

Living Well

Issue 2 | 2024

Exclusively for UVM Health Advantage Members

Send Secure Messages to MVP in Gia[®]!

Exciting News! You can now use Gia to send secure messages to an MVP Medicare Customer Care Representative—any time. Sign in to Gia online or the *Gia by MVP* mobile app and select *Messages*. It couldn't be easier to start a conversation with someone who can help.

How does it work?

- When you send a secure message, you'll see immediate confirmation within Gia that your message was sent. You should hear back from someone within one to two business days
- After we respond, you'll receive an email notification that a new message is waiting. Sign in to Gia and select *Messages* to read it
- You will be able to view full message threads (including any attachments) within your secure Gia account

Ready to join the growing number of UVM Health Advantage members using Gia?

Visit my.mvphealthcare.com to sign in to Gia. To download the *Gia by MVP* mobile app, visit mvphealthcare.com/GetGia, or visit the App Store[®] or Google Play[™].

App Store[®] is a registered trademark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

For serious and life-threatening emergencies, please dial 911.



Contact Us

MVP Medicare
Customer Care Center
1-800-665-7924

TTY 711

October 1–March 31,
call seven days a week,
8 am–8 pm

April 1–September 30,
call Monday–Friday, 8 am–8 pm

mvphealthcare.com

We Want Your Feedback!

We are committed to helping you get the right care all year long. We care about what you think so we can do our very best for you. If you receive a survey about your plan, we invite you to complete it!

Other providers/pharmacies are available in our network.

Material presented in this newsletter is not intended to replace medical advice, which should be obtained from a qualified physician. If any information in Living Well conflicts with provisions of your Evidence of Coverage (your Contract), the provisions of your Contract take precedence over Living Well articles and information.

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)。



Follow MVP Health Care to stay up to date on our health and well-being programs, community events, and news about how MVP is working to create the healthiest communities.

Preventive Care Services & Guidelines

The following exams and screening tests should take place on a routine basis. Talk with your doctor about what screenings are right for you, and when and how often you should have them. As a UVM Health Advantage member, much of your preventive care is covered in full.

Physical Exam

- Height and weight (Body Mass Index–BMI)
- Blood pressure
- Hearing and vision screening

Screening Tests

- Most healthy adults should have their cholesterol checked every four to six years. You may need it checked more often per your doctor's guidance
- Talk to your doctor about the type and frequency of colorectal cancer screenings that is right for you. Screening may include fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard®), sigmoidoscopy, or colonoscopy, beginning at age 45 and continuing until age 75
- Tuberculosis screening by PPD test as indicated
- You may be screened for diabetes if you have high blood pressure, a history of abnormal cholesterol, are overweight or obese, or have a history of high blood sugar (glucose)
- Screen for diabetes every year if you have a family history of glaucoma, are an African American age 50 and older, or a Hispanic American age 65 and older
- Hepatitis C virus (HCV) screening is recommended for adults until age 79
- Human Immunodeficiency Virus (HIV) screening annually for adults up to age 65 without regard to perceived risk, or older than 65 if at high risk



Additional Screening Tests for Women

- Cervical and vaginal cancer pelvic exam and pap test every two years; pap test is optional after age 65
- Breast cancer screening by mammogram annually for ages 40–74. It’s best for women to have conversations with their doctors about their own personal medical and family history to determine the right amount of screening
- Osteoporosis screening for age 65 and over

Additional Screening Tests for Men

- One-time Abdominal Aortic Aneurysm (AAA) screening for men ages 65–75 who are current or former smokers
- Talk with your doctor to determine whether prostate cancer testing may be right for you

Immunizations

- Tetanus*/ Diphtheria/Pertussis one-time dose; booster every 10 years
- Flu vaccine annually
- Talk with your doctor about the Pneumococcal, Shingles (Zoster)*, and Hepatitis B vaccine
- Meningococcal, Varicella, Hepatitis B, Measles/Mumps/Rubella, Hepatitis A, and other vaccinations for those at risk
- Other: talk with your doctor about additional vaccinations such as COVID-19 or RSV

Additional Topics to Discuss With Your Doctor

- Diet (for women, discuss calcium and vitamin D)
- Exercise
- Obesity (those with a BMI of 30 or more)
- Diabetes self-management training if living with diabetes
- Smoking cessation
- Alcohol and substance use prevention
- Sexually transmitted diseases and infections (STIs) screening annually (chlamydia, gonorrhea, syphilis, and/or Hepatitis B), HIV, and sexual behavior
- Dental health
- Sun exposure
- Bladder control problems
- Injury prevention (including seat belt and helmet use, preventing falls)
- Life stage issues (bereavement)
- Depression
- Health care proxy and advance directives
- Menopause management
- Aspirin therapy should be considered for adults ages 45–79, when benefit outweighs risk
- Talk with your doctor about lung cancer screening if you are 50-80 and have a history of smoking

*Covered in full under either Medicare Part B or Medicare Part D benefit. Refer to your Evidence of Coverage for additional details.

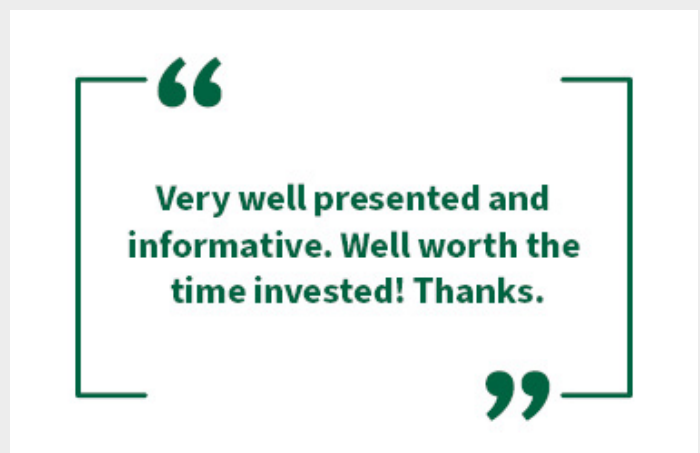
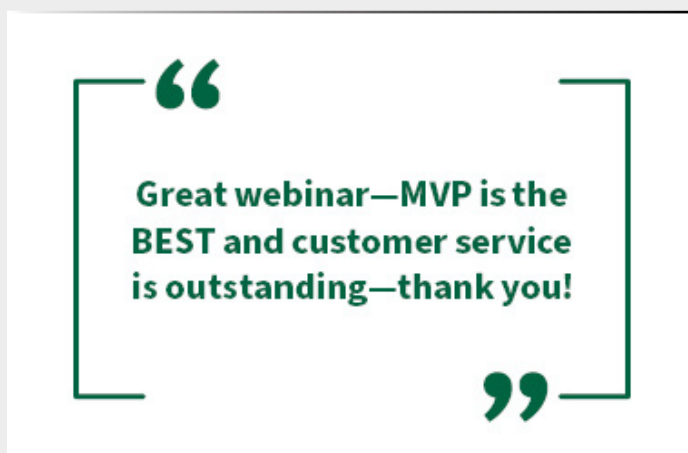
Guidelines adapted from the U.S. Preventive Services Task Force and the Centers for Disease Control and Prevention (CDC). Talk with your doctor about what preventive services are right for you. Your benefits may allow for services more frequently than what is listed here.

FOR YOUR INFORMATION

Thank you for being a valuable UVM Health Advantage Member!

We recently hosted webinars for UVM Health Advantage members that reviewed important resources and benefit information.* If you attended one, thank you for making them a success! If you missed them, please visit our website at mvphealthcare.com/UVMHAResources to watch at your convenience.

See what others are saying!



A Message from MVP President & CEO

No matter the time of year, MVP remains dedicated to simplifying your access to health care. Gia, ever-evolving, now offers you a simpler connection to MVP support, around the clock. Remember, MVP has many resources to help, from scheduling wellness visits to explaining your UVM Health Advantage benefits. We're here to help you on your health journey- every step of the way. Thank you for choosing MVP as your partner in health and well-being.

Be well,



Chris Del Vecchio
President & Chief Executive Officer
MVP Health Care



Quick and Easy Summer Mug Cake

Another way to enjoy fresh berries all summer long!

Ingredients

- 1 ounce angel food cake mix (3 tbsp)
- 1/8 cup yogurt, low-fat vanilla (2 tbsp)
- 1/4 cup raspberries
- 2 strawberries, sliced
- 1 1/2 tbsp lite whipped topping

Directions

1. Scoop 3 tbsp of angel food cake mix into a microwave-safe cup or mug.
2. Add 2 tbsp of vanilla yogurt and stir.
3. Heat in the microwave for 1 minute.
4. Take out of microwave and let cool for 1 minute.
5. Use a knife to free the cake and flip it onto a plate.
6. Arrange berries around the cake and add whipped topping. Enjoy!

Source: Angel Food Pastry with Fresh Berries and Whipped Cream | MyPlate

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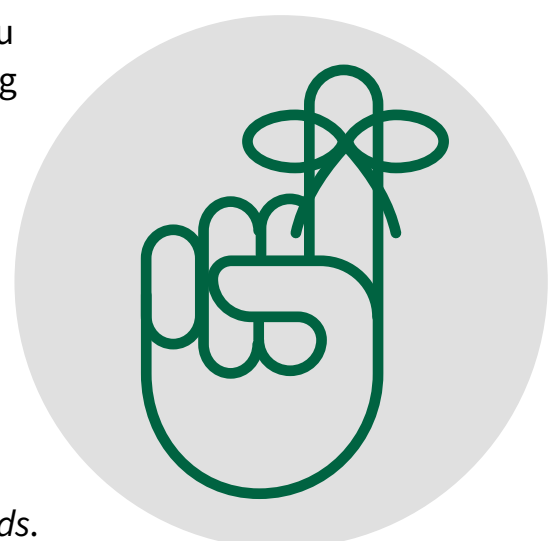
Health and Wellness or Prevention Information

Have an Annual Wellness Visit Coming Up? Ask Your Doctor These Important Questions

It is important to talk about the following with your doctor even if you are not currently experiencing a problem. Being proactive and talking with your doctor can help you manage these common conditions.

- What should I know about preventing falls?
- What should I do if I develop bladder problems?
- What should I know about depression?
- What should I do to stay active?

Don't forget! You will earn your \$100 reward card after you complete your Annual Wellness Visit. To learn more about *Be Well Rewards*, including how to redeem your \$100 reward card, sign in to Gia® at my.mvphealthcare.com, select *Well-Being*, and then *Be Well Rewards*.



Living Well Programs 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.**

Registration for all classes will open at 9 am on Tuesday, June 25.

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.

Ongoing Virtual Fitness Programs

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

Gentle Yoga Moves

Mondays, July 8–August 12 8–9 am
Increased flexibility, strength, and balance through a series of seated and standing yoga poses.

Chair Moves: Hybrid

Tuesdays, July 9–August 13 1–2 pm
A chair-based class that emphasizes strengthening and stretching exercises for upper and lower limbs.

Core Conditioning

Tuesdays, July 9–August 13 5:30–6:15 pm
Move through exercises to build core muscle strength and stability that help improve posture, reduce back pain, balance, steadiness, and overall physical performance. Optional hand weights will be incorporated.

Stretch and Strengthen

Thursdays, July 11–August 15 10–11 am
Move through timed exercises at your own pace to stretch and strengthen.

Tai Chi for Wellness

Fridays, July 19–August 16 9:30–10:30 am
Join us for an introduction to Tai Chi! Tai Chi has many benefits including improved balance, flexibility, fall prevention, and muscle strength.

Featured Virtual Programs

20-Minute Guided Meditation Break

Mondays, July 8–August 12 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.

Navigating Diabetes Through Dietary and Lifestyle Intervention

Thursday, July 11 12–1 pm
The Founder and CEO of Sarah Lynn Nutrition discusses in great detail different ways to prevent, manage, or reverse your Type 2 diabetes, by lowering your HgA1c levels through dietary and lifestyle intervention.

Fraud Prevention with CAPCOM

Friday, July 12 12–1 pm
Learn how to keep your social security number, passwords, account numbers, and other information safe.

The Holistic Approach to Mindful Eating

Tuesday, July 16 12–12:30 pm
Explore ways to bring mindful eating into various aspects of life for continued practice and growth.

Back to Budgeting Basics

Wednesday, July 17 12–1 pm
Join Cornell Cooperative Extension Albany County to learn tips and strategies to improve your basic budgeting skills, refine your personal financial plan, and assess your financial well-being.

Stress Management

Thursday, July 18 12–1 pm
Join us for this presentation on stress and the techniques to reduce its impact on your health.

Plant Forward Diets

Friday, July 19 12–1 pm
Join us to learn more about the recipes you can follow to incorporate more plants into your diet without sacrificing taste.

Understanding Blood Pressure

Monday, July 22 12–1 pm
This presentation will teach you about blood pressure, from what blood pressure is to how knowing your numbers can improve your life. Get familiar with blood pressure to improve your heart health!

Featured Virtual Programs continued on other side.

Visit mvphealthcare.com/calendar to register online for all classes.

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Living Well Programs Schedule

Most programs are free unless otherwise noted, and offered to all members and non-members alike, compliments of MVP.

Registration for all classes will open at 9 am on Tuesday, June 25.

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. Visit mvphealthcare.com/calendar for final program details.

Featured Virtual Programs continued.

Emotional Well-Being and Mindful Eating

Thursday, August 1

12:30–1 pm

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

How Foods Fight Diabetes

Tuesday, August 6

12–1 pm

Join Deb from Planted Platter, LLC for an interactive virtual cooking class where you will learn why healthy, plant-based meals can help to manage diabetes and attain a healthy weight.

Vermont In-Person Programs

Always check with your doctor before beginning an exercise program.

For accommodations of persons with special needs, call 1-800-665-7924 (TTY 711).

Aqua Fit

Saturdays, July 6–August 10

11 am–12 pm

Hard'ack Recreation Center
264 Hardack Drive, Saint Albans

In partnership with AgeWell Vermont. Improve your agility, strength, and core support in the water! This shallow water class teaches core exercises to improve balance and posture.

Strength and Striders

Wednesdays, July 3–August 21

9:30–10:30 am

St. Albans City Hall
100 North Main Street, St. Albans

In partnership with Age Well Vermont. Moving through a total body circuit workout, we will incorporate weights, balance exercises, and low impact cardio—walking at your own pace.

Visit mvphealthcare.com/calendar to see more program opportunities in these regions and to register online for all classes!