



Let's Move
by UnitedHealthcare®



Healthier heart action plan

Area(s) I most need to improve for better heart health: _____



Eat heart smart — Figure out which foods to add or replace, and create a realistic eating goal for yourself. Consider working with a registered dietitian for help creating a tailored plan.

Specific nutrition goal: _____

Steps needed to reach goal: _____

When/where/how much/how often: _____

Target date to complete: _____

How I'll track my progress: _____



Stay physically active — Get moving in ways that feel good and are right for you and your body. Coordinate with your health care providers and exercise experts to determine the level of intensity, amount and type that is a good fit for your needs.

Specific activity goal: _____

Steps needed to reach goal: _____

When/where/how much/how often: _____

Target date to complete: _____

How I'll track my progress: _____



Manage stress — Identify ways you can manage your stress in healthy ways every day. Experiment with different techniques to see which ones work well for you.

Specific stress management goal: _____

Steps needed to reach goal: _____

When/where/how much/how often: _____

Target date to complete: _____

How I'll track my progress: _____



Get enough sleep — Prioritize sleep hygiene by creating a routine.

Specific sleep routine goal: _____

Steps needed to reach goal: _____

When/where/how much/how often: _____

Target date to complete: _____

How I'll track my progress: _____

I'll celebrate when I reach my goal(s) by: _____

When I'll revisit my goals and adjust as needed: _____

This communication is going to eligible members and is not intended to imply the recipient has a specific condition or disease.

This information is for educational purposes only and is not a substitute for the advice of a doctor. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.