

## Staying active with ALS

Not only can exercise be fun, it can help your health. Exercise is recommended for people living with amyotrophic lateral sclerosis (ALS) because it aids in maintaining independence. It can help in other ways as well. It is good for joint health, can boost your mood, give you more energy, and help you sleep better at night. Exercise can also help you feel you are doing something positive to help your ALS.

It is true that the goals of exercise are different with ALS. But that does not mean it can't help you. The hope is to stay strong, mobile, and flexible for as long as you can.

So, what should those with ALS keep in mind when thinking about exercise and staying active? Stretching is a great way to keep your limbs mobile. Try range of motion exercises to help keep your muscles and joints limber. When muscles are weak, it can be hard to move a limb to stretch muscles and joints. It is important to ask a caregiver for help. Train your breathing to keep your lungs strong. Talk to your doctor about which activities are right for you.

Cramps and spasms are also common with ALS. This is because with ALS the nerves that control movement don't work correctly. Cramps and spasms can be painful, but there are things you can do to help control them. Try these tips:

- Make sure to drink plenty of water—before, during, and after activity.
- Take time to stretch.
- If you have poor circulation, keep the affected area warm.
- Massage your muscles before and after activity.
- Try both heat and cold on the affected area (no more than 20 minutes at a time).
- Do what activity you can, at the pace you can.
- Rest when you need to.

You can also ask your doctor about physical therapy. A therapist can suggest helpful exercises and tell if special equipment, like a splint or brace, might help.

Still have questions about exercise and staying active? Give your program nurse a call!

### **Next month is ALS Awareness Month!**

Spread the word! It's a great time to teach those around you more about ALS. In May, join in for ALS Awareness Month through the ALS Association at [www.als.org](http://www.als.org).

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1401.169

**Accordant**<sup>®</sup>

♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with CIDP

Do you exercise? Staying active is a must for good health. This is true for people living with chronic inflammatory demyelinating polyneuropathy (CIDP). Activities that promote muscle strength and endurance are important for those with CIDP. So are balance exercises that can help lower your risk of falls. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can also even help lower your risk of illnesses like diabetes and heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you. With CIDP, it's important that you don't over exert yourself.

Types of exercise that can be good for those with CIDP may include:

- Passive: gentle body movement with a helper. Helps blood flow and range of motion.
- Active-assisted: you do some of the movement. Someone else helps.
- Active (no gravity, gravity reduced, and against gravity):
  - No gravity: for example, lift your knee towards your chest while lying down.
  - Gravity reduced: you move partly against gravity (bend your hip).
  - Against gravity: you move fully against gravity (bend your hip while standing).
- Resistive: work against light weights, stretchy bands, or your body weight.
- Gentle stretching and low-impact efforts like pool exercises, walking, and bicycling are good choices.
- Your doctor may suggest you see a physical therapist. They can tell you what type of activity is right for you.

Still have questions about exercise and staying active? Give your program nurse a call!

### **Next month is GBS/CIDP Awareness Month!**

Spread the word! It's a great time to teach those around you more about CIDP. Join in through the GBS/CIDP Foundation at <https://www.gbs-cidp.org>.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1402.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

### Staying active with Cystic Fibrosis

Do you exercise? Staying active is a must for good health. This is especially true when you have a long-term health issue like cystic fibrosis (CF). Regular exercise can make your muscles, joints, and bones stronger. Exercise can help to clear mucus from your lungs and improve your lung function. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with CF keep in mind when thinking about exercise?

- If you are unwell or having a flare-up please hold off on exercise.
- Your doctor may suggest an exercise test. This will help to figure out the best activities for you.
- If you have CF-related diabetes (CFRD) you should work with your doctor to make a diet and exercise plan that works for you.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

## Next month is CF Awareness Month!

Spread the word! It's a great time to teach those around you more about CF. Join in for CF Awareness Month through the CF Foundation at

<https://www.cff.org/intro-cf/cf-awareness-month>.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1403.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with Gaucher

Do you exercise? Staying active is a must for good health. This is true for people living with Gaucher disease. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with Gaucher keep in mind when thinking about exercise? There is a lot you can do, but keep these things in mind:

- If your spleen is bigger than normal, it's best to avoid contact sports. This will lower your chances for a bleed.
- If your platelet count is low, avoid contact sports.
- If you have had a knee or hip replacement, skip high-impact sports. This includes jogging or downhill skiing, for example.
- Swimming is especially good. It strengthens your muscles without straining your joints. It is also good cardio.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call! Also, visit the National Gaucher Foundation website at [www.gaucherdisease.org](http://www.gaucherdisease.org) for tips and videos to help you build bone and muscle strength.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1404.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

### Staying active with Hemophilia

Do you exercise? Staying active is a must for good health. This is especially true when you have a long-term health issue like Hemophilia. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for joint bleeds, as well as illnesses like diabetes and heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with hemophilia keep in mind when thinking about exercise?

First, take these steps to keep yourself healthy and safe:

- First discuss your exercise plan with your doctor for approval.
- Think about the kinds of exercise you like, and your goals.
- With your doctor, make an activity plan. Include any impacts on your factor dose.
- Stick to your doctor's hemophilia drug treatment.
- Check your personal history—do you have any muscle or joint issues from a past bleed?
- Choose your activities with care. Sports where you could fall or run into others are high-risk.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1405.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with lupus

Do you exercise? Staying active is a must for good health. This is also true for people living with lupus. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, help you think more clearly, and help you sleep better. Exercise can help with weight control (especially if you take steroids). It can even lower your risk for diabetes, high blood pressure, high cholesterol, heart disease, or osteoporosis.

Many types of exercise can be good for those with lupus.

- Exercises that raise your heart rate and make you breathe faster are great for beating fatigue.
- Low-impact activities like swimming are easy on joints and help you stay flexible.
- Walking and biking can make your muscles, bones, heart, and lungs strong.
- Yoga, strength training (using weights) and resistance exercises (using stretchy bands) build core muscles and improve balance.

Remember to stretch before and after working out. Here are more tips:

- Start slowly. Drink plenty of water.
- Exercise at the time of day you have the most energy. Allow time for rest breaks.
- If you go to a gym, wipe down equipment before using it and/or cover the pads with a towel to guard against skin infection.
- If you exercise outdoors, protect yourself from the sun—even on cloudy days. Avoid direct sunlight between 10AM–4PM. Use sun block with an SPF of 30 or higher.

Still have questions about exercise and staying active? Give your program nurse a call!

### **Next month is Lupus Awareness Month!**

Spread the word! It's a great time to teach those around you more about lupus. Join in for Lupus Awareness Month through the Lupus Foundation at <https://lupus.org>.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1406.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with multiple sclerosis

Do you exercise? Staying active is a must for good health. This is also true for people living with multiple sclerosis (MS). Regular exercise can help you manage many symptoms of MS, such as fatigue, balance issues, and problems with bladder and bowel function. It can make your muscles, joints, and bones stronger. Staying active can boost your mood, give you more energy, and help you sleep and think better. It also can help lower your risk for other illnesses like diabetes or heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with MS keep in mind when thinking about exercise?

- Remember to stretch before and after working out.
- Drink lots of water.
- Start slowly. Pick a pace that is comfortable.
- Manage fatigue. Exercise when you have the most energy. Take rest breaks.
- Try different kinds of exercise. Many types can be good for those with MS.
  - Aerobic exercise is great for beating fatigue.
  - Swimming is especially good for those with MS. It is easy on joints and keeps you flexible. It's also a great way to stay cool.
  - Walking and biking can make your muscles, bones, heart, and lungs strong.
  - Yoga or strength training (using weights) and resistance exercises (using stretchy bands) build your core muscles and improve balance.

- A physical therapist can be helpful in designing a plan that's right for you.
- Discuss your exercise routine with your doctor.

Still have questions about exercise and staying active? Give your program nurse a call!

Visit the National Multiple Sclerosis Society website and view the video, "Exercise/physical activity with MS" at [nationalmssociety.org](https://www.nationalmssociety.org).

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1407.169

**Accordant**<sup>®</sup>

♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.

## Staying active with Myasthenia Gravis

Do you exercise? Staying active is a must for good health. This is also true for people living with myasthenia gravis (MG). Regular exercise can boost your mood, improve your memory, and give you more energy. It can help you breathe better and get more restful sleep.

With MG, there may be days when you aren't able to exercise. But during times when your treatment is working and you feel well, exercise has many benefits. It can lower your risk of other diseases like diabetes and heart conditions. It can also aid in weight control. Many types of exercise are good for those with MG:

- Walking and biking can gently strengthen your heart, and lungs.
- Strength training (using weights) can strengthen your bones.
- Resistance exercises (using stretchy bands) help to strengthen muscles.
- Yoga can strengthen your core and help with balance. This lowers your risk of having a fall.

Here are some tips for exercising with MG:

- Speak with your doctor about your exercise plan.
- Exercise within your limits at the time of day when you feel best. This will help save your energy.
- Avoid getting too hot. When you can, exercise in an air-conditioned area.
- If you exercise outdoors, consider either wearing a cooling vest or garment or keeping a cooling towel nearby.
- Make sure to get enough sleep at night.
- Drink lots of water.
- Listen to your body. Take rest breaks. Stop before you wear your muscles out.

- Work out with a friend to help stay motivated.
- A physical therapist can make a plan that's best for your limits.

Still have questions about exercise and staying active? Give your program nurse a call!

The MG Foundation (now called Conquer MG) offers a helpful video called "MG & Exercise." To view, go to: <https://www.youtube.com/watch?v=fl13GH812j0>.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1408.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with Myositis

Do you exercise? Staying active is a must for good health. This is also true for people living with myositis. With myositis, there may be some days when you aren't able to exercise. But when your myositis is under control, exercise has many benefits.

Regular exercise can boost your mood, give you more energy, help you sleep better at night, and lower your risk of falls. The Myositis Association says that regular physical activity can improve your quality of life. It can even help lower your risk of illnesses like diabetes and heart disease. Exercise can aid in weight control and help to strengthen bones (important if you take steroids).

So, what should those with myositis keep in mind when thinking about exercise?

- First, make sure your doctor has reviewed your exercise program.
- Manage fatigue by working out when you have the most energy. Take rest breaks.
- Make sure to stretch before and after any physical activity.
- Drink lots of water.
- Try different kinds of exercise.
  - Low-impact activities help protect your joints.
  - Walking and biking can strengthen your muscles, bones, heart, and lungs.
  - Swimming in a heated pool is a great option if exercise on land is painful.
  - Yoga, strength training (with weights), and resistance exercises (with stretchy bands) are good options. These can build your core muscles and help balance.
  - A physical therapist can help design an exercise plan that's right for you.

Still have questions about exercise and staying active? Give your program nurse a call! Also visit the Myositis Association at [www.myositis.org](http://www.myositis.org) for tips on exercise with myositis.

### **Next month is Myositis Awareness Month!**

Spread the word! It's a great time to teach those around you more about myositis.

Join in through the Myositis Association at <https://www.myositis.org>.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1409.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with Parkinson's disease

Do you exercise? Staying active is a must for good health. This is also true for people living with Parkinson's disease (PD). Regular exercise can improve your balance, help reduce the risk of falls, and help you maintain your quality of life longer. It can help keep your memory and thinking skills sharper. It can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better. It can also ease non-motor PD symptoms such as depression and constipation.

According to the Parkinson's Foundation, the sooner you start to exercise the better. The type of exercise you do depends on many factors. Be sure to talk with your doctor about what kinds of exercises are best for you.

Here are some exercise options for people with PD:

- Strength training (using weights) and resistance exercises (using stretchy bands). These build core muscles and improve balance, which can help prevent falls.
- Yoga can be a fun and social option. This can help with balance and agility.
- Music-based exercise like dancing can be very helpful for those with PD. This allows for focus on enjoying the music instead of on limits of PD.
- Walking and biking can strengthen your muscles, bones, heart, and lungs.
- Stretching with deep breathing should be done before and after exercise.
- A physical therapist with PD experience can help design a program to fit your needs.

Still have questions about exercise and staying active? Give your program nurse a call.

## April is Parkinson's Awareness Month!

Spread the word. It's a great time to teach those around you more about Parkinson's disease. Join in for Parkinson's Awareness Month through the Parkinson's Foundation at [www.parkinson.org](http://www.parkinson.org).

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1410.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with Rheumatoid Arthritis

Do you exercise? Staying active is a must for good health. This is true for people living with rheumatoid arthritis (RA). Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease. Exercise is also an important part of treating your RA. It can ease your pain and improve your balance.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with RA keep in mind when thinking about exercise?

- First you should start slow. Make sure to choose exercises that feel good.
- Low intensity exercises are a great place to start. Some examples include water exercise and training using free weights.
- Other exercises like yoga are great. They are easy on your joints. They can also stretch your muscles.
- Discuss your exercise plan with your doctor. Try not to exercise during a flare.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

### **Next month is Arthritis Awareness Month!**

Spread the word! It's a great time to teach those around you more about RA. Join in for Arthritis Awareness Month through the Arthritis Foundation at

<http://blog.arthritis.org/news/arthritis-awareness-month/>.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1411.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

### Staying active with Scleroderma

Do you exercise? Staying active is a must for good health. This is also true for people living with scleroderma. Scleroderma causes a build-up of scarlike tissue in the skin, causing it to tighten. Skin can't stretch easily over joints, so it's difficult to move them. Over time, your joints may stiffen up.

For people with scleroderma, these types of exercises can help:

- Daily range-of-motion stretches. These can prevent or slow down the loss of motion in your joints and help keep your skin flexible.
- Swimming is especially good for those with scleroderma. It helps stretch tight muscles and keeps you flexible. It's also a great way to stay cool.
- Isometric hand exercises help reduce stiffness and pain in the hands and wrists.
- Walking and biking can strengthen your muscles, bones, heart, and lungs.
- Yoga, strength training (using weights), and resistance exercises (using stretchy bands) build your core muscles and improve balance.

So, what should those with scleroderma keep in mind when thinking about exercise?

- Be sure to talk with your doctor about what kinds of exercise are best for you. Avoid getting too hot. When you can, exercise in an air-conditioned area.
- Protect your skin. Take care of dry or stiff skin by using lotion or sunscreen.
- Remember to stretch before and after exercise.
- Start slowly. Pick a pace that is comfortable.

- Drink plenty of water.
- Manage fatigue by exercising when you have the most energy. Take rest breaks.
- A physical therapist or trainer can design a program to meet your needs and abilities.

Still have questions about exercise and staying active? Give your program nurse a call!

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1412.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with Sickle Cell disease

Do you exercise? Staying active is a must for good health. This is also true for people living with sickle cell disease. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you, when you can do them, and how to stay hydrated during exercise.

So, what should those with sickle cell keep in mind when thinking about exercise?

- Start slowly. Pick a pace that is comfortable and safe with your pain crisis trigger.
- Don't get too hot or cold. When you can, exercise in an air-conditioned area. Avoid quick changes in temperature, such as swimming in cold water.
- Drink lots of water before, during, and after exercise.
- Remember to stretch before and after exercise.
- Allow time for rest breaks.
- Do not hike at high altitudes or swim a long time under water. This can cause red blood cells to sickle.
- Those with an enlarged spleen should avoid contact sports.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1413.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with Epilepsy

Do you exercise? Staying active is a must for good health. This is also true for people living with epilepsy. Regular exercise is recommended by the Epilepsy Foundation. It can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with epilepsy keep in mind when thinking about exercise? Consider trying these tips:

- Avoid getting too hot. When you can, exercise in an air-conditioned area.
- Drink plenty of water before, during, and after exercise.
- Remember to stretch before and after exercise.
- Pick a pace that is comfortable. Start slowly.
- Allow time for rest breaks.
- Exercise with a friend. This can keep you motivated, and they can help if you have a seizure.

**WARNING:** swimming exercises are high risk for those with epilepsy. If you swim in a pool, alert the lifeguard that you have epilepsy. Never swim alone. If your seizures are uncontrolled, swimming may not be a good exercise for you.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1414.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

### Staying active with Crohn's disease

Do you exercise? Staying active is a must for good health. This is true for people living with Crohn's disease (CD). Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with Crohn's keep in mind when thinking about exercise?

- People with Crohn's can do most exercises. Moderate exercises are great ones to start with. These include walking, bicycling, swimming, and rowing.
- Flares may limit your exercise routines. Speak with your doctor about what to do when this happens.
- You should also plan exercises around bathroom breaks. You may need to take short breaks during exercise.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

## Next month is World Inflammatory Bowel Disease (IBD) Day!

Spread the word! It's a great time to teach those around you more about Crohn's.

Join in for World IBD Day through the Crohn's and Colitis Foundation at

<https://www.crohnscolitisfoundation.org/WorldIBDDay>.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1415.169

**Accordant**<sup>®</sup>

♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

### Staying active with ulcerative colitis

Do you exercise? Staying active is a must for good health. This is especially true when you have a long-term health issue like ulcerative colitis (UC). Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease. Exercise can also help with your UC. Exercise can reduce the triggers of UC flares. It does this by lowering stress and inflammation.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with UC keep in mind when thinking about exercise?

- People with UC can do most exercises. Moderate exercises are great ones to start with. These include walking, bicycling, swimming, and rowing. Flares may limit your exercise routines. Speak with your doctor about what to do when this happens.
- You should also plan exercises around bathroom breaks. You may need to take short breaks during exercise.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

### **Next month is World Inflammatory Bowel Disease (IBD) Day!**

Spread the word! It's a great time to teach those around you more about UC. Join in for World IBD Day through the Crohn's and Colitis Foundation at <https://www.crohnscolitisfoundation.org/WorldIBDDay>.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1416.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with HIV

Do you exercise? Staying active is a must for good health. People living with HIV benefit from exercise. It can help with energy, mood, weight, and sleep. Regular exercise can make your muscles, joints, and bones stronger. It can even lower your risk for diabetes and heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Be sure to talk with your doctor about what kinds of exercises are best for you.

So, what should those with HIV keep in mind when thinking about exercise?

- People living with HIV can do all the same exercises as anyone else.
- Try to exercise about 150 minutes every week. This can be 30 minutes each day, five times every week.
- These include walking, running, and biking.
- Strength exercises are great to do twice a week. Push-ups and sit-ups are good ones.
- Social activities are great sources of exercise. You may take a dance class or play on a sports team. They also help you bond with others.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call.

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1417.169

**Accordant**<sup>®</sup>  
♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*

## Staying active with HAE

Do you exercise? Staying active is a must for good health. This is also true for people living with hereditary angioedema (HAE). Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

How you exercise will depend on many factors. Your condition, age, experience, and interests all play a part. Also, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with HAE keep in mind when thinking about exercise? Consider trying these tips:

- Drink plenty of water before, during, and after exercise.
- Remember to stretch before and after exercise.
- Pick a pace that is comfortable. Start slowly.
- Allow time for rest breaks.
- Talk to a physical therapist or trainer with HAE experience. They can help you design a program that fits your needs and ability.

Staying active is more than just your exercise routine. Try making active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

### **Celebrate HAE Awareness Day on May 16<sup>th</sup>!**

Spread the word! It's a great time to teach those around you more about HAE. Join in for HAE Awareness Day on May 16<sup>th</sup> through the U.S. Hereditary Angioedema Association at [www.haea.org](http://www.haea.org).

---

This CareConnections newsletter was reviewed for medical accuracy by Andrew Krueger, MD, FACP. The CareConnections newsletter and the Accordant website are for your information. The information given in this newsletter was correct to the best of our knowledge at the time of printing. References available upon request. We may talk about medicines, products or services offered by companies that are not a part of Accordant's services. We are not paid by these companies and we do not make promises about their medicines, products or services. Also, Accordant does not offer treatment, accept payment from or endorse other websites. The CareConnections newsletter and Accordant website do not replace your doctor's medical advice. Always talk to your doctor before making any changes in your medications or other treatment. Visit our website for the full Terms of Use. Your health plan benefits may or may not pay for the medicines, products or services that we talk about in CareConnections. Contact your health plan's customer service department to talk about your benefits. You may copy or print this newsletter for other people as long as you don't receive any kind of payment for it and the copyright notice is displayed. You may not change any article or remove the copyright notice. If you have comments or suggestions, send a letter to the address below or an email to [editor@accordant.net](mailto:editor@accordant.net). If we sent this newsletter to you in error, please accept our apology. Call the phone number listed above if you want Accordant to stop sending these newsletters to you. You can also write "remove from mailing list" on this newsletter and return it to us. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

---

NALC169\_04\_01\_23  
MC1418.169

**Accordant**<sup>®</sup>

♥CVS specialty nurse care management

4050 PIEDMONT PARKWAY / SUITE 210  
HIGH POINT, NC 27265

*Copyright © 2023, Accordant Health Services,  
a CVS Caremark company. All rights reserved.  
Accordant is a wholly owned subsidiary of CVS Caremark.  
Additional financial information is available upon request.*