

Your Easiest Lab Test Collection Ever with Scarlet Health[®]

As an MVP member, you now have access to mobile test collections through Scarlet Health and BioReference Laboratories. **You don't need to go to a lab anymore!** No need to take time off, find childcare, or sit in a crowded waiting room. Instead, take the safer and easier route for COVID-19 tests (PCR), urine tests, routine bloodwork—by scheduling at-home collections that fit your schedule.

Two Ways to Use Mobile Lab Testing

- 1. If you need a doctor to order a lab test for you**, simply download *Gia*[®] by MVP from the **App Store** or **Google Play**. Then start a consultation and ask your Gia doctor to order your lab tests through Scarlet Health.
- 2. If you'll be seeing your doctor soon or already have a lab order**, ask for a printed copy of the order, then visit mvphealthcare.com/labs and follow the instructions for uploading your order.

How Mobile Collections Work—It's Super Easy!

1. Choose a location that is convenient for you and upload an image of your lab test order.
2. Scarlet Health will send you an email and a text with a link to schedule your appointment. If you are scheduling on behalf of a minor, they must be 10 years or older (COVID-19 PCR for ages 4 and up).
3. On the day of your appointment, a Scarlet Health Professional will come to you to collect your test specimen.
4. Your lab test results will be sent to your healthcare provider, and you will receive an email with instructions for securely accessing them online.

Scarlet[®] offers over 1,500 lab tests, but here are some of the most common:

- COVID-19 PCR (for ages 4 and up)
- Comprehensive Metabolic Panel (CMP) (electrolyte levels, kidney and liver function testing)
- Complete Blood Count (CBC) with differential
- Screening and monitoring tests for diabetes/prediabetes (such as glucose, A1C, kidney function, urine protein)
- Lipid/Cholesterol Panel
- Thyroid function tests

Learn more by visiting

www.mvphealthcare.com/scarlet-labs.





At MVP Health Care, we believe that the health and well-being of our members starts with the health and prosperity of our local communities. That's why we remain committed to creating lasting, positive impacts within the communities that we serve.

In 2021, I'm proud to report that more than 1,000 of our team members participated in our company's volunteer program—a remarkable turnout. Our collective acts of volunteerism and service went on to impact more than 320 non-profit organizations, resulting in nearly 5,000 total hours of service. We look forward to continuing to build on that success this year, in a local community near you.

Christopher Del Vecchio
President and Chief Executive Officer



Colon Cancer is...**Preventable.** **Treatable. Beatable.**

Colorectal cancer screenings can detect early signs of colorectal cancer.

When you find issues early on, treatment is more effective. Colorectal cancer screenings are recommended for adults ages 45 and older.

No butts about it, it's screening time!

If you've put off this screening, you're not alone, but now is the time to get it done. You have options! Visit mvphealthcare.com/screeningoptions to learn about colorectal cancer screenings and then talk to your doctor about which screening is right for you and how often you should be tested.



MVP IN THE COMMUNITY

Concerned for the Hungry



MVPMDC0001 (03/2022) ©2022 MVP Health Care

NEW! Get Plan Documents Electronically

MVP will begin providing some documents electronically, rather than sending them through the mail.

You will still receive some plan documents in the mail as required by law or regulation.

If you prefer to receive documents by mail, you can set your communication preferences at any time. Simply sign into your online account at mvphealthcare.com, click *Account Settings*, then *Communication Preferences*. If you have already set your communication preferences, you do not need to do it again—we will leave them as is.



Privacy Notice Update

Information for parents of minors with sensitive diagnoses

MVP has updated the Privacy Notice to include new language under **Disclosures to Parents of Minors**. MVP has a policy in place to protect the privacy of minors with sensitive diagnoses. MVP has developed this position based upon legal requirements together with MVP's commitment to safeguarding the privacy of its members who receive care for sensitive needs.

If a minor 12–18 years old receives services or treatment related to mental health, chemical dependency or substance abuse, venereal disease, HIV/AIDS, family planning, prenatal care, or abortion-related services, MVP must have an Authorization to Disclose Information form on file from the minor to disclose most information to a parent or guardian. Please note that MVP can always share benefit/eligibility/cost-share information with a subscriber for their dependents.

To read the full Privacy Notice, visit mvphealthcare.com and select *Notice of Privacy Practices & Compliance* at the bottom of the page, and then *Privacy Notices*. You can find the Authorization to Disclose Information form at mvphealthcare.com. Choose *Members*, then *Forms*, then *Disclosure/Payment Forms*, and *Services Requiring Prior Authorization*. If you have questions, please call the MVP Member Services/Customer Care Center at **1-800-852-7826** (TTY 711).

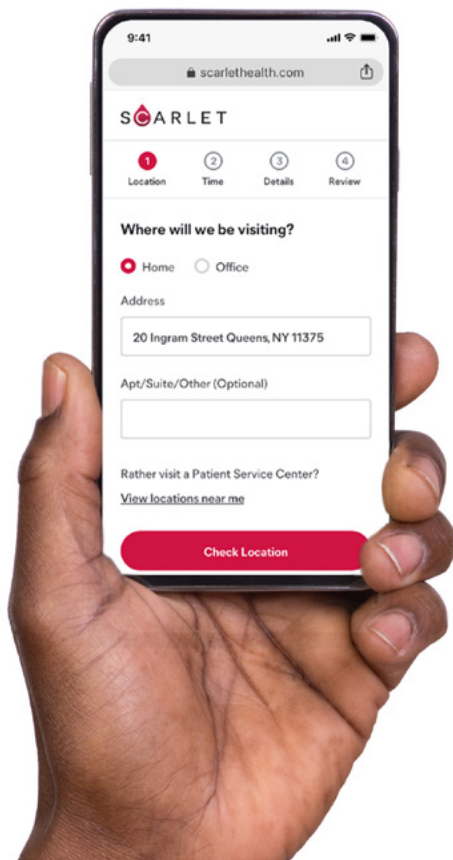
Tips for a **Healthy Pregnancy**

Taking good care of yourself while pregnant is important for your health and the health of your baby. Follow these steps to guide you along the way:

- Schedule a prenatal appointment with your doctor during your first trimester (the first 12 weeks of pregnancy)
- During your pregnancy, keep all prenatal appointments with your doctor to check your health and progress, baby's development, and monitor for complications
- Eat a balanced diet with whole grains, fruits, vegetables, low fat dairy, and lean protein
- Do not drink alcohol, smoke, or use tobacco products
- Stay active by aiming for 30 minutes of movement per day, if you are able
- Stay hydrated with 8–10 glasses of water a day
- Take care of your teeth by brushing twice a day and flossing once a day. Be sure to go to your regular dental check-ups
- Talk to your doctor about prenatal vitamins, in addition to any medications you may be taking

Questions during your pregnancy?

An MVP Case Manager can help. Call MVP Case Management at **1-866-942-7966** (TTY 711), Monday–Friday, 8:30 am–5 pm.



COVID-19 Questions?

Did you know?

MVP Health Care is collaborating with Scarlet to bring COVID-19 PCR tests, directly to your doorstep.

To begin, you'll need a lab order from your provider, or you can secure one by using Gia. Then, simply visit mvphealthcare.com/labs to upload your lab order and set up your appointment!

A Scarlet Health Professional will contact you to confirm your appointment, answer any questions, provide real-time updates as they travel to your home.

Find the most up-to-date information for MVP members at mvphealthcare.com/covid19.



Planning to Leave New York State and **Need a Medication Refill?**

Check with your pharmacy first.

If you are planning to be out of the New York State (NYS) service area, it is important to fill your prescriptions before leaving the state so you will have the medications you need. If you are already outside of New York State, work with your NYS pharmacy for refills. You will be required to sign for any mailed prescriptions.

For more information on managing your prescriptions, please visit the pharmacy page mvphealthcare.com/prescriptions or call the Pharmacy department at **1-866-832-8077** (TTY 711).

HPV and Cervical Cancer

Human papillomavirus (HPV) is a virus that can cause certain cancers and diseases in both boys and girls. HPV usually doesn't present any symptoms. Many people who have HPV don't know it. Protection starts with knowing the facts:

1. HPV is the most common sexually transmitted infection in the United States.
2. HPV is the main cause of cervical cancer.
3. The American Cancer Society estimates 14,480 new cases of cervical cancer this year and that 4,290 women will die from the disease.
4. The HPV vaccine can lower the risk of cervical cancer.^{1,2}
5. The HPV vaccine can reduce deaths related to cervical cancer.^{1,2}

The HPV vaccine is recommended for pre-teens ages 11–12. Anyone who is not already vaccinated can also receive it up to age 26. Talk to your child's doctor about the HPV vaccine and schedule a visit.

1. Tabibi T, Barnes J, et al. Human Papillomavirus Vaccination and Trends in Cervical Cancer Incidence and Mortality in the US. *JAMA Pediatrics*. 11/29/2021. doi:10.1001/jamapediatrics.2021.4807.


2. Falcaro M, Castañón A, et al. The effects of the national HPV vaccination program in England, UK, on cervical cancer. *The Lancet*. 11/3/2021. doi: [https://doi.org/10.1016/S0140-6736\(21\)02178-4](https://doi.org/10.1016/S0140-6736(21)02178-4).

Material presented in this newsletter is not intended to replace medical advice, which should be obtained from a qualified physician.

Para leer este boletín informativo en español, visite mvphealthcare.com/newsletters. Verá los boletines informativos en español.

Contact Us

MVP Member Services/
Customer Care Center

 **1-800-852-7826**
TTY 711

Monday–Friday, 8 am–6 pm

GPemails@mvphealthcare.com

LivingWell



PRSR STD US
Postage
PAID
MVP Health Care

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

Whether you need assistance managing a medical, mental health, or substance use issue, our Case Management Team is here for you! To speak with a Case Manager, call **1-866-942-7966** (TTY 711) Monday–Friday, 8:30 am–5 pm.



MVP Member Advisory Groups

Did you know MVP has two different member advisory councils so you can share your experiences and opinions with us?

MVP Member Advisory Council—meets twice a year virtually. If you would like to join, please email GPemails@mvphealthcare.com or call the MVP Member Services/Customer Care Center at **1-800-852-7826** (TTY 711).

MVP Behavioral Health Advisory Committee—meets virtually on the following Tuesdays: April 12, July 19, and October 18, 2022. This committee is open to Medicaid, HARP, and CHP members. If you would like to join to discuss behavioral health, please email BehavioralHealthAdvisoryCommittee@mvphealthcare.com or call **1-800-532-3530** (TTY 711).