5. Practice Food Safety

With increased outdoor cooking and picnics, it's important to handle food safely to prevent foodborne illnesses. Keep perishable foods refrigerated, cook meats to safe temperatures, and avoid cross-contamination by using separate utensils for raw and cooked foods.



6. Stay Safe During Recreational Activities

Whether hiking, swimming, or participating in water sports, prioritize safety. Wear appropriate gear, follow guidelines, and be aware of your surroundings to prevent accidents and injuries.

By following these health tips, you can enjoy a vibrant and healthy spring and summer season. Prioritize hydration, sun protection, and safe practices to enhance your well-being and make the most of the warmer months.

Sources: 1. Centers for Disease Control and Prevention. (2023). [Four Steps About Food Safety](#). 2. American Academy of Dermatology Association. (2023). [Sun Protection](#). 3. Mayo Clinic. (2024). [Allergy Tips](#).



Financial Assistance

If you have limited income and assets, **you may be eligible for assistance from state and federal programs** that pay for all or part of your monthly premiums, annual deductibles, and copays.

CarePlus Social Services can help you learn if you qualify for programs such as Medicaid, SNAP (food stamps), Long-Term Care, Cash Assistance, and Extra Help with Medicare Prescription Drug Plan costs.

Our Social Services team is ready to help you with the application process at no cost to you. Call us for more information. **855-392-3900 (TTY: 711)** Monday – Friday, 8 a.m. to 5 p.m.

In The Community

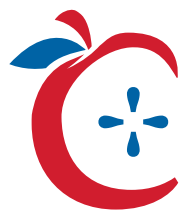
We recently started hosting CarePlus Community Connections health education classes.

Here are some photos from a recent event at **Engelwood Neighborhood Center in Orlando**. We enjoyed meeting with CarePlus members and other members of the community while sharing heart-healthy tips on how to decompress from stress.

If you have questions or are interested in learning about upcoming events, please email us at CarePlusCommunityConnections@CarePlus-HP.com.



**We hope you
enjoyed reading
Wellness Today!**



What do you want to see in the next edition?
To let us know, complete this form.

In the meantime, please stay in touch with CarePlus on Facebook.



CarePlusHealthPlans



For questions about your plan, please call Member Services at the phone number on the back of your CarePlus member ID card.

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