Smoking damages your body starting with the first puff. It often leads to long-term illness and death. The sooner you decide to quit, the better it is for your body!

MORE THAN HALF OF ADULT SMOKERS HAVE QUIT—YOU CAN TOO!

Support and Resources
MVP Health Care offers support and resources to help you quit smoking. As an MVP member, you receive a total of eight smoking cessation counseling sessions per calendar year. Prescription medications and over-the-counter nicotine treatments are also included. For more information, please contact the MVP Customer Care Center at 1-800-852-7826, Monday–Friday, 8:30 am–5:00 pm.

To find more information and interactive tools, visit www.mvphealtnetcare.com and select Members, then Live Healthy, and then Health Tools & Calculators.

The New York State Smokers’ Quitline also offers free support. Call 1-866-NY-QUITS (697-8487) or visit www.nysmokefree.com.

Talk to your doctor today about a quit plan that is right for you!

THE PERKS OF QUITTING SMOKING TIMELINE

- AFTER 20 MINUTES—Your blood pressure and heart rate drop to normal.
- AFTER EIGHT HOURS—Levels of carbon monoxide in your blood drop and your blood oxygen level returns to normal.
- AFTER 24 HOURS—Your risk for sudden heart attack, once higher than average, decreases.
- AFTER TWO WEEKS TO THREE MONTHS—Blood flow improves throughout your body. Your wounds heal more quickly. It’s also easier to walk and breathe.
- AFTER ONE YEAR—Your risk for heart disease is cut in half.
- AFTER FIVE YEARS—Compared to people still smoking a pack a day, you’re half as likely to develop cancer in your mouth, throat, bladder, or esophagus. Your risk for lung cancer falls to nearly 50 percent.
- AFTER 15 YEARS—You’re now no more likely to develop heart disease than if you’d never lit a cigarette.
BE SMART ABOUT ANTIBIOTICS

When you are sick the only thing you want to do is feel better. If you go to your doctor then you may expect to receive a prescription for an antibiotic. However, an antibiotic is not the best option for a virus.

Antibiotics do not treat viruses such as:
- colds, runny noses, or most coughs
- influenza (the flu)
- most bronchitis
- sore throats not caused by strep
- some sinus infections
- some ear infections

Using antibiotics for viruses can lead to antibiotic resistance. This can create “super bugs” which are bacteria that are resistant to all antibiotics. Using antibiotics for viruses also expose you or your child to side-effects or reactions from medications without any real benefit.

Many of these illnesses just need to “run their course” before you feel better. Some colds or other viruses can last up to two weeks.

Visit a doctor if you or your child has a sore throat, a fever, trouble swallowing or breathing, or if symptoms get worse.

CASE AND CONDITION MANAGEMENT PROGRAMS

Living well sometimes takes an extra helping hand. That’s why MVP has a team of professionals to help our members.

Condition Health Management

An MVP clinician can assist you with physical or mental health issues, as well as help you and your doctor with a treatment plan. Information is available on healthy eating, medications, symptom management, weight loss, and fitness. Personalized mailings and newsletters are also provided.

Our specialized programs include:
- Asthma
- Chronic Obstructive Pulmonary Disorder (COPD)
- Depression (managed by Beacon Health Options)
- Diabetes
- Heart Conditions (heart attack or blockages)
- Heart Failure

Case Management

The MVP Case Management Program can help if you have a high-risk medical condition or life-threatening illness. These include cancer, end stage renal disease, transplants, HIV, and AIDS.

A Case Manager works with you, your family, doctors, and others to create a plan for your care. They answer medical questions, help you get the most of your health care benefits, and communicate with your health care team. Most importantly, Case Managers are there to give you and your family support when it’s needed the most.

More Information

These programs are voluntary and available at no cost. MVP may call you if you qualify. Your doctor may also refer you. Call 1-866-942-7966 for more information.

ENHANCED BEHAVIORAL HEALTH CARE BENEFITS

Members recently received an update to the MVP Medicaid Managed Care Handbook. These updates addressed Behavioral Health Care benefits that went into effect on July 1, 2016.

Behavioral health care includes mental health and substance use (alcohol and drugs) treatment and rehabilitation services. All MVP members have access to services to help with emotional health, or to help with alcohol or other substance use issues. These services include:

Mental Health Care
- Intensive psychiatric rehabilitation treatment
- Day treatment
- Clinic continuing day treatment
- Inpatient and outpatient mental health treatment
- Partial hospital care
- Rehabilitation services if you are in a community home or in family-based treatment
- Continuing day treatment
- Personalized Recovery Oriented Services
- Assertive Community Treatment Services

Substance Use Disorder Services
- Inpatient and outpatient substance use disorder (alcohol and drug) treatment
- Inpatient detoxification services
- Opioid, including Methadone Maintenance treatment
- Residential Substance Use Disorder Treatment
- Outpatient alcohol and drug treatment services
- Detox services
SUPPORT AND TIPS FOR A HEALTHY PREGNANCY AND BABY

Little Footprints™ Case Management Program
This program helps to make sure that you have a healthy pregnancy and baby. Nurses are available to support you and make sure you are getting the care that you need. You will also receive educational materials in the mail.

For more information, email littlefootprints@mvphealthcare.com or call 1-866-942-7966.

Breastfeeding Support
MVP offers a lactation support program through Corporate Lactation Services. Nursing mothers will receive support and answers to their questions and concerns until weaning. Members may receive free breastfeeding equipment. Lactation consultants are also available 365-days-a-year.

Call the MVP Customer Care Center at 1-800-852-7826, Monday–Friday, 8:30 am–5:00 pm if you have questions or wish to enroll. Benefit limitations may apply.

Stay Hydrated in the Summer Heat
It is very important for pregnant women to stay hydrated during the hot summer months. The current recommendation from the National Institutes of Health (NIH) is for pregnant women to drink 8–10 glasses of water each day. Pregnant women should increase their fluid intake by at least one cup of water each day. Sports drinks are also important because they replace electrolytes and help retain fluids. Make sure to check with your OB provider for additional guidance.

Recommended Prenatal and Postpartum Office Visits
MVP’s recommended schedule of visits for prenatal and postpartum office visits is based upon the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists (AAP/ACOG) Guidelines for Perinatal Care.

Prenatal Visits
The first prenatal visit should be as early in the pregnancy as possible. Additional visits should be scheduled as follows:
• Every four weeks during the first 28 weeks
• Every two weeks until 36 weeks
• Each week from 36 weeks until delivery

Your provider may recommend additional visits based upon the health of you and your baby.

Postpartum Visits
A postpartum visit should occur at 4-6 weeks after delivery and no later than eight weeks following delivery.

JOIN THE MVP MEMBER ADVISORY COUNCIL
MVP is dedicated to serving the needs of our members and our community.

Our Member Advisory Council was created so that members can give feedback. Becoming a volunteer member gives you the chance to tell us what you think about our services and how we can do better.

Volunteers participate in two meetings every year. Lunch will be provided. Volunteers will be reimbursed for their transportation costs and will receive a $25 gift card for each meeting attended.

For more information call the MVP Customer Care Center at 1-800-852-7826, Monday–Friday, 8:30 am–5:00 pm.

KEEP US INFORMED
Call the MVP Customer Care Center at 1-800-852-7826 whenever these changes happen in your life:
• You have a change in Medicaid eligibility.
• You become pregnant or give birth.
• There is a change in insurance for you or your children.

NO LONGER QUALIFY FOR MEDICAID?
You or your children may be eligible for one of the other programs available under the Affordable Care Act. For more information about these programs, call 1-800-TALK-MVP (825-5687).

WE VALUE YOUR OPINION
Please fill out a brief, anonymous survey at www.mvplistens.com. We will use this information to create a better experience for all of our members. All responses are 100 percent confidential. The survey only takes a few minutes to complete.
Go Green! Get Living Well By Email

Did you know that you can get this newsletter by email? To receive this newsletter and other general communications from MVP by email instead of postal mail, Log In or Register for an MVP online account at www.mvphealthcare.com and select Communication Preferences to opt in.

The email version is easy to share with family or friends, and you can help the environment by saving a few trees! You can update your preferences at any time via your online account. MVP will continue to send documents about your health plan contract and benefits by mail.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.