

Contact Us

1-866-942-7966

Monday–Friday,
8:30 am–5:00 pm

TTY: 1-800-662-1220

We Value Your Opinion

Please fill out a brief,
anonymous survey at
mvplistsens.com.

All responses are
100% confidential
and help create a
better experience.

MVP Health Care offers a health management program for members living with heart disease. For more information or to see if you qualify, call 1-866-942-7966. MVP's program is based on the American Heart Association (AHA) and the American College of Cardiology's Guidelines for Preventing a Heart Attack and Death in Patients with Atherosclerotic Cardiovascular Disease.

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

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

Why is physical activity important for health and well-being?

We know that staying active is one of the best ways to keep our bodies healthy. But did you know it can also improve your overall well-being and quality of life? Here are just a few of the ways physical activity can help you feel better, look better and live better.

It's a natural mood lifter.

Regular physical activity can relieve stress, anxiety, depression and anger. You know that "feel good sensation" you get after doing something physical? Most people notice they feel better over time as physical activity becomes a regular part of their lives.

It keeps you physically fit and able.

Without regular activity, your body slowly loses its strength, stamina and ability to function properly. Exercise increases muscle strength, which in turn increases your ability to do other physical activities.

It can help you live longer.

People who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese. And the important part is that those extra years are generally healthier years! Staying active helps delay or prevent chronic illnesses and diseases associated with aging. So active adults maintain their quality of life and independence longer as they age.



Here are some other benefits you may get with regular physical activity:

- Helps you quit smoking and stay tobacco-free.
- Boosts your energy level so you can get more done.
- Helps you manage stress and tension.
- Promotes a positive attitude and outlook.
- Helps you fall asleep faster and sleep more soundly.
- Improves your self-image and self-confidence.
- Provides fun ways to spend time with family, friends and pets.
- Helps you spend more time outdoors or in your community.

The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity each week.

You can knock that out in just 30 minutes a day, 5 days a week. And every minute of moderate to vigorous activity counts toward your goal.

Be sure to talk with your doctor about the physical activity level that is right for you!

Seven Easy Ways to Boost Your Activity Level

Think there's no way you can find the time to exercise? Good news: You don't have to do it all at once. In fact, it's better to spread your activity throughout the week. You can get health benefits even if you split it into a few short bouts of exercise a day.

1. **Grab the leash and walk your dog.** Your body—and your pooch—will thank you!
2. **Take your kid (or your spouse) for a walk.** It's an excellent way to get some face time without screens. Keep it fun by exploring new neighborhoods or turning your walk into a scavenger hunt.
3. **Hit the mall.** Take a fast stroll around the mall if the weather outside is not ideal. Window shop, people watch and get active in a climate-controlled environment.
4. **Walk and talk.** Even if you're glued to your phone for work calls, you don't have to be glued to your chair. Make it a habit to talk and walk. Some workplaces have walking paths to make it even easier to burn while you earn.
5. **Tune into fitness.** Retrain your inner couch potato. Walk or jog in place, do yoga or lift weights, or walk on the treadmill at the gym while you watch your must-see TV shows.
6. **Ditch the car.** Spare yourself the parking stress and log some more active time by parking farther away (or even leaving the car at home) and walking or biking to your destination.
7. **Take the stairs.** The elevator may go up—but it doesn't make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don't ride the escalator – climb it. Those can be active steps, too!

When you start looking for them, you'll see lots of opportunities to be more active every day and get a few more steps in during everyday activities. Remember, every step counts!

Source: American Heart Association



What Do Your Blood Pressure Numbers Mean?

The only way to know if you have high blood pressure (HBP, or hypertension) is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure. See the chart below.



Blood Pressure Categories

Blood Pressure Category	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120–129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

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heart.org/bplevels



Go online and take charge of your health.

The MVP Healthwise® Knowledgebase is your one-stop resource for the latest health information. Visit mvphealthcare.com and select *Members*, then *Health & Wellness*.



Are you due for important health screenings?

Regular screenings are important to help maintain your overall health. For screenings that are appropriate for your age and sex, visit mvphealthcare.com/PreventiveCare and talk to your doctor.

LivingWell



PRSRT STD US
Postage
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Did you get your flu shot?

Visit your doctor or stop by your pharmacy to protect yourself and those around you.



Quick Tips for Your Next Appointment

Patients who have good relationships with their doctors are more satisfied with their care and have better results. Here are some tips to help you and your doctor become better partners in improving your health care:

- Write down questions before your visit. List the most important ones first to make sure they get answered.
- Bring an up to date “health history” list with you.
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (include when and how often you take them) and what strength.
- You might want to bring someone along to help you ask questions and remember the answers.
- Find more information and printable forms at **mvphealthcare.com**.

Source: Agency for Healthcare Research and Quality (AHRQ)