



Personal Health Tracker

Be Smart About Health Care

MVP Health Care[®] believes it's worth taking time to focus on your personal health now to prevent health problems later. It is important to visit your doctor for regular check-ups and routine preventive care screenings.

Use your tracker when you:

- Visit your doctor
- Get tests or screenings
- Talk to a pharmacist
- Go to an MVP *Living Well* program

The information you write down may be useful during follow-up doctor visits, when you talk about your care with family, or any time you want to discuss your health.

You may wish to take a family member or friend with you to your doctor visits.

Emergency Contact Information

Name

Phone

Relationship to Me

My Medications

My Pharmacy

Phone

Medicine Name	How Much Do I Take?	When Do I Take It?	What Do I Use It For?
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Non-Prescription Medicines and Vitamins / Herbal Supplements

(including pain relievers, allergy medicines, sleeping aids, etc.)

Always take all medications as prescribed by your doctor. Make sure you understand:

- When to take your medications (morning or evening)
- How much to take (use a pill cutter if you need to split medication)
- How to take them (with or without water or food)
- How long to take them

After a Hospital Stay

If you stay overnight in a hospital, here are some tips to help reduce the chance that you will need to be admitted to the hospital again because of a problem:

- Schedule a follow-up visit with your doctor. Bring your hospital discharge plan with you.
- Talk to your doctor about your medications and if they have changed.
- Write down important details about your condition and how to take care of yourself.

Will you need help when you get home?

Plan for a family member or friend to:

- Drive you to appointments
- Help around the home (shop for groceries, cook, and clean)
- Pick up prescriptions

Diabetes Care

If you are living with diabetes, you should have the following tests and screenings done at least once a year:

- Dilated eye exam—with your eye doctor
- Hemoglobin A1C (HbA1c)—to check your average blood sugar
- LDL level—to check your cholesterol
- Urine protein test—to check your kidney function
- Complete foot exam—yearly exam by your doctor, and frequent foot checks at home by yourself or your caregiver

Remember to always take all medications as ordered by your doctor.

MVP's health and well-being programs can help!

Get the right care, right away. Start with Gia™!

Available 24/7 by phone, web or mobile app, Gia expertly assesses your health needs and quickly refers you to the right care—including MVP's FREE telemedicine services* and in-person care near you. To access Gia, download the app, visit **GoAskGia.com**, or call **1-877-GoAskGia** (462-7544).

WellBeing Rewards*

Earn up to \$200 in rewards for making healthy choices, completing attestations and preventive screenings. Learn more at **mvphealthcare.com/wellbeingrewards!**

Living Well Programs

Health and well-being programs and physical activity classes, in-person and online, to empower and motivate you to live healthy and vibrant lives. Visit **mvphealthcare.com/calendar** for current program offerings.

*Excludes Medicare MSA Plans

SilverSneakers®

Enjoy the freedom to move however you choose with a free SilverSneakers® fitness membership. Join online virtual classes at home or visit any of 16,000 locations nationwide.

MVP / Matrix In-Home Health Assessment

See a nurse practitioner in the comfort and privacy of your home.

Medication Therapy Management Program

Talk with an MVP pharmacist privately over the phone to review your medications for safety and check if lower-cost alternatives are available. Call **1-866-942-7754** for more information.

MVP Case Management

Connect with a case manager if you are living with a new or ongoing health condition, had a recent hospital stay, need access to health care services, and more. Call **1-866-942-7966**.



For more information about these well-being programs and resources, visit **mvphealthcare.com/medicarewellness**.



MVP Medicare Customer Care Center

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

Monday–Friday, 8 am–8 pm Eastern Time

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

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