



Stay Active



- With a chronic disease exercise can help manage symptoms and improve overall health.
- Walking is a simple and easy way to start out.
- According to the American Heart Association, walking is one of the most effective forms of exercise to achieve heart health.
- To stay motivated, choose an activity that is fun. Consider exercising with a friend.
- Physical therapy may be an option to discuss with your doctor, if you are having difficulty with activities.
- **Do not start any exercise program without consulting your doctor first.**

Eat Healthy



- A carefully planned diet can make a difference if you have a chronic condition. It may help reduce symptoms in some diseases, and can improve overall health.
- Eat a variety of fruits, vegetables, and whole grains each day.
- Eat a balance diet to maintain a healthy weight.
- Stay well hydrated.
- See www.choosemyplate.gov for more tips.

5 Ways To Reduce Stress

- Take time to relax.
- Get support from friends and family. Seek counseling if needed.
- Avoid unnecessary stress.
- Practice meditation, yoga, or other types of relaxation techniques.

Keep Regularly Scheduled Doctor Appointments



- Write down any questions or concerns you may have prior to your appointment and take them with you to discuss with your doctor.

Get Enough Rest



- Try to get 6-8 hours of sleep each night.

Give Up Bad Habits



- Avoid smoking, alcohol, and drugs.

Take Your Medications as Prescribed



HPC's Mission

To empower patients with independence, knowledge, and the ability to achieve the highest quality of life by providing professional and compassionate care with education and community support.

Visit www.hpcspecialtypharmacy.com/for-patients/patient-education for more helpful tips from HPC on enjoying a healthy and active life style despite being diagnosed with a chronic disease.