

Plans with a Real Advantage

Comprehensive health coverage and access to our extensive network of doctors and hospitals are **only the beginning**. Take full advantage of the many added programs, memberships, and extras you receive with your UVM Health Advantage plan.

Wherever Life Takes You, Take Gia[®]

Gia connects you with a doctor in minutes for \$0 virtual care services, available 24/7 by text or video. Get help with an urgent or emergent care need, chronic condition, medications or lab tests.

Gia also connects you to your health plan, with access to your ID cards, claims, and a wide network of providers right in your pocket. To learn more, visit GoAskGia.com.

Dental Coverage

Here's something to smile about! All UVM Health Advantage plans include coverage for preventive and comprehensive dental services. Get two routine exams, cleanings and x-rays each year. In addition, all UVM Health Advantage plans include an allowance for comprehensive dental services — with no deductible! See any dentist you choose, or save by seeing a dentist in the DenteMax Medicare network.

Vision Benefits Powered by EyeMed[®]

Take advantage of allowances for glasses and contacts with most plans. Plus, with vision partner, EyeMed, choose from a mix of national and local retail providers to save on premier designer glasses.

Over-the-Counter Allowance

All plans include a quarterly allowance to use on over-the-counter medicine and health-related purchases. Order online, through mail order or shop at participating retailers.

TruHearing[®] Hearing Aids

Your flexible hearing benefit covers up to two TruHearing Advanced or Premium hearing aids per year at low copayments, or you can apply an allowance to a broader catalogue of hearing aids.

Transportation Services

All UVM Health Advantage plans offer free one-way rides to medical appointments via ride share, medical sedan or wheelchair van.

Mom's Meals[®]

After an inpatient hospital stay, UVM offers free meal delivery, in partnership with Mom's Meals. You'll receive 14 refrigerated meals delivered directly to your home, at no cost. UVM Health Advantage also offers up to 12 weeks of home delivered meals for certain chronic conditions after an inpatient or observation stay.



The Living Well Advantage

Extra support, benefits and guidance to help you live your best life.

Living Well Classes

Join us for dozens of classes, programs and seminars offered by the MVP Health Care® Health Promotions team. Visit mvphealthcare.com/calendar to view a schedule of upcoming classes.

SilverSneakers and GetSetUp

Members have access to over 16,000 fitness locations nationwide, plus a library of on-demand workouts and live online classes. GetSetUp from SilverSneakers offers hundreds of virtual classes every week on a wide range of topics.

Care Guide

Your Care Guide will answer your questions, help you make appointments, become your advocate and help you get the care you need.

The Diabetes Prevention Program

Learn to adapt new, healthy choices during meetings with nationally trained coaches.

Joint Replacement Recovery

A number of commonly-needed personal assistance devices are available at no cost to members recovering from a joint replacement surgery.

Be Well Rewards Program

Get rewarded for focusing on your health with the Be Well Rewards program. Earn a \$100 gift card for seeing your doctor for an Annual Wellness Visit.

Questions?

Speak with a UVM Health Advantage Plan Guide. Call **1-800-665-7924** (TTY711).
October 1 – March 31, seven days a week, 8 a.m. – 8 p.m. Eastern Time.
April 1 – September 30, call Monday – Friday, 8 a.m. – 8 p.m.

Or visit UVMHealthAdvantage.com to learn more.

MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal.

For accommodations of persons with special needs at meetings, call 1-800-324-3899 (TTY 711).

Other physicians/providers are available in the MVP Health Care network.

Out-of-network and non-contracted providers are under no obligation to treat Plan members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

MVP Health Plan, Inc. complies with Federal civil rights laws. MVP Health Plan, Inc. does not exclude people or treat them differently because 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)。

MVP virtual care services through Gia are available at no cost-share for most members. In-person visits and referrals are subject to cost-share per plan.

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