

Member Newsletter

February is Heart Health Month



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A Heart to Heart Talk

Every February, we celebrate American Heart Month by wearing red. Community Care Plan wants to make sure that YOU are taking care of your heart. We know that COVID-19 has had a big impact on all our lives, which is why now more than ever it is important to discuss six key things you can do to be heart-healthy.

- 1. Eat a heart-healthy diet and stay at a healthy weight.**
That means eating lean meats or fish, filling up on lots of veggies, and cooking with healthy fats. For some, the stress of COVID-19 may mean more snacking between meals. If that sounds like you, try fresh fruit, low-fat dairy products and whole grains. Try, for example, peanut butter and celery or a piece of cheese and an apple.


- 2. Exercise at least 30 minutes each day most days of the week.**
Even climbing stairs at home, working in your garden, or taking the dog for a walk can be heart-healthy and socially distant.


- 3. Get enough sleep.**
Most adults need about seven hours a night of quality sleep. Studies show adults who don't get enough sleep may be more at risk for high blood pressure, obesity, and heart disease. Some tips include setting up a sleep schedule and sleeping in a dark, quiet room.


- 4. Manage stress.**
Eating healthy and exercise will help with this too. You can also try deep breathing exercises and meditation.


- 5. Don't smoke, vape or use tobacco.**
Tobacco and nicotine can cause damage to the vessels around your heart. Visit www.tobaccofreeflorida.com for help to quit.


- 6. See your doctor for regular check-ups.**
We know that fears of COVID-19 may be keeping you from going to your doctor's office. But yearly exams are important to monitor blood pressure, weight and heart health. Community Care Plan covers these visits at no cost. If you need help finding a doctor, our Customer Service Team is ready to help you.





Health Tips for Pregnant Women During COVID-19

The Center for Disease Control and Prevention (CDC) has found pregnant women are more likely to get very ill from COVID-19. COVID-19 can also cause preterm birth. Community Care Plan wants to keep pregnant women and their unborn babies safe. Here are some tips for preventing COVID-19 before, during, and after pregnancy and after your baby is born.

- ▶ Stay six feet away from people who do not live with you. When you are out, wear a mask. Keep away from people who are not wearing a mask or ask them to wear one when they are with you. 
- ▶ Wash your hands using soap and water for at least 20 seconds or use a hand sanitizer that has at least 60% alcohol. This will not only help prevent COVID-19 but other infections as well. 
 - Always wash your hands after:
 - Using the bathroom
 - Touching pets
 - Making and eating food
 - Touching dirt or soil and gardening
 - Diaper changes
 - Getting saliva (spit) on your hands
 - Caring for children/playing with children
 - Touching raw meat, raw eggs, or unwashed vegetables
- ▶ Do not skip your prenatal care visits – regular prenatal care visits are important to check the health of you and your baby. 
- ▶ Call your health care provider if you:
 - Have any signs of COVID-19
 - Think you have been around someone who has COVID-19
 - Have any questions about your pregnancy

While we are all talking about COVID-19 these days, there are a few other important things the CDC suggests to prevent infection in pregnant women and those who could get pregnant. 

- ▶ Avoid unpasteurized foods; milk and soft cheeses (queso fresco or feta as they can have harmful bacteria) 
- ▶ Have a cat? Ask a family member or friend to clean the litter box. Cat litter can have a parasite that can harm your baby. This is also true for wild and pet droppings from mice, hamsters, and guinea pigs. 
- ▶ Get tested for sexually transmitted diseases (STDs) and protect yourself from them.
 - Some STDs you should test for are HIV and Hepatitis B.
 - If you do have an STD and are pregnant, talk to your doctor about ways to lower the chance of your baby getting sick.
- ▶ Get tested for Strep B.
 - You might not feel sick, but about one in four women have Strep B bacteria. Talk to your doctor about getting tested and how to protect your baby.
- ▶ Get vaccinated.
 - Vaccines are suggested before, during, and after pregnancy.
 - Please talk to your doctor about which ones are right for you.

