



➤ Women's health & maternity care

January

What's your health age?

Good health can make you feel younger. So take charge of yours now. It's easy with Momentum, powered by Moda. Use this secure healthy living dashboard to identify health risks, make goals and see improvements. Tap in anytime to:

- Take a health assessment and learn your "health age"
- Plug into lifestyle apps, like Blood Pressure Tracker and Weight Tracker
- Research symptoms and conditions
- Set goals and track progress
- Create a Family Health Record
- Find health content and resources

To get started, simply visit modahealth.com and log in to your myModa account. If you don't have an account, create one using your member ID. Then, look for the "Momentum, powered by Moda Health" link.

Fight women's no. 1 health threat

Heart disease is the no. 1 cause of death. It's also the no. 1 women's health threat. Whether you're a man or a woman, you can take charge of your heart health. Start by making healthy choices like these:

- Don't smoke. If you smoke or use other tobacco products, ask your doctor to help you quit. Avoid secondhand smoke, too.
- Eat a healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Stay away from saturated fat and sodium.
- Take care of chronic conditions. If you have high cholesterol or blood pressure, follow your doctor's advice. If you have diabetes, keep your blood sugar under control.
- Get moving every day. Even light activity, such as gardening, makes a difference.

- Stay at a healthy weight. Extra pounds increase your risk of heart disease.
- Drink less. If you enjoy alcohol, do so in moderation. Too much can raise your blood pressure.
- Manage stress. Always on edge? Your health could suffer. Learn how to reduce stress and deal with it in healthy ways.

Source: Mayo Clinic CDC, <http://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>

Seven tips to prevent birth defects

Each year, about 150,000 children in the U.S. are born with birth defects. No one knows what causes some of these problems. But we do know that certain things can help you have a healthy pregnancy and healthy baby. If you are pregnant or planning to try, follow these tips:

- Get early, regular prenatal care.
- Stay healthy and eat a balanced diet, even before pregnancy.
- Take a daily multivitamin. It should include 400 mcg of folic acid and B vitamins.
- Don't take risks. Stay away from alcohol, tobacco, illegal drugs and caffeine.
- Have a yearly gynecological exam.
- Don't drink unpasteurized milk or eat raw meat.
- Are you over 35? Do you have a history of birth defects in your family? See a genetic counselor and consider screenings for birth defects.

Source: American Pregnancy Association

Health plans in Oregon, Washington, Alaska provided by Moda Health Plan, Inc. Health plans in California provided by Moda Health Plan, Inc. dba Moda Health Insurance. 7418571 (1/15)
*Health coaching programs may not be included in all benefit plans

Moda Health offers its members free one-on-one health coaching
Call 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.

♥ **get your health on**