

Heartbeat News

A Special Newsletter for MVP Health Care[®] Members **Issue 1, 2024**

Be Active for Your Heart, Body, and Mind

When you have heart disease, regular physical activity is very important for your heart, body, and mind. It is part of a heart-healthy lifestyle that includes eating well and not smoking.

Being active can help your heart get stronger and work better. It can help lower the chance of a heart attack and stroke. It also helps you feel better and keeps your body healthy.

It's never too early or too late to make physical activity part of your life.



Good for Your Heart

Being active helps keep your heart and blood vessels healthy in many ways, including:

- Helps your heart get stronger and work better
- Raises “good” (HDL) cholesterol levels
- Helps you lose weight or stay at a healthy weight
- Lowers blood pressure
- Helps manage diabetes

Your heart is a muscle. When you use a muscle during exercise, it gets stronger and more efficient. A more efficient heart can pump more blood with each heartbeat and deliver more oxygen and nutrients to the rest of the body.

continued on next page...

Contact Us

1-866-942-7966
Monday–Friday,
8:30 am–5 pm
TTY 711

We Value Your Opinion

Please fill out a brief, anonymous survey at mvp-listens.com.

We will use this information to create a better experience for all our members. All responses are 100% confidential. The survey only takes a few minutes to complete.

MVP Health Care offers a health management program for members living with heart disease. For more information or to see if you qualify, call **1-866-942-7966**. The MVP Heart Disease Care program is based on the American Heart Association (AHA) and the American College of Cardiology’s Guidelines for Preventing a Heart Attack and Death in Patients with Atherosclerotic Cardiovascular Disease.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

Be Active. Be Safe.

Always talk to your doctor before starting or changing your exercise routine.

Y0051_9492_C

continued from previous page

Good for Your Body and Mind

Being active keeps your body and mind healthy too. And it helps you feel good. The added benefits of regular activity include:

- Mental well-being
- Stress relief
- More energy
- Increased flexibility, if stretching is done afterwards
- Increased bone strength, if the exercise includes weight-bearing exercises, such as jogging or lifting weights



Talking to Your Doctor about Depression and Anxiety

Many people living with heart disease wonder if their doctor should know about feelings of depression or anxiety they may be experiencing. Your emotional health affects your physical health, so it's important to tell your doctor about any mental health concerns you may have.

The sooner you and your doctor have talked about your symptoms and your options for treatment, the sooner you can start to feel better. And when you feel better, it might be easier to do the things that are good for your heart.

Think about your feelings and symptoms.

Before talking to your doctor, take some time to think about how you're experiencing feelings of anxiety or depression in your daily life. You may even consider asking someone who knows you well. Sometimes hearing another person's view can give you new insight.

It may help you to write down how you're feeling. Having specific examples will help you and your doctor talk about your emotional health and heart disease.

What your doctor may ask about depression.

Your doctor may ask if over the past two weeks you've had symptoms like:

- Feeling down, depressed, or hopeless
- Having little interest or pleasure in doing things

What your doctor may ask about anxiety.

Your doctor may ask if over the past few weeks you've had symptoms like:

- Feeling anxious or worried most days about things like work, relationships, health, or money
- Finding it hard to stop or control the worry. This may make it hard to do your daily activities

Quick Tips for Your Next Appointment

Patients who have good relationships with their doctors are more satisfied with their care and have better results.

Whether your appointment is in-person or virtual, here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered
- Bring a “health history” list with you and keep it up to date
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (including when and how often you take them) and their strength
- Bring someone along to help you ask questions and remember the answers

Source: Agency for Healthcare Research and Quality (AHRQ)



Living Well Programs— Register Today!

MVP offers a variety of programs designed to support your health and well-being. Upcoming Spring programs include:

- Hip Health Fitness Class
- Meditation for Anxiety
- Healthy Sleep Habits
- Eat to Stay Strong Cooking Class
- Building a Balanced Plate Presentation

Learn more or register at mvphealthcare.com/calendar.

Heart Disease Support at Your Fingertips

If you have questions related to diabetes and need answers quickly, the *Gia*® by MVP mobile app is here when you need it. Connect with a doctor to talk about managing diabetes, your medications, and even concerns about stress or anxiety.



Scan the code with the camera on your mobile device, or visit GoAskGia.com to get the app.

You also have access to nutritional services through our partner, myVisitNow. Speak with a dietitian about your nutritional needs or get help starting or maintaining a healthy eating plan. Download the myVisitNow app or visit myvisitnow.com.

Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.



Health and Wellness or Prevention Information

Copyrighted material adapted with permission from Healthwise, Incorporated. This information does not replace the advice of a doctor.

Get Your Newsletter by Email

Good news! You will soon be able to get this newsletter by secure email. Make sure your communication preferences are up-to-date. Sign in to Gia at my.mvphealthcare.com and under Important Links, select *Communication Preferences*. Select *Go Paperless!* and be sure email is selected for Plan Related Documents.

Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com/HealthandWellness.



PRSRT STD US
Postage
PAID
MVP Health Care

625 State Street
Schenectady, NY 12305-2111
mvphealthcare.com

