



HEART SMART
with LIVESMART

**CHECK IT.
CHANGE IT.
CONTROL IT.**

WHAT IS HEART SMART?

Heart Smart is a LIVESMART program that helps ONI affiliate employees and family members more successfully prevent and manage hypertension. Provided at no charge, this program connects you with a LIVESMART Health Coach who will help you identify the lifestyle areas that may be negatively affecting your blood pressure and create a plan that will aid in optimizing blood pressure levels.

GETTING STARTED

1. ENROLL IN HEART SMART with LIVESMART

Complete an enrollment form onsite with your LIVESMART Health Coach or online at www.livesmartoni.com/heartsmart

2. ENGAGE IN SUPPORT

Your LIVESMART Health Coach will reach out to you to assist you in managing your blood pressure and monitor your progress by connecting 4-6 times throughout the year. You will receive education materials and personalized nutrition & exercise recommendations during the program.

3. EXPERIENCE RESULTS

Through participation in the program, you may enjoy improved blood pressure readings, reduced risk of health complications and better quality of life. You will, also, receive LIVESMART campaign credit after the completion of this campaign.

*The information found in this guide and provided during the course of this program does not take the place of advice from your healthcare provider.

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GET HEART SMART WITH LIVESMART

1 CHECK IT

Start to improve your blood pressure by checking it more regularly and recording the results. Review your log with your LIVESMART Health Coach who will help you identify trends and lifestyle factors that could be affecting your blood pressure.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

2 CHANGE IT

Once you have taken a deeper look at the trends of your blood pressure, work with your LIVESMART Health Coach to identify the lifestyle areas that may be affecting your blood pressure.

LIFESTYLE AREAS

- ☐ Lose Weight
- ☐ Manage Stress
- ☐ Optimize Sleep
- ☐ Quit Tobacco
- ☐ Control Other Chronic Conditions
- ☐ Exercise moderately for 150 minutes per week or vigorously for 75 minutes per week

3 CONTROL IT

After implementing strategic changes to your lifestyle, track progress of health metrics with your LIVESMART Health Coach. Optimal control of blood pressure helps to reduce your risk of stroke, heart attack and other complications.

CONTINUE TO

- ☐ Monitor blood pressure consistently
- ☐ Follow DASH diet (see pages 3 & 4)
- ☐ Keep caffeine and alcohol intake to moderate level
- ☐ Take medication as prescribed
- ☐ Follow up with primary care physician regularly
- ☐ Check in with LIVESMART Health Coach at each coaching event

THE DASH DIET

DIETARY APPROACHES TO STOP HYPERTENSION

DASH is a method of healthy eating that helps treat to prevent high blood pressure through eating less sodium and more foods high in potassium, calcium, and magnesium.

BENEFITS



Lower blood pressure



Help prevent heart disease stroke, diabetes, cancer, and osteoporosis



Lose weight

MORE

Fruits
Vegetables
Fat-free and low-fat milk and dairy products
Whole grains
Lean sources of protein, fish, poultry, and nuts



DASH DIET BASICS



LESS

Saturated fat
Total fat
Cholesterol
Sodium and processed foods
High fat meats
Sugar, sweets, and sugar-sweetened beverages

DASH EATING PLAN

FOOD GROUP	SERVINGS PER DAY			SERVING SIZES	EXAMPLES
	1600 CALORIES	2000 CALORIES	2600 CALORIES		
GRAINS MOSTLY WHOLE GRAINS Major source of energy and fiber	6	6-8	10-11	1 slice bread 1 oz dry cereal 1/2 cup cooked rice, pasta, or cereal	Whole wheat bread, rolls, or pasta. English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn
VEGETABLES Rich sources of potassium, magnesium, and fiber	3-4	4-5	5-6	1 cup of raw leafy veggies 1/2 cup cut-up raw or cooked veggies 1/2 cup veggies	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes
FRUITS Rich sources of potassium, magnesium, and fiber	4	4-5	5-6	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 1/2 cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit (or juice), mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines.
FAT-FREE OR LOW-FAT MILK OR MILK PRODUCTS Major sources of calcium and protein	2-3	2-3	3	1 cup milk or yogurt 1 1/2 oz cheese	Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt
LEAN MEATS POULTRY & FISH Rich sources of protein and magnesium	3-6	4-6	6	1 oz cooked meat, poultry, or fish 1 egg	Select only lean meats; trim away visible fat; broil, roast, or poach' remove skin from poultry
NUTS, SEEDS, AND LEGUMES Rich sources of energy, magnesium, protein, and fiber	3 PER WEEK	4-5 PER WEEK	1	1/3 cup or 1 1/5 oz nuts 2 Tbsp peanut butter 2 Tbsp or 1/2 oz seeds 1/2 cup cooked legumes (dry beans or peas)	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas
FATS & OILS	2	2-3	3	1 Tbsp olive oil 1 Tbsp low-fat mayonnaise 1 Tbsp low-fat salad dressing 1/3 of whole avocado	Vegetable oil (canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing
SWEETS & ADDED SUGARS	0-1	0-1	≤2	1 Tbsp sugar 1 Tbsp jelly or jam 1/2 cup sorbet, gelatin 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

Whole grains are recommended for most grain servings as a good source of fiber and nutrients.
 The information found in this guide does not take the place of the advice from your health care provider.
 Abbreviations: oz = ounce; Tbsp = tablespoon; tsp = teaspoon

Source: US Department of Health and Human Resources, National Institute of Health. National Heart, Lung, and Blood Institute. (2006).
 Your Guide to Lowering Your Blood Pressure with DASH (NIH Publication No. 06-4082).