

Living Well



Spring | 2025

Exclusively for MVP Health Care® Medicare Advantage Members

Spring Living Well Classes and Programs!

Ready to prioritize your well-being?

We are excited to offer you a fantastic lineup of virtual and in-person programs designed to support your journey to *a healthier and happier you.*

Get ready!
MVP is creating
a brand new
publication
coming to
your mailbox
this spring!



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.

Spring 2025 Living Well Program Schedule

The MVP Health Promotions team, in collaboration with our community partners, is pleased to provide you with innovative health and well-being programs. MVP Living Well virtual programs are offered to all members and non-members alike, unless otherwise noted.

Virtual Ongoing Fitness Programs

Gentle Yoga Moves

Mondays, through June 9 8:30–9:30 am

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

Power and Balance Total Body Circuits

Tuesdays, through June 10 9:30–10:30 am

You will be guided through timed circuit exercises incorporating total body resistance training, core and balance exercises, and low-impact aerobics. Weights will be used but are optional.

Chair Moves

Tuesdays, through June 10 1–2 pm

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

Stretch and Strengthen

Thursdays, April 10–June 12 10–11 am

Move through timed exercises at your own pace to stretch and strengthen for a complete work-out! Weights will be used but are optional.

Hip Health

Thursdays, April 10–June 12 12–12:30 pm

Make your hips happy with stretching and strengthening exercises in standing and seated positions. This is a great option for people looking to increase hip strength and mobility or stretch out during the day.

Tai Chi for Wellness

Fridays, April 11–June 13 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.

Featured Virtual Programs

Sleep from A to Zzz

Wednesday, April 16 6–6:45 pm

Learn realistic strategies to achieve a restful night's sleep.

Fraud Prevention: Isolating Your Personal Information and Side-Stepping Scams

Tuesday, April 22 5:30–6:30 pm

Learn tips on how to keep your Social Security number, passwords, account numbers, and other personal information safe.

20-minute Guided Meditation Break

Thursdays, May 1–29, 3–3:20 pm

Wednesdays, May 7–28, 10–10:20 am

Set aside some time in your day to be guided to the peaceful place in your mind and experience a higher level of presence.

Mindfulness-Based Stress Reduction

Daily, May 5–June 8

Learn more about reducing stress through the practice of mindfulness—what it is, how it works, and how to best incorporate it into your lifestyle.

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Registration will open at 9 am Tuesday, March 25.

Register online for all classes at: mvphealthcare.com/calendar

Registration is required and space is limited.

Emotional Well-Being and Mindful Eating

Tuesday, May 6 12-12:30 pm

Discover how to integrate mindful eating with self-care practices to support emotional well-being.

Mental Health Awareness

Friday, May 9 12-1 pm

Join us for this presentation on the basics of mental health, from the spectrum of mental wellness to the steps you can take to improve your resilience.

The Power of Journaling

Tuesday, May 13 12-1 pm

Learn more about journaling and how it can benefit your health, as well as the first steps to establishing a journaling routine!

Lemon Balm: The Uplifting Herb

Thursday, May 15 12-12:30 pm

Learn about the energizing effects of lemon balm on mood, focus, and cognitive function and the creative ways to use it in teas, salads, and infused water for a refreshing boost.

Powerful Tools for Caregivers

Tuesdays, May 27-July 1 10:30 am-12 pm

This workshop is for individuals and caregivers to learn how to reduce the risk of injury from falls and maximize quality of life in elderhood.

Power of Empathy: Connecting Heart and Spirit

Thursday, May 29 12-1 pm

Explore how empathy fosters connection and enhances resilience.

Eating for Gut Health Cooking Class

Friday, June 6 12-1 pm

This cooking class will unlock the secrets of adding more fiber, prebiotics, probiotics, and living foods into your diet while sharing how to make your own fermented vegetables and kombucha at home.

Pain Free Gardening

Monday, May 5 12:15-1 pm

In partnership with Mohawk Valley Physical Therapy. Learn ways to protect your neck and lower back as you garden or do yard work this season.

Breath Breaks to Remain Resilient

Tuesdays, May 6-27 1:30-1:45pm

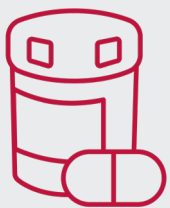
Experience how 15-minutes of gentle breathwork can help you manage stress and remain resilient throughout the day.





Health and Wellness or Prevention Information

Make the Most of Your Part D Coverage!



By now, you are aware of the changes to Medicare Part D prescription drug coverage. We hope these changes have made your life a little easier. With lower prices, capped spending, and the closing of the donut hole, you can feel more confident and less stress about getting the medication you need.

- ✓ Review your Medicare Formulary—this document includes the cost-share tier that you pay at the pharmacy

- ✓ Review our \$0 Preferred Generic Drug List. Tier 1 of the Formulary (Preferred Generic Drugs) includes select drugs to treat diabetes, blood pressure, bone health, and high cholesterol

- ✓ Get a 100-day supply of many Tier 1 drugs right at the pharmacy—just ask your provider to write a prescription for a 100-day supply

For more information about your Medicare Part D coverage, visit mvphealthcare.com/PartD.

Benefits may vary by plan. If your plan is provided by an employer or former employer, review your Evidence of Coverage (EOC) to confirm your plan benefits.