

# Living Well

Special Edition  
2023

UVM HEALTH



Exclusively for UVM Health Advantage Members

## Exciting Changes to Your 2024 UVM Health Advantage Plan

To see a complete overview of your coverage check the Annual Notice of Changes or the Benefits at a Glance mailings you received earlier this fall.



**MVP Medicare Customer Care Center 1-800-665-7924 TTY 711 [mvphealthcare.com](https://mvphealthcare.com)**  
Call seven days a week, 8 am–8 pm Eastern Time. April 1–September 30, call Monday–Friday, 8 am–8 pm.

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Out-of-network/non-contracted providers are under no obligation to treat MVP Health 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-networks services.

If any information in Living Well conflicts with provisions of your Evidence of Coverage (your Contract), the provisions of your Contract take precedence over Living Well articles and information.

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

The benefits mentioned are part of special supplemental benefits for MVP Health Plan Medicare Advantage plan members living with diabetes, hypertension, or are recovering from a stroke. The diagnosis must be in your patient record and be confirmed by the Centers for Medicare & Medicaid Services (CMS). Not all plan members qualify.

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

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 (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)。

# We listened to you!

Thanks to your input, we've added exciting new extras for 2024 to help you get more from your health plan.

## Expanded Dental Benefits

Enjoy additional dental coverage, with no deductibles or co-insurances, plus increased allowances to use toward covered comprehensive dental services, like root canals, fillings, or dentures.

## Rewards For Healthy Living

Get rewarded for focusing on your health with the MVP Medicare *Be Well Rewards* program. Earn a \$100 reward card for completing an annual wellness visit. This appointment helps you keep up with preventive screenings, review your overall physical and mental health, and discuss any other health needs. Your Annual Wellness Visit is covered at no cost under your plan.

## Health and Care Management Programs

- Learn to make healthy choices during meetings with nationally trained coaches through the Diabetes Prevention Program
- Assistive devices are available at no cost to members recovering from a joint replacement surgery
- Support for members living with heart disease including 12 weeks of home-delivered meals following congestive heart failure diagnosis

**New for 2024—Additional Chiropractic and/or Acupuncture Visits for Chronic Pain Management**—that's up to 20 additional visits, depending on your plan.

## Great Benefits Still Included In Our Plans

- Access to expert Care Guides to personally help you get the right care and support to stay well or manage ongoing conditions
- \$0 primary care visits, and \$0 virtual care services through the *Gia* by MVP mobile app
- \$0 Preferred Generic Drugs
- A quarterly allowance for over-the-counter purchases
- Routine eye exams and an eyewear allowance
- A flexible and affordable hearing aid benefit
- FREE transportation to medical appointments or local pharmacies, including the option to schedule rides that use a ferry service to cross Lake Champlain

If you have questions about your coverage, visit [mvphealthcare.com/medicare](https://mvphealthcare.com/medicare) or call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: 711).

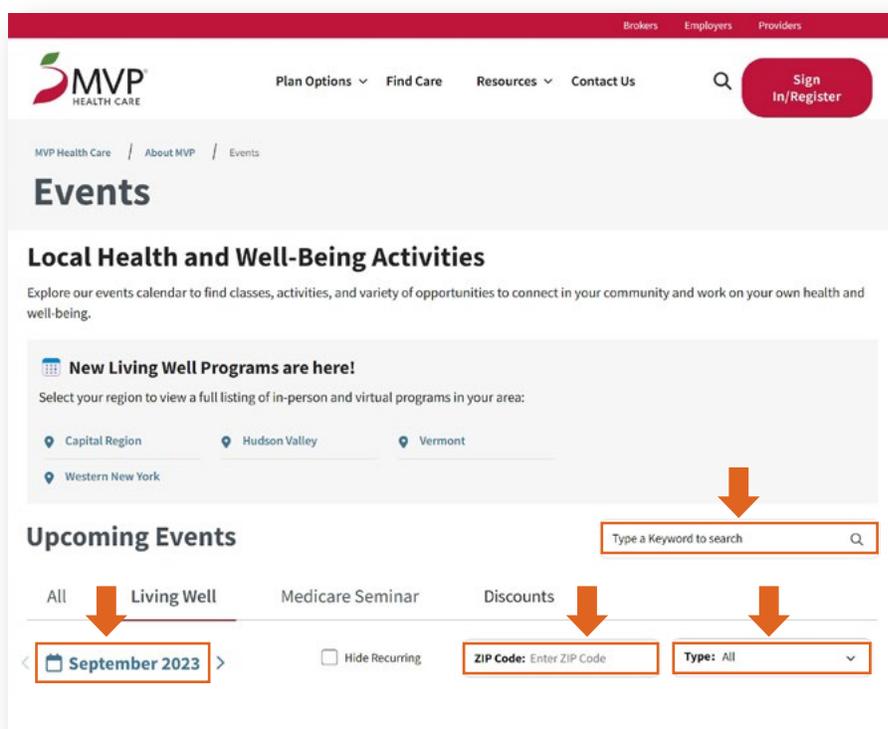
# MVP Health and Well-Being Activities

Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to register for classes and programs!

We know how important our Living Well classes and program are to our MVP members and community, and we've made it easier for you to find what you need on our Events page.

## Easy Ways to Use the *Upcoming Events* Page

- **Monthly Views**—simply use the arrows to find the month you're looking for and find select events during that time
- **Zip Code Filter**—search by *Zip Code* to find classes specific and local to you
- **Class Type Filter**—search by *Type* to find Hybrid Classes (a blend of in-person and virtual), Virtual Classes, or In-Person only classes
- **On-Page Search**—jump to exactly where you need to be by entering a few keywords of the class you are looking for or select the categories to find what you need
- **Upcoming Event Categories**—another way for you to search for your favorite class! Select *Living Well* under the Upcoming Events heading to find classes and programs. Select *Discounts* for local discounts, vouchers, and promotions



### Looking for in-person classes?

Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to find program descriptions, locations, and times for Living Well offerings throughout our service area, or scan the code with your smart device.

Need help registering for a program? Email [livingwellprograms@mvphealthcare.com](mailto:livingwellprograms@mvphealthcare.com).



# MVP Living Well Virtual Programs

The MVP Health Promotions team, in collaboration with our community partners, is pleased to provide you with innovative health and well-being programs. MVP Living Well virtual programs are offered to all members and nonmembers alike, unless otherwise noted.

**Registration for the classes listed below will open at 8 am Tuesday, November 28.** Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to register for all classes and for full class details. **Space is limited and registration is required.**

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). Class schedules are subject to change.

## Virtual Ongoing Fitness Programs

### Gentle Yoga Moves

**Mondays, January 8–March 11 8–9 am**

Experience the benefits of increased flexibility, strength, balance, and a sense of calm through a complete series of seated and standing yoga poses.

### Power and Balance Total Body Workout

**Tuesdays, January 9–March 12 9:30–10:30 am**

These circuit exercises incorporate total body resistance training, core and balance exercises, and low-impact aerobics. Weights are optional.

### Chair Moves

**Tuesdays, January 9–March 12 1–2 pm**

This chair-based class emphasizes strengthening, limbering, and stretching exercises for the upper and lower limbs.

### Bokwa® Punch and Strike

**Wednesdays, January 10–March 13 12–12:45 pm**

This class uses numbers and letters to create easy-to-follow steps while adding an extra cardio blast with kickboxing moves. It is easy to learn and for all fitness levels.

### Strength and Strengthen

**Thursdays, January 11–March 14 10–11 am**

Move through timed exercises at your own pace to stretch and strengthen for a complete workout. Weights will be used, but are optional.

### Pelvic Floor Health

**Thursdays, January 11–March 14 12–12:30 pm**

This class will focus on strengthening muscles in the pelvic floor. Exercises will be performed seated on a mat.

### Tai Chi for Wellness

**Fridays, January 12–March 15 9:30–10:30 am**

Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

### A Matter of Balance

**Tuesdays and Thursdays**

**January 16–February 8 1–3 pm**

Learn to manage your concerns about falling with practical coping strategies to reduce the fear of falling and diminish the risk of falls. **Members only, limited to 12 members.**

### Beating the Winter Blahs

**Wednesday, January 17 12–1 pm**

Winter brings shorter days and many individuals experience a dip in mood. This presentation focuses on techniques to improve your mood this winter.

### MVP Medicare *Be Well Rewards* Program

**Wednesday, January 24 1–1:45 pm**

Learn about our *Be Well Rewards* program that lets MVP Medicare Advantage plan members earn a \$100 reward card for completing an annual wellness visit.

### Mental Health Awareness

**Wednesday, February 7 12–1 pm**

Join us for this presentation on the basics of mental health and steps we can take to improve or maintain our mental health each day.

### Financial Goal Setting

**Thursday, February 8 12–1 pm**

Develop sustainable goals that fit into your timeline for living a good life.

### Let’s Avoid a Fracture: Three-Part Series

**Mondays, February 12–26 1–2:30 pm**

Learn lifestyle tips and exercises to support bone health and help to reduce the risk of a future fracture.

### What is Mindful Eating?

**Wednesday, February 21 12–1 pm**

Join this interactive group during lunchtime to learn about mindful eating—what it is, techniques for practice, and more.

### Mindful Tea Tasting

**Wednesday, February 28 11am–12 pm**

Learn stress reduction techniques and put them to practice with this mindful tea tasting. Participants will receive 3-4 tea samples to try during this class.

### Rehab After Joint Surgery

**Tuesday, February 20 12–1 pm**

In partnership with Genesee Valley Physical Therapy. Discover how rehabilitation enhances strength, facilitates healing, optimizes range of motion, and alleviates discomfort and swelling.

### Eating Healthy on a Budget

**Friday, March 15 12–1 pm**

In collaboration with Cornell Cooking Extension, this class teaches you to create beautiful dishes that are great for your palate and your wallet.

## Featured Virtual Programs

### Silversneakers® Overview

**Wednesday, January 10 2–3 pm**

Learn how to maximize your SilverSneakers benefits, including online educational classes offered through Get Set Up, in addition to a trove of fitness options.

### Home Gym Set Up

**Tuesday, January 16 11am–12 pm**

In partnership with SilverSneakers. Create a home gym that doesn’t take a lot of money or space. Get step-by-step guidance on how to easily set up a home gym you’ll use and enjoy.

SilverSneakers is a registered trademark of Tivity Health, Inc. ©2023 Tivity Health, Inc. All rights reserved.

GetSetUp is a third-party provider and is not owned or operated by Tivity Health, Inc. (“Tivity”) or its affiliates.

Users must have internet service to access online services. Internet service charges are responsibility of user.



Health and Wellness or Prevention Information

## Part D— All you need to know.

**Did you know you can fill a prescription at any retail pharmacy that accepts MVP, including major chain stores?**

**Have questions about your Part D?**

Visit [mvphealthcare.com/PartD](http://mvphealthcare.com/PartD) to find a pharmacy or medication delivery options, view a list of prescription drugs that MVP covers (known as a Formulary), and learn if you can save money on prescriptions.

