

# Care of the Heart

A Special Newsletter for MVP Health Care<sup>®</sup> Members **Issue 1, 2022**

## Avoiding Symptom Triggers

When you are living with heart failure, being mindful of the things that trigger your symptoms can help you try to avoid them. Triggers are different for everyone. But common ones include eating too much salt, missing a dose of medicine, and exercising too hard. The following may help you avoid triggers:

- **Keep the same schedule.** As much as you can, keep your diet, exercise, and medicine schedules the same every day
- **Limit sodium.** Be aware of how much sodium you are consuming. Your doctor can tell you how much sodium is right for you
- **Take medicines as prescribed.** Take your medicines at the same time every day. Not taking medicine is a trigger for some people
- **Avoid some medicines.** Work with your doctor and pharmacist to choose over-the-counter medicines, such as cold medicines and pain relievers, that are safe for you
- **Be active but be careful.** Exercise is good for your heart. But exercising too much or too hard can stress your heart and make symptoms worse. Check with your doctor before you start or change an exercise program. Do not exercise when you don't feel well. Watch for signs that your heart is being stressed and know when to stop and rest

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**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 [mvplistsens.com](https://www.mvplistsens.com).

We will use this information to create a better experience for all of our members. All responses are 100% confidential. The survey only takes a few minutes to complete.

MVP Health Care offers a health management program for members living with heart failure. For more information or to see if you qualify, call 1-866-942-7966. MVP's 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. This program must be coordinated with your physician.





## Why do I need to limit sodium?

Sodium causes your body to hold on to extra water. This may cause your heart failure symptoms to get worse.

People get most of their sodium from processed foods. Fast food and restaurant meals also tend to be very high in sodium. Your doctor can tell you how much sodium is right for you. An example is less than 3,000 mg a day.

## Overcoming Problems with **Taking Medicines for Heart Failure**

Lots of people who have heart failure struggle with taking their medicines. But making your medicines part of your daily routine may help you have better days, with more energy for the things you love to do.

- **Figure out what gets in your way.** What makes taking your medicines difficult? Common problems include staying motivated and having side effects. Or maybe you can't tell if the medicine is helping. You may have other reasons.
- **Think about solutions.** How can you get around your barriers? For example, if side effects bother you, ask your doctor if you can try a new medicine. If you don't feel motivated, try putting your pillbox next to a photo of your family or friends.
- **Make a plan.** Now that you have some ideas, think about what might help the most, and make a plan to try out that idea.





## Get Lab Tests Collected at Home

As an MVP member,\* you have access to at-home lab test collection through our collaboration with Scarlet Health®.

Scarlet® makes it easy to get routine bloodwork, urine tests, and many other lab tests collected where it's most convenient for you. Simply upload your lab order and schedule your appointment. If you need a lab order, you can request one from your provider, or start with Gia®, MVP's 24/7 virtual care services, to be connected with a provider who can assess your health needs and order your lab test. Learn more at [mvphealthcare.com/labs](https://mvphealthcare.com/labs).

\*For MVP members age 10 and over.

## 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

Find more information and printable forms at [mvphealthcare.com](https://mvphealthcare.com).

Source: Agency for Healthcare Research and Quality (AHRQ)



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## **Preventive Care** is the Best Care

Health care screenings help prevent or find illnesses and diseases in their earlier stages when treatment is more effective. If you've put off your screenings, you're not alone, but now is the time to catch up. To find out if you are due for screenings, *Sign In* to your MVP online account at **mvphealthcare.com/member** and select *Preventive Care Reminders*, and talk to your doctor.

## **Living Well Programs**

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find programs like yoga, walking clubs, caregiver support, or even a cooking class. To find a class visit **mvphealthcare.com/LWCalendar**. Filter by county to find the programs nearest you.

