



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:

(\checkmark)	Visit your doctor	\bigcirc
	visit your doctor	

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	

Talk to a pharmacist

To take the best care of yourself, you'll need to work with your doctor. Schedule an Annual Wellness Visit and talk to your primary care provider about these topics: Physical activity that's right for you How you can avoid falls Your test results and what they mean Medications Other physical or mental health concerns or questions you may have Bladder control Annual Wellness Visits are the first step to earning up to \$200 in WellBeing Rewards! Record your progress online or over the phone, earn points for doctor visits and activity attestations. You can redeem your rewards once you've earned at least 50 points. Sign in to your MVP online account at myphealthcare.com and select Begin Your Path to Well-Being to review your progress. Or call Healthyroads Customer Care at 1-877-748-2746 (TTY: 711) Monday-Friday from 8 am-9 pm Eastern Time. Health Care Visits List the dates you saw your doctor—it can be your primary care doctor or a specialist—and what you talked about. Doctor's Name Date of Visit Reason for Visit Result (What did I find out, what do I need to do?)	Work With Your	Doctor		
Your test results and what they mean Your health goals Other physical or mental health concerns or questions you may have Annual Wellness Visits are the first step to earning up to \$200 in WellBeing Rewards! Record your progress online or over the phone, earn points for doctor visits and activity attestations. You can redeem your rewards once you've earned at least 50 points. Sign In to your MVP online account at mvphealthcare.com and select Begin Your Path to Well-Being to review your progress. Or call Healthyroads Customer Care at 1-877-748-2746 (TTY: 711) Monday−Friday from 8 am−9 pm Eastern Time. Health Care Visits List the dates you saw your doctor—it can be your primary care doctor or a specialist—and what you talked about. Doctor's Name Date of Visit Reason for Visit Result (What did I find out,			-	r about these topics:
Your health goals	Physical activity t	hat's right for you	How you can avo	oid falls
Annual Wellness Visits are the first step to earning up to \$200 in WellBeing Rewards! Record your progress online or over the phone, earn points for doctor visits and activity attestations. You can redeem your rewards once you've earned at least 50 points. Sign In to your MVP online account at mvphealthcare.com and select Begin Your Path to Well-Being to review your progress. Or call Healthyroads Customer Care at 1-877-748-2746 (TTY: 711) Monday–Friday from 8 am–9 pm Eastern Time. Health Care Visits List the dates you saw your doctor—it can be your primary care doctor or a specialist—and what you talked about. Doctor's Name Date of Visit Reason for Visit Result (What did I find out,	Your test results a	nd what they mean	Medications	
Annual Wellness Visits are the first step to earning up to \$200 in WellBeing Rewards! Record your progress online or over the phone, earn points for doctor visits and activity attestations. You can redeem your rewards once you've earned at least 50 points. Sign In to your MVP online account at mvphealthcare.com and select Begin Your Path to Well-Being to review your progress. Or call Healthyroads Customer Care at 1-877-748-2746 (TTY: 711) Monday–Friday from 8 am–9 pm Eastern Time. Health Care Visits List the dates you saw your doctor—it can be your primary care doctor or a specialist—and what you talked about. Doctor's Name Date of Visit Reason for Visit Result (What did I find out,	☐ Your health goals			
Record your progress online or over the phone, earn points for doctor visits and activity attestations. You can redeem your rewards once you've earned at least 50 points. Sign In to your MVP online account at mvphealthcare.com and select Begin Your Path to Well-Being to review your progress. Or call Healthyroads Customer Care at 1-877-748-2746 (TTY: 711) Monday–Friday from 8 am–9 pm Eastern Time. Health Care Visits List the dates you saw your doctor—it can be your primary care doctor or a specialist—and what you talked about. Doctor's Name Date of Visit Reason for Visit Result (What did I find out,	Bladder control		concerns or que	stions you may have
List the dates you saw your doctor—it can be your primary care doctor or a specialist—and what you talked about. Doctor's Name Date of Visit Reason for Visit Result (What did I find out,	Record your progress You can redeem your at mvphealthcare.co	online or over the phone rewards once you've earr on and select Begin Your	, earn points for doctor visi ned at least 50 points. <i>Sign :</i> <i>Path to Well-Being</i> to reviev	ts and activity attestations. <i>In</i> to your MVP online account v your progress. Or call
doctor or a specialist—and what you talked about. Doctor's Name Date of Visit Reason for Visit Result (What did I find out,	Health Care Visi	ts		
(What did I find out,	ricuttii Gui e Visi			
	List the dates you saw	your doctor—it can be yo		
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,
	List the dates you saw doctor or a specialist-	your doctor—it can be yo –and what you talked abo	out.	(What did I find out,

My Medications				
My Pharmacy		Phone		
Medicine Name	How Much Do I Take?	When Do I Take It?	What Do I Use It For?	
	n Medicines and Vitamin ers, allergy medicines, sleep		ents	

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

Annual/Periodic Health	n Tests and Screer	nings	
	Date of Visit	Result	When Do I Need This Again?
Annual Wellness Visit			
Eye Exam			
Hearing Exam			
Mammogram			
Bone Density Measurement			
Colorectal Cancer Screening			
Vaccines			
	Date of Visit		When Do I Need
Flu Shot			This Again?
Pneumonia			
Shingles			

Health Tests and Screenings

	Date of Visit	Result	When Do I Need This Again?
Blood Pressure			J
Blood Sugar (Hemoglobin A1C)			
Cholesterol			
BMI-Body Mass Index			
Depression Screening			

Talk to My Doctor About Any feelings of anxiety, worry, or just feeling down in general. Behavioral health concerns keeping me from activities or things I enjoy. Chronic conditions or pain that prevent regular physical activity. Physical activity that's appropriate and safe for me. Suggestions to maintain or increase my level of physical activity. Are there any test results we need to go over? Are there any tests or screenings that I need now? Can we review my current medications? Do you have the most current information in my medical records? Should we discuss the care I've received from any of my specialists?

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**.



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

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. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia linguística. Llame al 1-844-946-8010 (TTY: 1-800-662-1220). 注意口如果您使用繁體中文口您可以免費獲得語言援助服務口請致電 1-844-946-8010 (TTY:1-800-662-1220).

Telemedicine services from MVP Health Care are provided by UCM Digital Health and Amwell. Regulatory restrictions may apply.

SilverSneakers is a registered trademark of Tivity Health, Inc. ©2020 Tivity Health, Inc. All rights reserved.