MVP is your partner in wellness.

What you do each day can have a big impact on how you feel. MVP Health Care® is here to help you live healthy and stay well. Use the enclosed information to help boost your well-being and get ideas on what you can do to help feel your best. We also encourage you to talk with your doctors, nurses, or other health care providers about steps to take to reach your health goals.

Find tips on how to:
- Choose the right physical activity for you
- Improve your emotional & mental health
- Reduce your risk of falling
- Deal with bladder control problems
- Work with your doctor
- Get additional wellness support from MVP
Physical activity doesn’t only mean “exercise” — anything that gets you moving will improve your health. Being active can give you more energy and strength to do daily activities, help you sleep, and improve your mood.

Even if you’re living with a condition like arthritis or heart disease, just a few minutes of movement will make a difference.

Not sure where to start? Think about what you could do to get moving during a regular day:

**Light effort** – Walk around the room during TV commercials, do seated or standing stretches, make your bed or load the dishwasher.

**Moderate effort** – Use the stairs, garden, vacuum, or take a brisk walk around the neighborhood.

**High-impact effort** – Join an exercise class that includes aerobic, strengthening, or stretching and balance activities, or try a new activity, like hiking.

Talk to your doctors, nurses, or other health care providers about the kind of physical activity that’s right for you or before you start a new fitness program.
Easy Ways to Get Moving

Chances are you do a few things every day that get you moving. Think about what you’re already doing and take it up a notch.

► **Extra effort** – Move a little faster while running errands, park farther from the store, carry and put away groceries.

► **Daily stretching** – Wake up the body before you get out of bed or after you’ve been sitting for a while.

► **Full movements** – Reach and stretch to use your full range of motion when washing windows, sweeping, or raking leaves.

► **Group activities** – Try a new game or activity, join a dance class, play handball, pickleball or bocce.
Dealing with a chronic condition, ongoing pain, medication side effects, or loss can affect your emotional health. You may have feelings of worry or anxiety, lose interest in activities you once enjoyed or in taking care of yourself, and feel down.

Try to improve your emotional health through your daily activities:

**Mental activity** – Keep your brain active and challenged by learning or doing something new, like going to a workshop or playing a new card game.

**Social activity** – Connect with others and stay in touch with friends, family, and the greater community. Volunteer or join a community group.

**Physical activity** – Being active produces mood-boosting chemicals in the body, and may even reduce memory decline.

**Reduce stress** – Take time to relax and calm your body and mind. Think of ways you can address a stressful situation, or ask for help.

Talk to your doctors, nurses, or other health care providers about what you’re feeling and how to deal with these feelings. Seek help right away if you experience serious signs of depression.
Managing your emotional health can take some work, but there are many — sometimes small — lifestyle changes or self-help strategies that can help.

- **Take the time** – Do something you enjoy, whether it’s a hobby, like reading or doing arts and crafts, or a treat, like getting a manicure or pedicure.

- **Join a group** – Go to a community center, library, or find a neighborhood group.

- **Get moving** – Go for a walk, stretch, or do shoulder rolls.

- **Practice relaxation** – Try taking full, deep breaths, joining a yoga or tai chi class, or meditating.
Falls are not a normal part of aging and most falls can be prevented. Many things make up your risk for falling, like balance or walking problems, medication side effects, or muscle weakness.

Take action to reduce your fear and risk of falling by understanding what may cause a fall and what you can do to prevent one.

Keep your body strong – Do simple strength and balance exercises, either standing or sitting, and eat a well-balanced diet, rich in calcium and vitamin D (found in dairy products, dark greens, and fatty fish).

Make your home safer – Clear clutter from stairs and hallways, remove throw rugs, turn on the lights, and keep pets and their leashes and toys away from your feet.

Monitor your health – Have your doctor check your blood pressure, vision, and hearing. Ask about any balance or walking issues, medication side effects that may cause a fall, or if you should take vitamin D.

Talk to your doctors, nurses, physical therapists, or other health care providers about your fall risk and developing a plan to help you prevent falls.
These exercises can be done anytime, multiple times a day, in just a few minutes. Wear good, supportive sneakers and talk to your doctor before starting any exercise program.

- **Heel-to-toe walking:** Hold on to your kitchen counter. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch. Focus on a spot ahead of you to keep you steady as you walk. Take a step, putting your heel just in front of the toes of your other foot. Repeat for 5-10 steps to start and increase as you feel more comfortable.

- **Foot flexes and circles:** Sit in a sturdy chair with no wheels. Lift one foot up and flex and point your foot a few times. Then make a few circles in each direction with your ankle. Repeat with the other foot.

- **Stand on one foot:** Stand behind a sturdy chair with no wheels and hold on for support, if needed. Lift one foot about an inch off the ground and hold it up for 10 seconds. Do this 3-5 times, then repeat with your other leg.

- **Calf raise:** Do this exercise standing or holding on to a sturdy chair with no wheels for support, if needed. Raise your heels off the ground, standing up on your toes, then lower back down, 3-5 times.
Millions of Americans experience bladder control problems, including urinary leakage/incontinence, or the accidental loss of urine. It can happen when you cough, laugh, sneeze, or jog. Or you may have a sudden need to go to the bathroom, but can’t get there in time.

Many people feel embarrassed. But unchecked bladder control problems can lead to other health issues like falls, sleep deprivation, and skin rashes, affect your daily activities, and impact your emotional and social well-being.

It’s important to talk to your doctor to find out the cause. Ask about:

**What could be causing your loss of bladder control** – medications or a health condition?

**What are your treatment options** – exercises, medications, surgery, other treatments or products?

**How your daily activities may contribute** – track your symptoms, including how much you drink, trips to the bathroom, and accidental leaks, to discuss with your doctor.

Follow instructions from your doctors, nurses, or other health care providers about exercises, medications, or simple lifestyle changes to help with your bladder control problems.
Tips for Controlling Bladder Problems

Your doctor may recommend exercises, medications, or other treatments to address your bladder control issues, but sometimes you can take steps on your own that may help the problem.

- **Beverage choices:** Cut back on caffeinated drinks, such as coffee and tea, carbonated drinks like soda, and don’t drink more than one alcoholic beverage a day.

- **Scheduling:** Plan to go to the bathroom at several set times each day, and wear clothes that you can remove easily.

- **Watch your diet:** Eat foods high in fiber to help avoid constipation.

- **Helpful exercises:** Ask your doctor or physical therapist about how to do exercises that strengthen the pelvic muscles, like Kegel exercises.
It’s important to work with your doctor and other health care providers to make a plan and be a partner in your own health care.

Start by scheduling a Welcome to Medicare or Annual Wellness Visit with your Primary Care Physician (PCP). Talk with your doctor about your overall health, any concerns you have, and topics like physical activity, fall risk, home safety, nutrition, bladder control issues, hearing loss, and quitting tobacco.

The visit is also the first step to earning your Wellness Rewards incentive from MVP, a $75 gift card for keeping up with important screenings and preventive services.

During this visit, you should:

- Complete a health risk assessment and create or update a personal prevention plan based on your current health and risk factors. This plan is designed to prevent disease, keep you healthy, and reach your health care and wellness goals.

- Discuss preventive services that are covered in full, like mammograms, prostate exams, immunizations, and bone density measurement.

- Review your medical and family history.

- Have your height, weight, blood pressure, and other routine measurements taken.

- Develop or update a list of the medications you take.

Plan ahead for your doctor visits
Any time you see a doctor, be prepared to make the most of your appointment.

Notes: Write down what is most important to discuss with your doctor so you talk about that first.

Medications: Have a list of your medications, including vitamins, supplements, and over-the-counter drugs. Ask about what they do, how to take them, and any possible side effects.

Assistance: Bring a family member or friend to help you listen and ask questions.

Clear communications: Ask questions if you don’t understand something.

Honesty: Make sure your doctor knows what you can do or if a suggested treatment may be difficult.

Awareness: Make sure you know what you are supposed to do to best take care of yourself.
MVP is committed to helping you improve your health and stay well. Our Medicare Advantage plans offer many programs and support services to help you reach your wellness goals:

The SilverSneakers® Fitness program with a free gym membership and fitness classes available at thousands of locations across the country.

Living Well health education classes and programs designed to help you gain the awareness, motivation, skills, and opportunity to improve your health. Classes are free or discounted for MVP members, where available.

A Wellness Rewards incentive where you can earn a $75 MasterCard gift card by working with your doctor to receive important screenings and preventive services.

myVisitNow, 24/7 online doctor visits that let you connect with a doctor by video using a computer, tablet, or smartphone, for help with an urgent, non-emergency health issue when your doctor’s office is closed, you feel too sick to drive, or you’re traveling. myVisitNow from MVP Health Care is powered by American Well. Regulatory restrictions may apply.

The Medication Therapy Management Program to speak with an MVP pharmacist over the phone about the drugs you take and how to avoid potential dangers when taking multiple drugs.
Condition Health and Case Management Programs for confidential support to help you live with a physical or mental health issue.

The 24/7 Nurse Advice Line, available anytime day or night, for answers to your health questions. Speak to 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, information about prevention and wellness, treatments, chronic conditions, and other health topics or concerns. You can also listen to selections from an audio library of more than 400 prerecorded messages on general health topics.

To learn more about these programs go to mvphealthcare.com and select Members, then Medicare member, or call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220), Monday - Friday from 8 am - 8 pm.