

Living Well



Special Edition | 2023

Exclusively for MVP Health Care® Medicare Advantage Members

Living Well Virtual Programs

Stay healthy and active this winter season! The MVP Medicare Community Health Promotion team, in collaboration with our community partners, provides innovative health and wellness programs, educational opportunities, and physical activity programs that empower and motivate the individuals we serve to live healthy and vibrant lives.

See inside for
program offerings
and registration
information!



MVP Medicare Customer Care Center 1-800-665-7924 TTY 711 mvphealthcare.com
Call seven days a week, 8 am–8 pm Eastern Time. April 1–September 30, call Monday–Friday, 8 am–8 pm.

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MVP Living Well Virtual Programs

MVP Living Well virtual programs are offered to all members and nonmembers alike, unless otherwise noted.

Registration for the classes listed below will open at 8 am Tuesday, November 28.

Visit mvphealthcare.com/calendar to register for all classes and for full class details.

Space is limited and registration is required.

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). Class schedules are subject to change.

Virtual Ongoing Fitness Programs

Gentle Yoga Moves

Mondays, January 8–March 11 8–9 am

Experience the benefits of increased flexibility, strength, balance, and a sense of calm through a complete series of seated and standing yoga poses.

Power and Balance Total Body Workout

Tuesdays, January 9–March 12 9:30–10:30 am

These circuit exercises incorporate total body resistance training, core and balance exercises, and low-impact aerobics. Weights are optional.

Chair Moves

Tuesdays, January 9–March 12 1–2 pm

This chair-based class emphasizes strengthening, limbering, and stretching exercises for the upper and lower limbs.

Bokwa® Punch and Strike

Wednesdays, January 10–March 13 12–12:45 pm

This class uses numbers and letters to create easy-to-follow steps while adding an extra cardio blast with kickboxing moves. It is easy to learn and for all fitness levels.

Strength and Strengthen

Thursdays, January 11–March 14 10–11 am

Move through timed exercises at your own pace to stretch and strengthen for a complete workout. Weights will be used, but are optional.

Pelvic Floor Health

Thursdays, January 11–March 14 12–12:30 pm

This class will focus on strengthening muscles in the pelvic floor. Exercises will be performed seated on a mat.

Tai Chi for Wellness

Fridays, January 12–March 15 9:30–10:30 am

Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Looking for in-person classes?

Visit mvphealthcare.com/calendar to find program descriptions, locations, and times for Living Well offerings throughout our service area.

Featured Virtual Programs

Silversneakers® Overview

Wednesday, January 10 2–3 pm

Learn how to maximize your SilverSneakers benefits, including online educational classes offered through Get Set Up, in addition to a trove of fitness options.

Home Gym Set Up

Tuesday, January 16 11am–12 pm

In partnership with SilverSneakers. Create a home gym that doesn't take a lot of money or space. Get step-by-step guidance on how to easily set up a home gym you'll use and enjoy.

A Matter of Balance

Tuesdays and Thursdays

January 16–February 8

1–3 pm

Learn to manage your concerns about falling with practical coping strategies to reduce the fear of falling and diminish the risk of falls. **Members only, limited to 12 members.**

Beating the Winter Blahs

Wednesday, January 17

12–1 pm

Winter brings shorter days and many individuals experience a dip in mood. This presentation focuses on techniques to improve your mood this winter.

MVP Medicare *Be Well Rewards* Program

Wednesday, January 24

1–1:45 pm

Learn about this program that lets MVP Medicare Advantage plan members earn a \$100 reward card for completing an annual wellness visit.

Mental Health Awareness

Wednesday, February 7

12–1 pm

Join us for this presentation on the basics of mental health and steps we can take to improve or maintain our mental health each day.

Financial Goal Setting

Thursday, February 8

12–1 pm

Develop sustainable goals that fit into your timeline for living a good life.

Let's Avoid a Fracture: Three-Part Series

Mondays, February 12–26

1–2:30 pm

Learn lifestyle tips and exercises to support bone health and help to reduce the risk of a future fracture.

What is Mindful Eating?

Wednesday, February 21

12–1 pm

Join this interactive group during lunchtime to learn about mindful eating—what it is, techniques for practice, and more.

Mindful Tea Tasting

Wednesday, February 28

11am–12 pm

Learn stress reduction techniques and put them to practice with this mindful tea tasting. Participants will receive 3-4 tea samples to try during this class.

Rehab After Joint Surgery

Tuesday, February 20

12–1 pm

In partnership with Genesee Valley Physical Therapy. Discover how rehabilitation enhances strength, facilitates healing, optimizes range of motion, and alleviates discomfort and swelling. Gain valuable insights into what to anticipate when preparing for such surgical procedures.

Eating Healthy on a Budget

Friday, March 15

12–1 pm

In collaboration with Cornell Cooking Extension, this class teaches you to create beautiful dishes that are great for your palate and your wallet.

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GetSetUp is a third-party provider and is not owned or operated by Tivity Health, Inc. (“Tivity”) or its affiliates.

Users must have internet service to access online services. Internet service charges are responsibility of user.



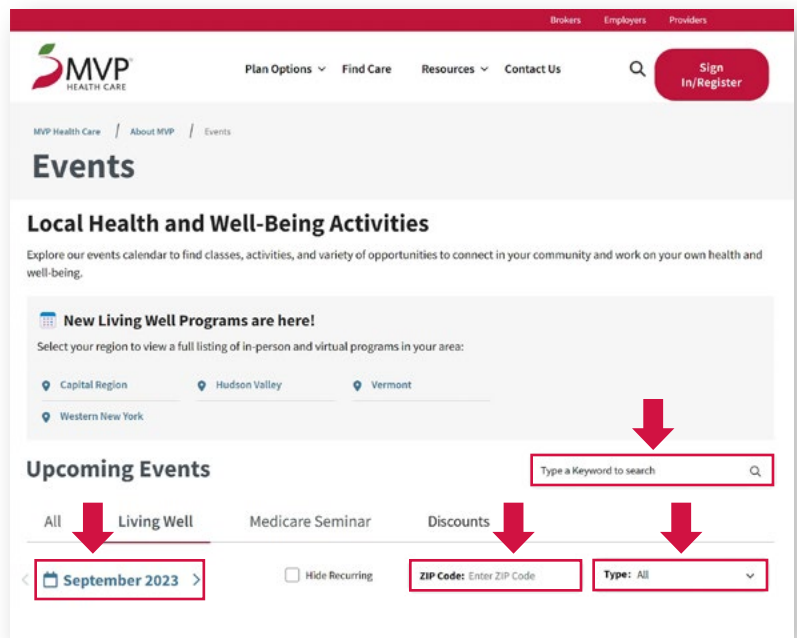
Health and Wellness or Prevention Information

Easy Ways to Use the Upcoming Events Page

Visit mvphhealthcare.com/calendar!

We know how important our Living Well classes are to our MVP members and community. You can now look for events using:

- **Monthly views**
- **Zip code filters**
- **Class type filters**
- **On-page searches**
- **Upcoming events categories**



MVP Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including sexual orientation and gender identity).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-946-8010 (TTY 711).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-844-946-8010 (TTY 711).