


Start the New Year **Right!**

Don't wait until you feel sick to see your doctor. An annual preventive care visit with your doctor can help to avoid future health problems. If you can't go to the doctor's office, telemedicine may be an option. A telemedicine visit allows you to speak with your doctor over the phone or online.

During your visit, you and your doctor can discuss:

- **Your overall health and lifestyle**
- **Any screenings (such as for high blood pressure or diabetes) or immunizations (like a flu shot) you may need**
- **Behavioral health concerns (includes mental health and substance use disorders)**
- **Medication**
- **And more**



If you haven't already, talk to your doctor about scheduling your annual visit today.



One year ago, no one could have imagined the unprecedented challenges COVID-19 would bring to our world. I believe we have many reasons to be optimistic in the new year. As we see safe and effective vaccines being administered throughout our nation, MVP will continue to do our part to ensure that our communities, especially our most vulnerable populations, will have equitable access to these vaccines. MVP is committed to supporting and guiding our members every step of the way, no matter what challenges we all may face.

Christopher Del Vecchio
President and Chief Executive Officer

Get Living Well by Email

Visit mvphealthcare.com and *Sign In* to your online account. Then select *Communication Preferences* to opt in. MVP will continue to send information about your health plan contract and benefits by mail, as required by New York State.

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 y seleccione *Members*, luego *Living Healthy*, y luego *Living Well Newsletter*. Verá los boletines informativos en español.



Keep Your **Heart Healthy**

Heart disease is the leading cause of death in the United States for men and women. But you can do a lot to protect your heart and stay healthy.

Two main reasons for heart disease are high blood pressure and high cholesterol. If one or both are high, you should talk to your doctor about a treatment plan.

High Blood Pressure

Adults should have their blood pressure checked once a year. If you have high blood pressure, it should be checked more often. High blood pressure can damage your heart and blood vessels and will cause more health problems.

You can reduce your chances of high blood pressure and high cholesterol:

- Reduce salt and increase fruits, vegetables, and whole grains in your meals
- Stay active
- Maintain a healthy weight
- Don't smoke
- Manage stress

High Cholesterol

Cholesterol is affected by age, sex, eating habits, and activity level. A blood test can tell you if your cholesterol level is high. High cholesterol can lead to many health problems like a heart attack or stroke.

Your doctor may also prescribe medication to help. It is important that you take any medications exactly as they have been prescribed. If you have questions or experience side effects, call the doctor who prescribed it right away.

If you are living with heart disease, MVP can help. Call **1-866-942-7966**, Monday–Friday 8:30 am–5 pm to learn more.



Cervical Cancer Awareness

Each year more than 13,200 women get cervical cancer, and more than 4,200 die from it. Cervical cancer can be prevented with routine screenings like a pap test. A pap test is usually done by a gynecologist. When cervical cancer is found early, it is treatable. Women between 21 and 64 should get a pap test every three years.


Cervical cancer is often caused by an infection called human papillomavirus, or HPV. There is a vaccine that can help to prevent HPV. The HPV vaccine is recommended for all kids ages 11-12. There are also HPV vaccine options for teens and young adults and for older adults who are at high risk or were not previously vaccinated. Talk to your doctor to see if you should get the HPV vaccine.

To learn more visit mvphealthcare.com/medicalhealth and scroll down to *Women's Health*.

Source: Prevent Cancer Foundation

Contact Us

MVP Member Services/
Customer Care Center

 **1-800-852-7826**
(TTY: 1-800-662-1220)
Monday-Friday, 8 am-6 pm

Comments?

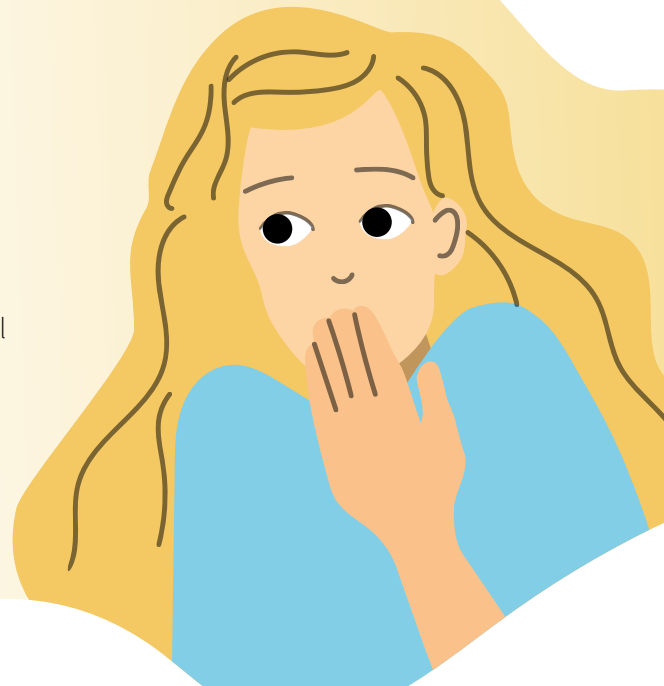
Send an email or letter to
members@mvphealthcare.com
Living Well MVP Health Care
625 State Street
Schenectady, NY 12305-2111

Information for Parents of Minors with Sensitive Diagnoses

MVP has a policy in place to protect the privacy of minors with sensitive diagnoses. This is required by the Health Insurance Portability and Accountability Act (HIPAA).

If a minor 12-18 years old receives services or treatment related to mental health, substance use, venereal disease, HIV/AIDS, family planning, prenatal care, or abortion-related services, MVP must have an *Authorization to Disclose Information* form on file to speak with a parent or guardian about any sensitive diagnoses.

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*. You can also call MVP Member Services/Customer Care for more information.



MVP COVID-19 Vaccine Update

The COVID-19 vaccine is covered at no cost for all MVP members. To find the most current information about eligibility and scheduling a vaccine, visit: **covid19vaccine.health.ny.gov/what-you-need-know**

You can also find the most up-to-date information for MVP members at **mvphealthcare.com/covid19**.

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Check This Out!

MVP's new Healthy Habits web page has tips, tricks, and resources for your growing children. Visit mvphealthcare.com/healthykids.

Create Your **Online Member Account** Now!

Setting up your online member account is easier, safer, and faster than ever. With your online member account, you'll get instant access to:

- Your plan details
- Preventive care reminders
- Valuable well-being resources
- Email communications options

Creating your online account takes less than two minutes and is safe and secure. Just visit mvphealthcare.com/register to get started. Make the most out of everything MVP offers you as a member and sign up today!

health insurance
built around

The word "me" is written in a bold, lowercase, sans-serif font in a dark red color, enclosed within a thin red rectangular border.