



Living Well

Issue 1 | 2022

Exclusively for MVP Health Care®
Medicare Advantage Members



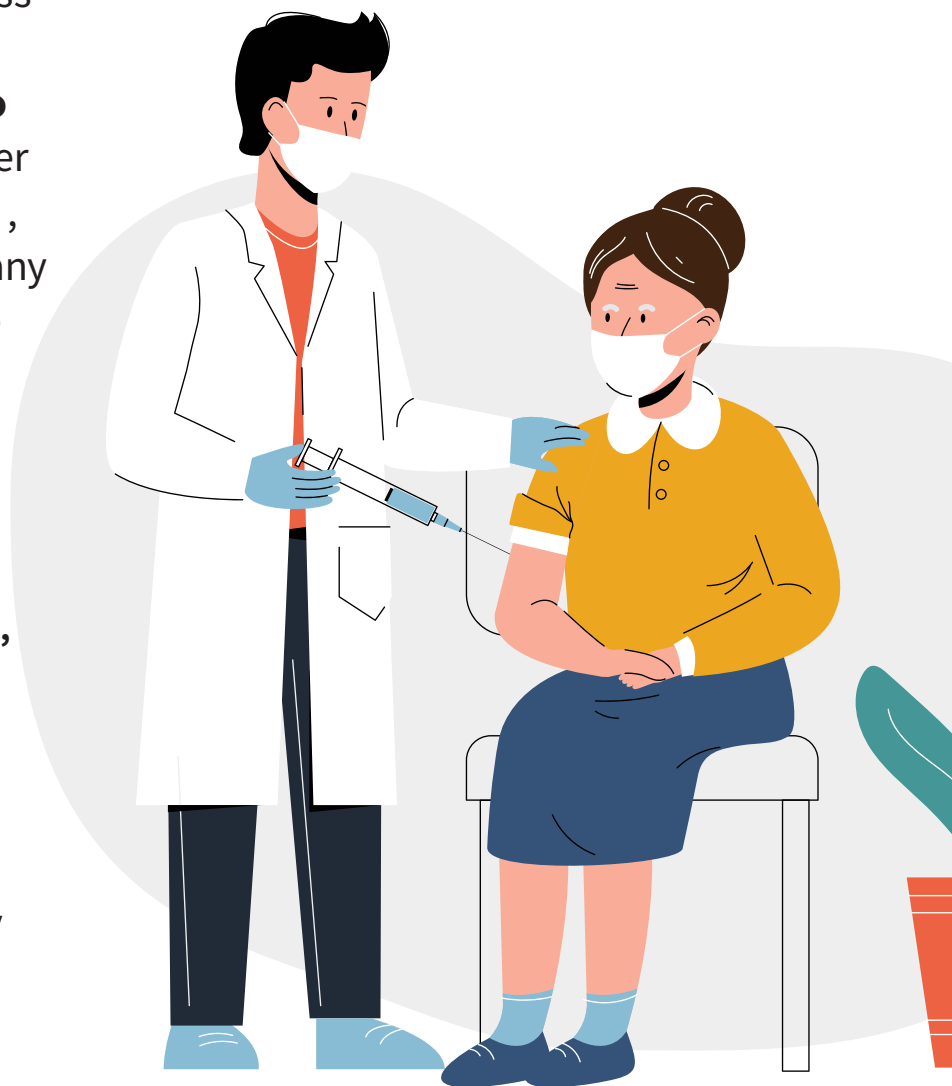
Your Easiest Lab Test Ever with **Scarlet Health**®

As an MVP member, you now have access to mobile lab test collection through Scarlet Health, so **you don't need to go to a lab anymore**. Instead, take the safer and easier route for COVID-19 PCR tests, urine tests, routine blood work, and many other lab tests—by scheduling at-home collections that fit your schedule.

Two Ways to Use Mobile Lab Testing

If you need a doctor to order a lab test for you, the easiest thing to do is download the **Gia**® by MVP mobile app from the App Store® or Google Play™. Then, start a consultation and ask your Gia doctor to order your lab tests through Scarlet Health.

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 Test Collection Works

Scheduling a lab test is easy. You can start by picking two dates and times that work for you. Once Scarlet confirms your appointment, they will contact you to discuss. On the day of your appointment, Scarlet will let you know when the health professional is on their way to collect your specimen. Once your specimen is collected, Scarlet will deliver it to the lab. When your results are ready, you will receive an email with instructions for securely accessing them online. Testing results can vary from two to four days.

Scarlet offers over 1,500 lab tests. Some of the most common are:

- COVID-19 PCR
- 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

To learn more, visit mvphealthcare.com/scarlet-labs.

Message or data rates may apply.

Contact MVP

MVP Medicare
Customer Care Center
1-800-665-7924

TTY 711

Call seven days a week, 8 am–8 pm
Eastern Time

April 1–September 30,
call Monday–Friday, 8 am–8 pm

mvphealthcare.com

We welcome your comments.

Attn: Marketing & Communications
MVP Health Care
220 Alexander St
Rochester NY 14607-4002

**memberservices@
mvphealthcare.com**

How do you want to hear from MVP?

We've updated our online experience with an improved way for you to choose how you want to receive information from us. You can easily update your contact information online and choose to receive updates and communication from us via email—even this newsletter!

Visit **mvphealthcare.com** and *Sign In* or *Register Now* to access your online account, then select *Communication Preferences*. MVP will continue to send information about your health plan contract and benefits by mail.

We are committed to protecting your personal information. Your email address will not be shared with anyone else.

MVP Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including sexual orientation and gender identity).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-844-946-8010** (TTY 711).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-844-946-8010** (TTY 711)。



Follow MVP Health Care to stay up to date on our health and well-being programs, community events, and news about how MVP is working to create the healthiest communities.

It's Time for Your Annual Wellness Visit

Take control of your health this new year and prevent health issues down the road by completing your annual wellness exam.

During your annual wellness visit, you and your Primary Care Provider (PCP) can talk about:

- Physical health and/or lifestyle changes
- Mental health and/or substance use concerns
- Tests and screenings
- Current medications
- Health goals for the new year
- Other concerns or questions you may have

If an in-person doctor's visit is not possible, telehealth may be an option. Your annual wellness visit, whether completed in person or with a telehealth visit, is covered at no cost under your MVP Medicare Advantage health plan. Completing your wellness visit also earns you 40 points toward your MVP WellBeing Rewards!

One of the best tools you have for managing your health is your **MVP Personal Health Tracker**. Keep an eye out for yours arriving in the mail in the coming weeks!

Your annual wellness visit is a perfect time to review your current medications with your PCP. It is important that you take medications exactly as they have been prescribed for them to best help you. Use your health tracker to write down both the prescribed and over-the-counter medications you are taking, and make sure you understand:

- When to take the medication
- How much to take
- How to take the medication (i.e., with or without water or food)
- How long to take them

Your annual wellness visit can help put you on a path to a happy and healthy 2022. Talk to your doctor about scheduling your visit today.



Material presented in this newsletter is not intended to replace medical advice, which should be obtained from a qualified physician. If any information in Living Well conflicts with provisions of your Evidence of Coverage (your Contract), the provisions of your Contract take precedence over Living Well articles and information.



Healthy blood pressure.

Happy heart.

***Did you know* undetected or uncontrolled high blood pressure can put your health and quality of life in danger?**

The American Heart Association reports that normal blood pressure for an adult is below 120 systolic blood pressure (the top number) and below 80 diastolic blood pressure (the bottom number)*. If your blood pressure remains too high over a long period of time, it damages the blood vessels. In addition, “bad” cholesterol can build up, causing blockages. The heart may become enlarged from the strain.

Make Changes that Matter

- Take medications exactly as prescribed
- Reduce your sodium, and increase the fruits, vegetables, and whole grains in your diet
- Be physically active
- Maintain a healthy weight
- Limit alcohol consumption and don't smoke
- Manage stress

Visit mvphealthcare.com/hhes to watch MVP's *The Heart of the Matter* webinar series and learn more about heart health.

Controlling High Blood Pressure

Most adults should have their blood pressure checked at least once a year. If you have high blood pressure you will likely need to be checked more often. If an in-person doctor's visit is not option for you, your doctor's office can accept self-reported blood pressure readings from a digital blood pressure cuff.

MVP Medicare members diagnosed with high blood pressure have a \$0 co-pay for one blood pressure cuff per year purchased from DME Supply USA, a division of Lincare. Eligible devices must be on the MVP approved list, available at dmesupplyusa.com/mvp.

Medication Treatment

When healthy lifestyle changes alone cannot control your high blood pressure, your doctor may prescribe medication treatment. It is very important for you to take medications exactly as they have been prescribed by your doctor for them to best help you. If you have problems taking your medications or if you experience any side effects, talk to your doctor before you stop taking your medications.

If you are living with Heart Disease, the MVP team of health care professionals can help. Connect with an MVP Case Manager by calling **1-866-942-7966**, Monday-Friday 8:30 am–5 pm.

*A person's age and certain medical conditions can influence normal readings. Talk to your doctor about your target blood pressure.

Even More **to Smile About**

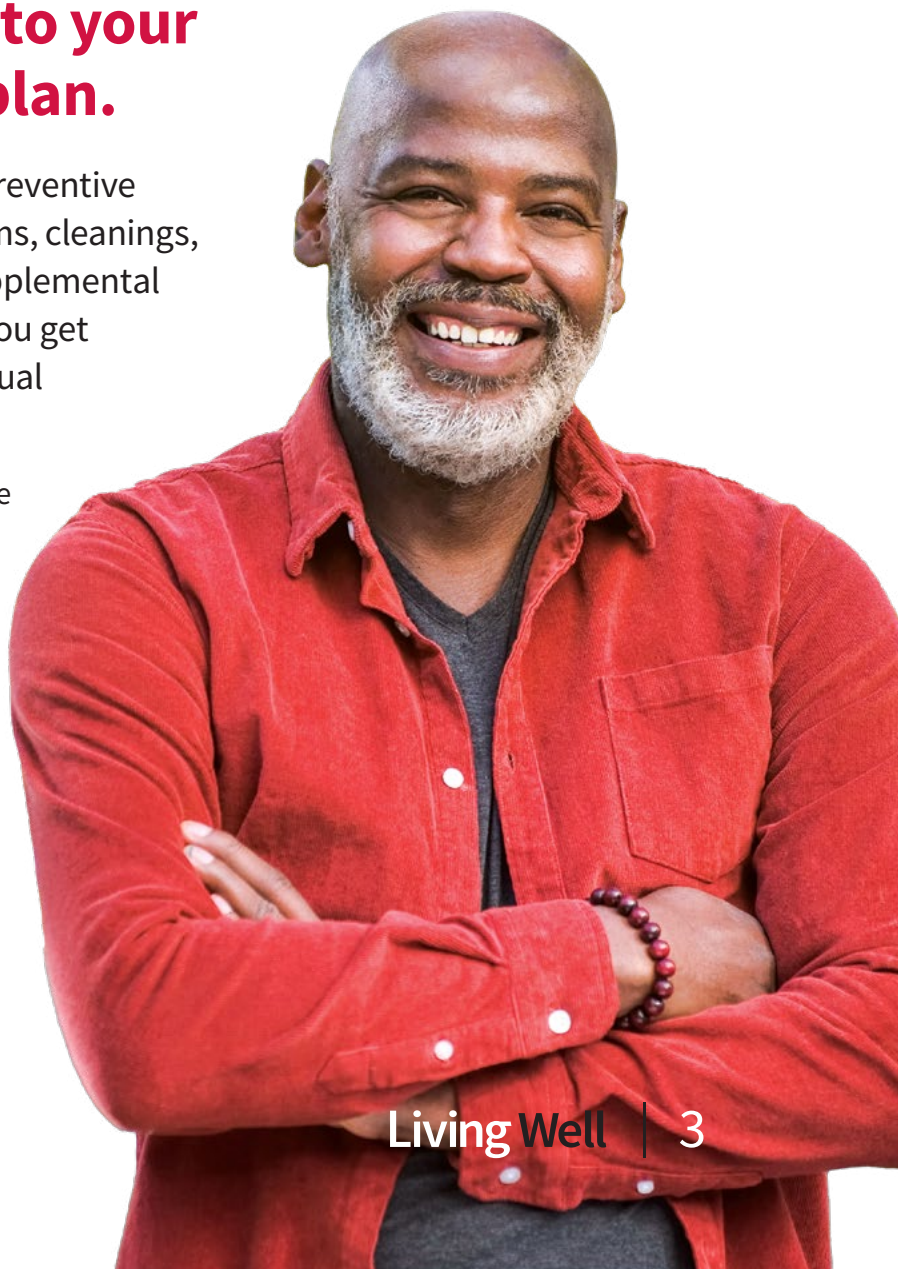
Add more dental coverage to your MVP Medicare Advantage plan.

Most MVP Medicare plans include coverage for preventive dental services, including up to two routine exams, cleanings, and x-rays every year. By adding an Optional Supplemental Dental Rider to your Medicare Advantage plan, you get even more dental coverage—up to \$1,000 in annual maximum benefit—**for just \$25 per month.**

No matter which MVP Medicare dental coverage you have in 2022, your plan works the same. Benefits include:

- Access to the DenteMax Medicare network, or you can continue to see any dentist you choose
- Answers to questions on both your dental and medical coverage with just one phone call to the MVP Medicare Customer Care Center
- Easily track your dental claims on the same Explanation of Benefits (EOB) statements as your medical claims

To learn more and to add the optional supplemental dental rider to your plan, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711).





A Message from MVP President & CEO

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.

Stay safe and be well,

Christopher Del Vecchio
President & Chief Executive Officer
MVP Health Care

NEW! Get important plan documents delivered 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 in to your online account at mvphealthcare.com and select *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.

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220 Alexander Street
Rochester, NY 14607-4002
mvphealthcare.com

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Health and Wellness or Prevention Information

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.

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 more about colorectal cancer screenings and then talk to your doctor about which screening is right for you.

