What is Preventive Care?

Think of preventive care as an investment.

Preventive care helps protect you from health problems in the future that you can work to avoid now and as a result, live healthier longer.

Preventive care focuses on preventing disease and maintaining your health. It includes early detection of disease, help for people at risk of developing specific health problems, and other actions you can take now to avoid health problems later. Screening tests, health education, and immunization programs are common examples of preventive care.

MVP Health Care believes it’s worth taking time to focus on your personal health now to prevent health problems later. We offer ways to help you make preventive care part of your daily life.

The following is a guide to the preventive care support MVP provides. For more information about these offerings, please refer to your member contract (called your Evidence of Coverage).

MVP is here to help you live well. Choose a healthy lifestyle and work with your doctor to develop a plan.
Helping You Live Well

SilverSneakers® Fitness
Get active with SilverSneakers Fitness! Achieve your health and fitness goals with access to more than 13,000 fitness locations nationwide—including LA Fitness—FLEX™ classes at various locations throughout the community and at-home exercise kits. Visit www.silversneakers.com or call SilverSneakers at 1-888-423-4632 (TTY: 711), Monday–Friday, 8 am–8 pm, to learn more.

HealthDollars℠
Start every year with a $100 HealthDollars allowance to spend on healthy activities. It’s easy—simply fill out a form with an original receipt attached to put your allowance to work. Unused HealthDollars can’t carry over from one year to the next, so don’t put off that healthy cooking class any longer!

24/7 Nurse Advice Line
Call the 24/7 Nurse Advice Line anytime day or night for answers to your health questions. Speak with a nurse who can help you (especially when your doctor’s office is closed) with issues such as:

• “What do I do if” health questions, even if it’s in the middle of the night.
• Finding information and resources about prevention and wellness, treatments, chronic conditions, and other health topics or concerns.

Listen to selections from an audio library of more than 400 pre-recorded messages on general health topics designed to help you make informed health decisions. Call 1-800-204-4712. Have your note pad and pen ready!

MVP/Matrix In-Home Health Assessment
Say yes to a free MVP-Matrix Medical home health visit—an important part of your membership, and the chance to discuss your health in detail in the comfort of your own home. The in-home visit doesn’t take the place of seeing your primary care doctor. Rather, it enhances your overall health care.

A nurse practitioner will make a house call to evaluate your current health. A family member or friend can be present if you wish. Studies show that MVP members who take advantage of these home visits:

• Have lower medical expenses.
• Have fewer hospital admissions.
• Feel more informed and in charge of their health.
• Are more satisfied with their health plan.

The information you discuss during the visit is shared with
The Diabetes Prevention Program

MVP is the first Medicare Advantage plan in the country to offer the Diabetes Prevention Program (DPP) to its members.

One in three American adults may be unaware that they have prediabetes, but diabetes is preventable! The DPP is a successful, evidence-based program for adults diagnosed with prediabetes or at risk for getting diabetes.

The program is led by nationally trained lifestyle coaches. Meeting topics include healthy eating, physical activity, lifestyle choices, group discussions, and social connections.

Medicare Health Promotion

Join us for MVP Living Well programs!

MVP’s Health Promotion team provides classes throughout our communities designed to help participants gain awareness, motivation, and skills to improve their health. Wellness education programs cover topics such as healthy eating and lifestyle, managing stress, improving sleep habits, and strengthening memory. Movement classes include Bokwa, yoga, Tai Chi and walking groups.

Get Peace of Mind with Our Medication Review Program

Connect with an MVP pharmacist for a half hour to review all of your medications and check to be sure they are working well together with no potentially harmful combinations of drugs.

Together you will:

• Review the drugs you are taking and why.
• Identify potential dangers you might experience when mixing drugs.
• Discuss lower-cost alternatives and if they are available and appropriate for you.
• Consider over-the-counter drugs and supplements, such as vitamins.

The MVP Medicare Customer Care Center

Our representatives are ready to answer your questions. If you prefer to speak a language other than English, we can arrange to have an interpreter available at no cost to you.

1-800-665-7924

Call Monday–Friday, 8 am–8 pm

October 1–February 14, call seven days a week from 8 am–8 pm

TTY: 1-800-662-1220

your doctor. Working together, we can help you take steps now to prevent health issues later.
Work with Your Doctor

To take the best care of yourself, you’ll need to work with your doctor. Your doctor understands your medical history and what is “normal” for you. Talk with your doctor about your health goals. Your doctor should keep track of your progress and work with you to meet the annual preventive care guidelines for adults in your age range.

Make sure your doctor is someone in whom you have confidence and with whom you can talk easily. MVP’s network of more than 19,000 doctors and health care professionals means that you will be able to find a doctor you like, near where you live. The health care professionals in our network have agreed to provide your care and follow specific quality-of-care practices.

As an MVP Medicare Advantage plan member, much of your preventive care is covered in full (see the Annual Preventive Care Guidelines on page 6). To encourage you to have a continuing relationship with your doctor, MVP covers an annual wellness visit. This visit helps you and your doctor develop a personalized plan to prevent disease, improve your health and help you stay well.

Be prepared and take an active part in every visit.

- Keep a list of health problems or issues. Record your symptoms, when they started and what you have done to treat them.
- Decide what is most important to discuss with your doctor so you talk about that first.
- Review and bring the Annual Preventive Care Guidelines list and write down any screening or test to discuss with your doctor.
- Bring a family member or friend to help you listen and ask questions.
- Have a list of your medications, including vitamin and mineral supplements, and over-the-counter drugs.
- Bring results of tests done by other health care professionals.
- Ask questions if you don’t understand something.
- Write down your doctor’s diagnosis, treatment plan, and follow-up actions you need to take.

Your Personal Health Tracker that you received from MVP can be used to prepare for, and to keep notes during your visit. If you need a tracker, please call the MVP Customer Care Center.
More Help from MVP

Living well sometimes takes an extra helping hand. That’s why MVP has a team of nurses, respiratory therapists, social workers, and other health care professionals to help our members.

**Condition Health Management**

If you need help to work through a health concern or mental health issue, you can talk with an MVP clinician who can answer your questions and help you find community-based resources and health care solutions. Get information on healthy eating habits, medication management, symptom monitoring and management, weight monitoring, and fitness activities. You will also receive personalized mailings and newsletters with the latest health information. Your MVP clinician will work with you and your doctor to help you set and reach goals that are important to your treatment plan.

**Our specialized programs include:**

- Asthma
- Chronic Obstructive Pulmonary Disorder (COPD)
- Depression (managed by ValueOptions®/Beacon Health Options)
- Diabetes
- Heart Conditions (heart attack or blockages)
- Heart Failure

**Case Management**

The MVP Case Management Program helps members who have high-risk medical conditions or complicated life-threatening illnesses, including cancer, end stage renal disease, transplants, HIV, and AIDS. Case Managers are registered nurses, respiratory therapists, and social workers with special training and certification.

Your Case Manager will work closely with you, your family, doctors, and other members of your health care team to create a plan for your ongoing care. They can answer questions about your medical condition and care, help you and your family understand and get the most out of your health care benefits, and communicate your medical needs to your health care team. Most importantly, Case Managers are there to give you and your family support when it’s needed the most.

**Take Advantage of Our Condition and Case Management Programs**

Our programs are available at no cost and you are under no obligation to participate. MVP may call you if you qualify, or your doctor may refer you to us. You can also call MVP at 1-866-942-7966 for more information about these programs.
Annual Preventive Care Guidelines
Women and Men Ages 65 and Older

Health History and Lifestyle Assessment
Complete or update a health assessment with your doctor that includes family history, activity, tobacco, alcohol, drug use, and sexual practices. It’s important to develop a plan with your doctor to keep active and eat well.

Physical Exam
- Height and weight (Body Mass Index—BMI)
- Blood pressure
- Hearing and vision screening

Screenings For:
- Lipid disorders (for example, cholesterol).
- Colorectal cancer using fecal occult blood testing, sigmoidoscopy, or colonoscopy, beginning at age 50 and continuing until age 75. Multi-target stool DNA test (like Cologuard™) beginning at age 50 and continuing until age 85. Talk with your doctor about the frequency of screening needed.
- Tuberculosis by PPD test as indicated.
- Type 2 diabetes if blood pressure is higher than 135/80, you have a history of abnormal cholesterol, you are obese, or you have a history of high blood sugar (glucose).
- Hepatitis C virus (HCV) infection for adults born between 1945 and 1965 (one-time screening).

Also for women:
- Pap test is optional after age 65; talk with your doctor.
- Mammogram every 1–2 years until age 74; then as indicated after age 74.
- Osteoporosis screening for women age 65 and up. Talk with your doctor about the frequency of screening needed.

Immunizations
- One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years.
- Flu vaccine annually.
- Pneumococcal vaccine once in a lifetime from age 65; booster as recommended.
- Zoster vaccine unless contraindicated.
- Hepatitis B vaccine if you are at high risk for hepatitis B. Talk with your doctor.

Counseling/Screening
- Diet (for women, discuss calcium and vitamin D)
- Exercise
- Smoking cessation
- Alcohol/substance abuse prevention
- Sexually transmitted diseases/HIV/sexual behavior
- Dental health
- Sun exposure
- Bladder control problems
- Injury prevention (including seat belt, helmet use, and ways to prevent falls)
• Life stage issues (bereavement)
• Depression
• Health Care Proxy/Advance Directives
• Also for women: Menopause management

High-Risk Individuals
• Aspirin therapy should be considered for adults ages 45–79; when benefit outweighs risk.
• Meningococcal, Varicella, Hep B, Measles/Mumps/Rubella, and Hep A immunizations for those at risk.
• Screen for Abdominal Aortic Aneurysm (AAA) as a one-time screening in men ages 65–75 who are current or former smokers.
• Lung cancer screening every year for adults ages 55–77 who are current or former smokers and meet certain guidelines. Talk with your doctor.

Information at Your Fingertips
The MVP Health Care Website
Use MVP's website to help manage your health care coverage and take charge of your health. Resources and information are available 24 hours a day at www.mvphealthcare.com:

Find a Doctor
On the MVP homepage, select Find a Doctor to search for doctors and facilities.

ChooseHealthy™
From the MVP homepage, select Medicare Members and then your county. Select ChooseHealthy under Live Well (Wellness Programs) to find a store where you can buy vitamins, supplements, personal body care products, exercise books, DVDs, and equipment at a discount, a library of information and resources to support your health goals, and more!

Help With Your Part D (Drug) Coverage
You also have access to Part D (drug coverage) information on the MVP website. Under Part D (Prescription Drug Coverage) on the Medicare Member homepage, you can find:
• A listing of covered drugs (Formulary)
• Guidelines on requesting pharmacy exceptions
• CVS/caremark and mail order help
• Medicare Therapy Management Program (MTMP) information

Guidelines adapted from the U.S. Preventive Services Task Force. Talk with your doctor about what preventive services are right for you. Your benefits may allow for services more frequently than what is listed here. ©2015 MVP Health Care, Inc.
# Living Well Information

Go to [www.mvphealthcare.com](http://www.mvphealthcare.com), select *Medicare Members*, then your county if prompted and select *Live Well* in the navigation bar for a wealth of information.

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