

# Heartbeat News

A Special Newsletter for MVP Health Care<sup>®</sup> Members **Issue 1, 2023**

## Starting Small with Heart-Healthy Eating

We know that a heart-healthy diet is important for managing heart disease. But making a shift toward different eating habits can be tough. Where to start? Start small, making one or two changes at a time. Once you are used to those, make another one or two changes. Over time, a few small changes can add up to a big difference in your health.



### Tips for Getting Started:

- Choose whole-grain bread instead of white bread
- Have a piece of fruit instead of candy or chips
- Work more fruits and vegetables into your diet by adding an extra serving to your meals
- Switch from 2% or whole milk to 1% or nonfat milk
- Eat lean proteins, like seafood, lean meats, poultry, eggs, beans, peas, nuts, seeds, and soy products
- Use olive or canola oil instead of butter for cooking
- Use herbs and spices to flavor your food, instead of salt
- Modify your favorite recipes using some of the suggestions above
- Start to cut back on fast food

It may take some time to get used to new tastes and habits, but don't give up. Keep in mind the good things you are doing for your heart and your overall health.

**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](https://mvp-listens.com).

All responses are 100% confidential and help create a better experience.

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

# Making It Easier to **Take Medications**

Taking your medications as prescribed is crucial for managing your health. But if you take several each day, it's easy to get confused or forget to take them. Here are some tips to help you stay organized and on track:

- **Make a list of every medicine you take, including aspirin and vitamins.**

Keep it up to date. Take a copy of your list with you every time you go to the doctor. Note any side effects you've had

- **Simplify your pill schedule.**

Ask your doctor if, for example, you could take one longer-acting pill every day instead of several shorter-acting ones

- **Make a schedule of when you should take each of your medicines.**

Put your schedule where you can easily see it every day—on the door of your medicine cabinet or fridge, for example. Take it along when you travel

- **Use a pillbox.**

Some pillboxes hold a week's worth, with separate sections for morning, noon, evening, and bedtime

- **Use an alarm.**

Set your computer, wristwatch, or cell phone to beep when it's time to take your pills

- **See where you may be able to control costs.**

Compare prices between drugstores and consider mail-order drugstores. Ask your doctor if there is a generic brand you can take to save money



# When Should I Use Gia?

The *Gia by MVP* mobile app is a guide to your health, and an easy way for you to talk or text with a doctor anywhere, anytime. Available 24/7, Gia is a good option when you:

- Want to avoid busy waiting rooms
- Cannot get an appointment with your doctor
- Do not have transportation
- Feel unwell and would prefer to stay home

Did you know that Gia doctors can diagnose and treat many different illnesses? Some of these include:

- Cough or upper respiratory infection
- Cold, flu, and COVID-19
- Strep throat
- Ear infection
- Sinus infection
- Muscle or joint pain
- And many more!



Based on your symptoms, your Gia doctor can often recommend a treatment plan, or prescribe a medication right from the app. If you do need an in-person visit, your Gia doctor can refer you to the most appropriate care in your area. To learn more about when to use Gia, visit [mvphealthcare.com/UsingGia](https://mvphealthcare.com/UsingGia).

# 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)



## Did you get your **flu shot**?

If not, call your doctor or stop by your pharmacy to protect yourself and those around you.



# 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.



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[mvphealthcare.com](http://mvphealthcare.com)



## Health and Wellness or Prevention Information

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## Living Well Programs from MVP

From yoga and strengthening to gardening and meditation, our Living Well programs have something for everyone. Classes and workshops are offered in-person and virtually and can help you live well physically, emotionally, and otherwise! View and register for upcoming classes at [mvphealthcare.com/LWCalendar](http://mvphealthcare.com/LWCalendar). Filter by county to find the programs nearest to you.

## Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit [mvphealthcare.com/HealthandWellness](http://mvphealthcare.com/HealthandWellness).

