

Care of the Heart

A Special Newsletter for MVP Health Care[®] Members **Issue 2, 2022**

Managing Heart Failure with Other Health Conditions

If you're managing other health conditions and heart failure, you might wonder how you can manage it all.

But there's good news: When you take care of your heart, you're also taking care of your other conditions. And if you're taking care of other conditions, you're already helping your heart.

It may feel like a lot to do. But remember your reasons why you're doing it. Maybe you want to enjoy time with friends and family, make fewer trips to the hospital, or be more independent.

Conditions that commonly cause or occur along with heart failure include high blood pressure, diabetes, COPD, high cholesterol, kidney problems, and anemia.

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 of 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 failure. For more information or to see if you qualify, call 1-866-942-7966. MVP's 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. This program must be coordinated with your physician.

Extra Support for Your Health

If you need help managing multiple health conditions, MVP Case Managers are here for you. They can help you understand your conditions and treatment plan, connect you with resources, and more. To get started, call MVP Case Management at **1-866-942-7966**, Monday–Friday, 8:30 am–5 pm.

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continued from cover page

Focus on what's important, and try your hardest. Some things that may help you manage heart failure along with other conditions include:

- Being active. Be sure to talk to your doctor before you start any new exercise
- Checking your symptoms. It's also important to have a plan for when symptoms get worse
- Limiting sodium. This helps fluid from building up in your body
- Taking care of your emotional health
- Taking medicines as prescribed. Don't stop or change your medicines unless you talk to your doctor first
- Maintaining a healthy weight. This can help with diabetes, blood pressure, and cholesterol
- Not smoking
- Limiting or avoiding alcohol

Talking Through Your Emotions

Your emotions affect your physical health, so it's important for your doctor to know how you're feeling. Feelings, especially negative ones, may be hard to talk about. But your doctor can help. The sooner you talk to your doctor about your emotions and your options for treatment, the sooner you may start to feel better.

Here are some ideas that can help you get ready to talk to your doctor.

- Think about how you're feeling. Try to picture how you deal with emotions in your daily life. You may find it helpful to ask a friend or loved one what they have noticed. Sometimes hearing another person's view can give you new insight.
 - Am I having trouble concentrating?
 - How long have I felt this way?
 - Is there anything else I think my doctor should know?
- Try asking yourself the following questions. Write down your answers and share them with your doctor. Having specific examples will help your doctor have a better idea of how to help you.
 - What emotions are bothering me? (Examples: nervousness, worry, sadness, anger, or fear)
 - When are these feelings worse? Who or what makes me feel that way?
 - When do I feel a little bit better? What people and situations help make me feel okay?
 - Am I having trouble sleeping?



Lower Your Risk of the Flu and Pneumonia

It is important to get vaccinated against the flu each year and pneumonia, as directed by your doctor.

Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

Simple steps to preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control, and prevent conditions like diabetes and HIV/AIDS

Get vaccinated. Several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Pertussis (whooping cough), and seasonal influenza (flu) vaccines. Talk to your doctor for more information.

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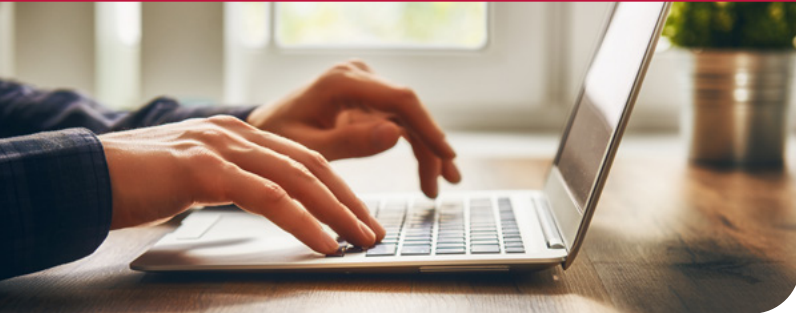
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- Text a doctor 24/7 with virtual primary and specialty care from Galileo
- Get same-day treatment for nearly any health concern. Galileo can help you with preventive care, medical questions, chronic conditions like heart failure, or prescription refills
- View claims, order MVP Member ID cards, and see progress toward deductibles and limits

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Go online and **take charge of your health.**

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



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Stay a Step Ahead with Preventive Care

Life can get hectic and going to the doctor for any reason can be stressful. But you deserve the peace of mind and control over your health that preventive screenings can provide. To find out if you are due for screenings or any other preventive care services, *Sign In* to your MVP online account at my.mvphealthcare.com and select *Preventive Care Reminders*, and talk to your doctor.

Living Well Programs

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find classes like yoga, stretch & strengthening, or even a cooking class. To find a class that is right for you, visit mvphealthcare.com/LWCalendar. Filter by county to find the programs nearest you.



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

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