

Care of the Heart



Issue 1 | 2020



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 failure. 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. This program must be coordinated with your physician.

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.

Avoiding Triggers for Sudden Heart Failure

Sudden heart failure can be prevented by avoiding the triggers that cause it. Not all people are sensitive to, or react to, the same triggers. What may cause sudden heart failure in one person may not cause another person any difficulty.

- Pay attention to your symptoms. Changes in your weight, difficulty breathing, decreased appetite, and swelling (usually first noticed in the feet and legs) may be signs that your heart failure is getting worse.
- Keep your diet, exercise, and medicine routine as close to the same schedule as possible.
- Avoid things that you know can trigger heart failure, such as eating too much salt.

Continued ➞

Y0051_4730_C

MVPLIN0016 (04/2020) ©2020 MVP Health Care

Avoiding Triggers Continued

How can you avoid triggers for sudden heart failure?

- Track your symptoms. Become familiar with changes in how you feel, and let your doctor know if your heart condition is getting worse. Keeping a record of your symptoms can help.
- Weigh yourself every day before breakfast. Call your doctor if you have sudden weight gain, such as more than two to three pounds in a day or five pounds in a week (your doctor may suggest a different range of weight gain). Sudden weight gain could signal the beginning of sudden heart failure.
- Know the signs of sudden heart failure. Post a list of the symptoms where you can refer to it as needed and keep a copy in your wallet. Make sure your friends and family know the symptoms. If you have symptoms of sudden heart failure, seek emergency help immediately.

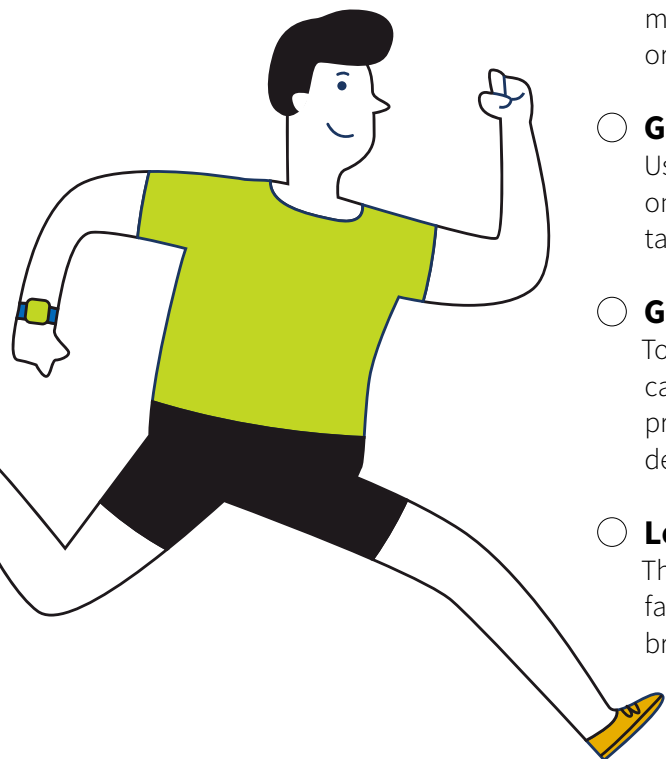
Avoid your triggers.

Talk with your doctor about the following possible triggers. If these are triggers for you, use the suggestions to help you avoid them.

- Eating too much sodium. Too much sodium is a common trigger for sudden heart failure. Be aware of how much sodium you are consuming. Your doctor might recommend that you not eat or drink more than 2 g of sodium in your diet each day. Know how to find out how much sodium is in your foods and liquids. Ready-to-eat and canned foods tend to have more sodium. Choose fresh fruits and vegetables whenever possible. Talk with your doctor before taking any medicines that you can buy without a prescription; many contain sodium.
- Overexercising. When you exercise, watch for signs that your heart is being stressed. If you become out of breath, have chest pain, or become dizzy, stop exercising. Talk with your doctor about whether you need to slow down, decrease your time, or avoid those activities.
- Not taking medicines properly. It is important to take all your medicines and to take them at the times you and your doctor decided upon.



Fight Stress with Healthy Habits



- **Be Active Every Day**
Exercise can relieve mental and physical tension. Find something you think is fun and stick with it. Be sure to check with your doctor before starting an exercise regimen.
- **Get Connected**
A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.
- **Get Organized**
Use “to do” lists to help you focus on your most important tasks and take big projects one step at a time.
- **Give Up Bad Habits**
Too much alcohol, tobacco, or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.
- **Let Worry Go**
The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
- **Laugh It Up**
Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.
- **Practice Giving Back**
Volunteer your time or spend time helping out a friend. Helping others helps you.
- **Lean Into Things You Can Change**
Make time to learn a new skill, work towards a goal, or to love and help others.
- **Slow Down**
Plan ahead and allow enough time to get the most important things done without having to rush.
- **Sleep More**
Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity to your day.

Source: American Heart Association



Get the expert COVID-19 help you need. Now.

This is a free service for MVP members!*

Avoid a trip to the emergency room! Stay home and get the care you need, with help from MVP.

As an MVP member, if you are experiencing symptoms of COVID-19 (coronavirus), or have concerns about being exposed to someone with COVID-19, MVP's **myERnow**SM virtual emergency room is here for you.

Two Ways to Connect 24 Hours a Day / 7 Days a Week

1. Call 1-833-myERnow
(1-833-693-7669) (TTY: 711)

2. Virtual Doctor Visit

Download the MVP **myERnow** app today.



Learn more at mvphealthcare.com/myERnow



Assess if you may be at risk for having COVID-19 and provide proper next-step guidance



If determined to be appropriate and available, prescribe and coordinate testing with local health departments and health care providers



Prescribe medication and make referrals for in-person treatment as needed

*Benefit not available on all self-funded plans.

If you have a life-threatening medical emergency, call 9-1-1 immediately.

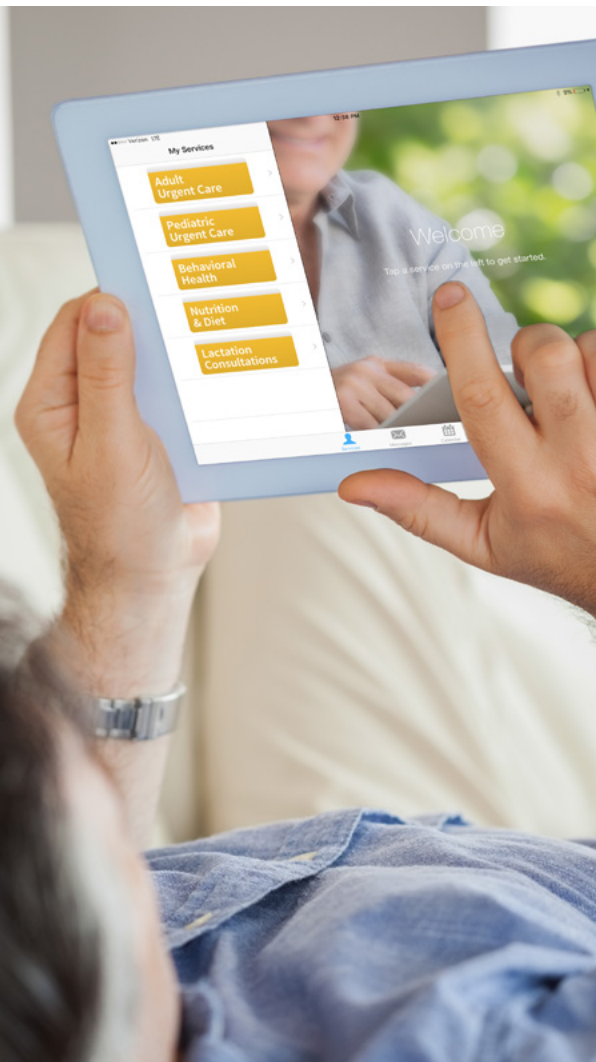
LivingWell

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*.



PRSRT STD US
Postage
PAID
MVP Health Care



myVisitNow® 24/7 Online Doctor Visits

myVisitNow is a good option for MVP members who are at low-risk for COVID-19 but need care. With myVisitNow, members have access to urgent care, psychiatry, qualified mental health professionals, nutrition counseling, and lactation services. Online visits are available, using a smartphone, tablet, or computer with a webcam.*

Costs associated with myVisitNow are currently waived for most members during the State of Emergency

Visit **mvphealthcare.com/myvisitnow** for more information or call MVP Customer Care at the phone number listed on the back of your MVP Member ID card.

* **myVisitNow** from MVP Health Care is powered by American Well and is not included in all plans. Regulatory restrictions may apply.