



# Preventive Care Resources for Older Adults

MVP is your partner in health and well-being.



## What is Preventive Care?

Think of preventive care as an investment. Preventive care helps you prevent disease and improve your health so that you can maintain your quality of life. Screening tests for early detection of disease, health education, and immunization programs are common examples of preventive care.

The following is a guide to the preventive care support MVP provides. For more information about these offerings, please refer to your member contract (called your Evidence of Coverage).

MVP is here to help you live well. Choose a healthy lifestyle and work with your doctor to develop a preventive care plan.

## Helping You Live Well

### **SilverSneakers®**

**Getting active just got easier.** With SilverSneakers, you have a gym membership with access to more than 16,000 locations nationwide. Go to as many locations as you like at no extra cost! Use equipment, enjoy group exercises classes, attend events that promote healthy living, and check out on-demand workout videos and tips. Visit **SilverSneakers.com** or call **1-888-423-4632** (TTY: 711), Monday–Friday, 8 am–8 pm, to learn more.

### **Medicare Community Health Promotion**

**Join us for MVP Living Well programs!** The MVP Medicare Community Health Promotion team provides innovative health and well-being programs, educational opportunities, and physical activity programs that empower and motivate the individuals we serve to live healthy and vibrant lives. Education programs cover topics

such as healthy eating, managing stress, improving sleep habits, and strengthening memory. Movement classes include Yoga, Tai Chi, Bokwa, and the MVP Striders Walking Club.

### **Be Rewarded for Healthy Choices**

**Earn a reward card** for keeping up with important doctor visits and preventive screenings, and taking part in activities that contribute to your overall well-being.

### **MVP/Matrix Medical Network In-Home Health Assessment**

MVP has partnered with Matrix Medical Network to help you and your doctor get a complete, up-to-date picture of your health by offering a convenient in-home health visit with a nurse practitioner. The in-home visit doesn't take the place of seeing your primary care doctor. Rather, it enhances your overall health care.

With one-on-one attention for a full hour, you get more time with a

clinician than at a typical doctor's visit. You'll have the time you need to ask questions and talk about your health in detail.

After your visit, you and your doctor will get a Personal Health Summary to review together to ensure you stay healthy.

### **Medication Therapy Management Program**

**Get peace of mind about your medications.** The Medication Therapy Management Program (MTMP) is your chance to talk with an MVP pharmacist over the phone to review all of the medications you take, including over-the-counter drugs, to make sure they are working well together. This free program is an important part of your prescription drug coverage with MVP. MTMP can especially help if you take more than four prescriptions each day, have a chronic medical condition,

see more than one doctor, or visit multiple pharmacies. Schedule an appointment on your time, when it's convenient for you to talk and have the privacy needed to ask questions.

### **Diabetes Prevention Program**

Twenty-five percent of Americans age 65 and older are living with type 2 diabetes, and thousands more people may have prediabetes, but don't know it. **Diabetes can be prevented**, and MVP is offering a program to help.

The **Medicare Diabetes Prevention Program (MDPP)** is an evidence-based program designed to prevent type 2 diabetes in people who are prediabetic. The program focuses on practical strategies to maintain a healthy lifestyle. Participants have reduced their risk of developing type 2 diabetes by 60%.

**MDPP is covered in full** as a preventive health benefit of your MVP Medicare Advantage plan.

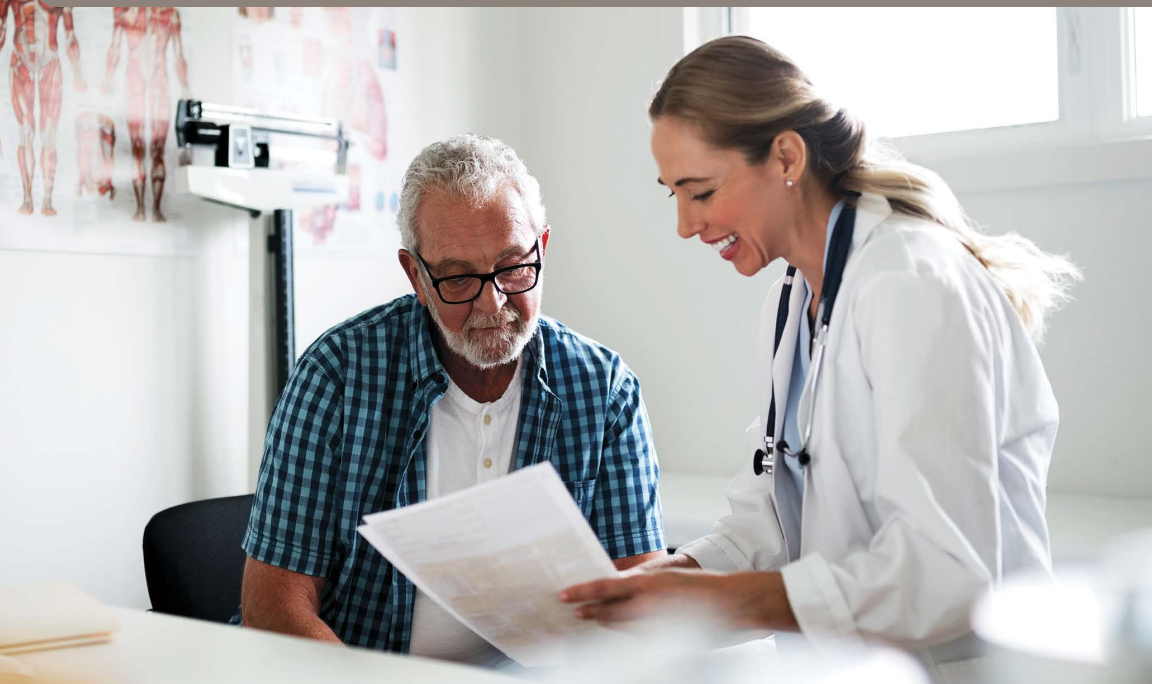
## **Work With Your Doctor**

It's important to work with your doctor and other health care providers to make a plan and be a partner in your own health care. By visiting your doctor not just when you are sick, but when you are healthy for a regular well-visit, your doctor can better understand your medical history and what is normal for you. Talk with your doctor about your health goals. Your doctor should keep track of your progress

and work with you to meet the annual preventive care guidelines for adults in your age range.

Make sure your doctor is someone in whom you have confidence and with whom you can talk easily. MVP's network of more than 23,000 doctors and health care professionals means that you will be able to find a

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doctor you like, near where you live. The health care professionals in our network have agreed to provide your care and follow specific quality-of-care practices.

As an MVP Medicare Advantage plan member, much of your preventive care is covered in full (see the annual Preventive Care Services and Guidelines on page 6 of this Preventive Care Resources Guide).

### Take an active part in every doctor visit.

- **Plan ahead.** Keep a list of any questions or health problems. Record your symptoms, when they started, and what you have done to treat them. Decide what is most

important to discuss with your doctor so you talk about that first.

- **Be prepared.** Be sure to bring: A list of your medications, including vitamin and mineral supplements and over-the-counter drugs; results of tests done by other health care professionals.
- **Talk and take action.** Ask about preventive screenings to keep you healthy. Write down any follow-up actions you need to take.

The Personal Health Tracker that you received from MVP can be used to prepare for and to keep notes during your visit. If you need a tracker, call the MVP Medicare Customer Care Center.



### The MVP Medicare Customer Care Center

Our representatives are ready to answer your questions. If you prefer to speak a language other than English, we can arrange to have an interpreter available at no cost to you.

## More Help from MVP

**Living well sometimes takes an extra helping hand.** That's why MVP has a team of health care professionals who can help.

Our **Case Management Programs** help members who are living with a high-risk medical condition or complicated, life-threatening illness. A case manager will work closely with you, your family, doctors, and other members of your health care team to help answer questions and create a plan for your ongoing care. Most importantly, your case manager is there to give you and your family support when it's needed the most.

### Care Transitions Program

You may be eligible for this program if you have had a recent hospital stay. A case manager will contact you after you come home and may arrange for a home visit, work with you to understand your discharge instructions, review your medications, help schedule follow-up appointments, and work with you to reduce your chances of being admitted back into the hospital because of a problem.

### Health Management Programs

Extra help is available to members who need guidance and support to improve a chronic condition, including asthma, chronic obstructive pulmonary disease (COPD), depression, diabetes, cardiac issues, heart failure, or back pain. A health coach can answer your questions and help you find additional resources and health care solutions. These programs are designed to supplement your doctor's care—we will work with you, your family, doctors, and other members of your health care team to help you set and reach goals that are important to the treatment plan from your doctor.

**All of our programs are available at no cost to you** and you are under no obligation to participate. MVP may call you if you qualify, or your doctor may refer you to us. For more information, call **1-866-942-7966**.

### Health History and Lifestyle Assessment

Complete or update a health assessment with your doctor that includes family history, activity, tobacco, alcohol, drug use, and sexual practices. It's important to develop a plan with your doctor to keep active and eat well.

**1-800-665-7924** TTY: 1-800-662-1220

Call Monday–Friday, 8 am–8 pm

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

# Preventive Care Services and Guidelines

The following exams and screening tests should take place on a routine basis. Talk with your doctor about the screenings that are right for you, and their frequency.

## Physical Exam

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

## Screening Tests

- Lipid disorders (abnormal cholesterol) based on 10-year cardiovascular risk
- Colorectal cancer using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard) sigmoidoscopy, or colonoscopy until age 75
- Prediabetes and diabetes until age 70 if overweight or obese
- Hepatitis C virus (HCV) for adults born between 1945 and 1965 or had a blood transfusion before 1992 (one-time screening), or if you are at high risk

## Also for Women:

- Cervical or vaginal cancer pelvic exam and pap test every two years. Talk to your doctor about the need for screening after age 65
- Breast cancer screening by mammogram every one to two years for ages 40–74, then as indicated by your doctor after age 74
- Osteoporosis screening with a DEXA (bone density) test for women beginning at age 65

## Also for Men:

- Discuss with your doctor about risk and need for prostate cancer screening



## Go Online for Preventive Care

View your complete preventive care recommendations when and where you need them. Visit [mvphealthcare.com/PreventiveCare](http://mvphealthcare.com/PreventiveCare) and select your sex and age range to see what's recommended for you. Don't forget to discuss these services with your doctor!

### **Immunizations/Vaccines**

- Tetanus/Diphtheria/Pertussis one-time dose; booster every 10 years
- Flu vaccine annually
- Pneumococcal conjugate and pneumococcal polysaccharide
- Shingles, unless contraindicated
- Hepatitis B vaccine, if high risk

### **Counseling/Screening**

- Diet (for women, discuss calcium and vitamin D)
- Exercise
- Obesity (BMI of 30 or more)
- Diabetes self-management training (if you are diabetic)
- Smoking cessation
- Alcohol/substance abuse prevention
- Sexually transmitted diseases/HIV/sexual behavior
- Dental health
- Sun exposure
- Bladder control problems
- Injury prevention (including driving safety and preventing falls)
- Life stage issues (grief, loss)
- Depression
- Health Care Proxy/  
Advance Directives

### **High-Risk Individuals**

- Low-dose aspirin therapy recommended for ages 50–59, when benefit outweighs risk

- Meningococcal, Varicella, Hepatitis B, Measles/Mumps/Rubella, and Hepatitis A immunizations for those at risk
- Abdominal Aortic Aneurysm (AAA) one-time screening in men ages 65–75 who are current or former smokers
- Lung cancer screening for ages 55–80, if; (1). 30-year history of smoking one pack per day; (2). currently smoking, or; (3). within the past 15 years
- Sexually transmitted infections (STIs) screening annually for chlamydia, gonorrhea, syphilis, HIV, and/or Hepatitis B

### **Specific Diseases**

- For those with diabetes, yearly eye examination, yearly evaluation of kidney function, and close monitoring of diabetes control is essential
- In women with a bone fracture, evaluation for and management of osteoporosis is essential
- For those with cardiovascular disease, Statin medication therapy has been proven to be beneficial and is essential (unless contraindicated)

Guidelines adapted from the U.S. Preventive Services Task Force. 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.

## Find more resources at [mvphealthcare.com](https://mvphealthcare.com).

Visit [mvphealthcare.com](https://mvphealthcare.com) and select *Members*, then *Medicare* to find health care coverage information, resources, and more anytime.



### **Find a Doctor**

Select *Find a Doctor* to search for doctors and facilities.



### **Help with Your Part D (Prescription Drug) Coverage**

Under *Drug Coverage (Part D)*, you will find:

- The list of covered drugs (Formulary)
- CVS Caremark Mail Service Pharmacy help
- Medicare Therapy Management Program (MTMP) information



### **Live Well with Our Health & Well-Being Programs**

Find details on programs to support your health and well-being goals available at **no added cost to you**, including:

- *Living Well* health education and physical activity class listings
- SilverSneakers programs near you
- Tools to help you maintain your health and stay well

