



TAKE CARE OF

# YOUR HEART



*Tips for staying  
heart healthy*

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Brought to you by the ODS Cardiac Care Program



## CARDIAC PROBLEMS CAN BE MANAGED

It may not seem easy at times, especially with so many medications, but you can manage your heart's health.



## TAKE YOUR MEDICATIONS REGULARLY

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Your medication only lasts a certain amount of time in your body. It's really important to take it regularly.

## WHAT HAPPENS IF I MISS A DOSE?

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Missing a dose interrupts the positive changes the medication is making in your body. When you miss doses, the healthy changes that the medication makes in your body are interrupted.

## KEEP TAKING YOUR MEDICATIONS

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Remember:

- » Take your medication exactly as directed by your doctor even if you feel fine and do not notice any symptoms.
- » Do not take more of the medication or take it more often than what your doctor prescribed.
- » If you miss a dose of medication, take it as soon as possible. If it is almost time for the next dose, skip the missed dose and return to your regular dosing schedule. **Do not double-dose.**
- » Do not stop taking your medication unless directed by a doctor.
- » It may take several days to get a refill from your doctor. Be sure to refill your prescriptions early.

## TALK TO YOUR DOCTOR

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Talk to your doctor if any of these statements apply to you:

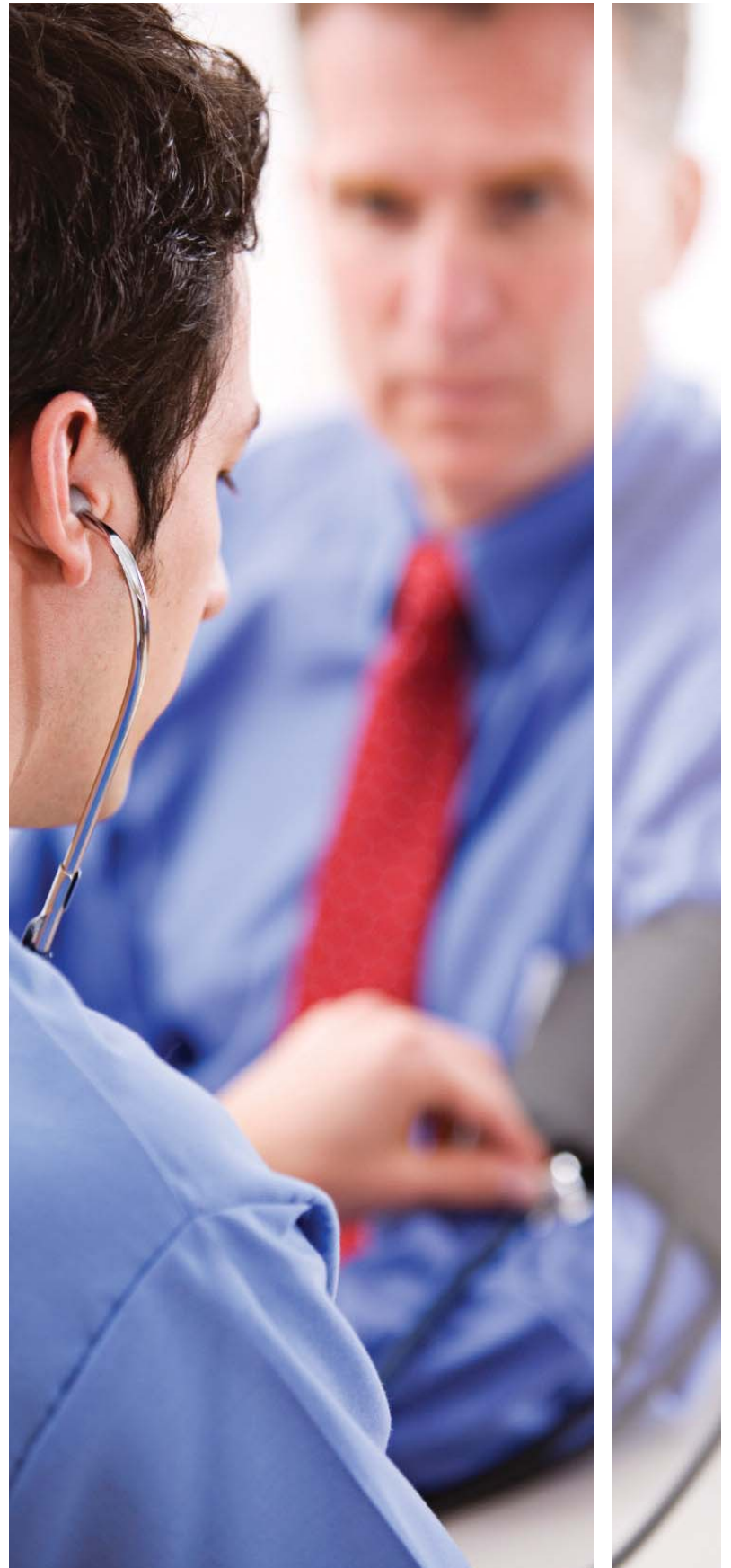
- » I sometimes forget to take my medication.
- » I am sometimes careless about taking my medication.
- » When I feel better, I sometimes stop taking my medication.
- » I feel worse after taking a dose of my medication.
- » Sometimes I forget to refill my prescriptions.

## ASK YOUR DOCTOR THE RIGHT QUESTIONS

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It's important to understand the medications you're taking. Here are some questions to ask your doctor:

- » How will this medication help me?  
What does it do?
- » Why do I need this medication?
- » How often do I need to take it?
- » What are the side effects?
- » What will happen if I do not take it as instructed?
- » Do I need to adhere to a specific diet while taking this medication?
- » Can I drink alcohol?



## FIND HELPFUL INFO ONLINE WITH myODS.

Log in to your member website, myODS, at [www.odscompanies.com/members](http://www.odscompanies.com/members). You'll find benefit and claims information and get access to health resources, such as e-mailing a doctor or calling a nurse 24 hours a day.\*



### WOULD YOU LIKE TO WORK ONE-ON-ONE WITH A PERSONAL HEALTH COACH?

ODS provides free coaching to help you understand and manage your heart health. Your health coach will answer your questions and help you set and meet health goals. Plus, as an active participant, you will receive a free gift.

If you have any questions or would like to join the coaching program, contact us:

Portland metro: **503-948-5548**

Toll-free: **877-277-7281**

TDD/TTY for the hearing and speech impaired: **800-433-6313**

[cardiac@odscompanies.com](mailto:cardiac@odscompanies.com)

*\*Not all plans include all options.*