

NATIONAL HEART, EYE, & VISION HEALTH MONTH - FEBRUARY 2024

LET'S TALK ABOUT CARING FOR YOUR HEART

[Heart disease types, risks, and symptoms | UnitedHealthcare \(uhc.com\)](#)

Caring for your heart can be a big step forward for your health. Knowing what heart disease is and how it works may help you on your way. Because it may be possible to prevent heart disease. And it may be in reach for you.

DIETARY APPROACHES TO STOP HYPERTENSION (DASH) EATING PLAN TIPS

[DASH eating plan tips | UnitedHealthcare \(uhc.com\)](#)



The DASH eating plan is in line with dietary recommendations to help prevent osteoporosis, cancer, heart disease, stroke, and diabetes. DASH was not intended as a weight loss tool; however, because it has an emphasis on real foods, heavy on fruits and vegetables, balanced with the right amount of protein, DASH may be a weight loss solution. DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

HEART HEALTHY DIET SUPPLEMENTS

[Heart healthy diet supplements | UnitedHealthcare \(uhc.com\)](#)

Some foods and dietary supplements may help lower blood pressure or blood cholesterol levels. Be sure to check with your doctor to find out what diet changes and supplements are right for you.

HEALTHY EYES HELP SUPPORT A HEALTHY BODY

[Eye health | UnitedHealthcare \(uhc.com\)](#)

You may know that maintaining a healthy diet and regularly moving your body is good for your health, but did you know it may also be good for your eyes, too? Zinc and omega-3 fatty acids and protein found in salmon and tuna, along with eggs and fruits and veggies (particularly spinach) are great for eye health, as is getting regular exercise and adequate sleep. There are other ways you might protect and preserve your eyesight as you age.



COMPUTER VISION SYNDROME

[Computer vision syndrome symptoms and causes | UnitedHealthcare \(uhc.com\)](#)

Whether it's at the end of a long workday in front of the computer or after hours of using your phone or streaming TV shows, your body and brain may be ready for a break when screen time has taken over your day. You may not realize that your eyes need one, too. Computer vision syndrome, also referred to as digital eye strain, is a group of eye discomfort issues and vision problems may result from prolonged digital screen use.



Health Engagement Nurses Wendy & Whitney –

As Health Engagement Nurses, Wendy and Whitney are available to help you and your family make better health care decisions, refer you to appropriate wellness programs and services, and demonstrate how to navigate UnitedHealthcare tools and resources. They want to help you find a Primary Care Physician and encourage you to schedule your annual wellness visit. Contact the Health Engagement Nurses for more information!

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