

Personalized Support

Sometimes, living well takes a helping hand.

MVP Health Care[®] (MVP) has a team of nurses, respiratory therapists, social workers, and other health care professionals to help you. If you are living with a physical or mental health concern, we can match you with one of our free Care Management programs or connect you with other wellness resources that can help.

What Our Programs Include

By participating in one of our programs, you can get the help you need to better understand your condition and treatment, and to better manage your care. There is no cost to you and no obligation. Support and information comes to you by phone, online, and in the mail for your convenience. **We are here to help!**

Health and Care Management Programs

Working in partnership with doctors, we help members get the care they need and make the most of their benefits when living with:

- Asthma
- Chronic Obstructive Pulmonary Disorder (COPD)
- Diabetes
- Heart Failure
- Heart Disease
- Low Back Pain

We also offer services to help members whose needs require different resources than those provided through our condition-specific programs.

- **Care Management** for members who have complications or other serious health concerns, such as cancer, renal disease, transplants, and HIV/AIDS.
- **Little FootprintsSM** for high-risk pregnancies.
- **Social work services** that help connect members to community resources and services.



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Health Coaching

If you need extra help to work through a health concern or mental health issue, you may be matched with a personal health coach. Your health coach will work with you and your doctor to help you set and reach goals that are important to your treatment plan.

Health Promotion Activities

MVP offers classes and programs throughout our service area that are designed to help you be active, follow healthy nutritional guidelines, and learn prevention techniques so you can lead a healthier life.

Many employers even offer health promotion activities at work using the MVP *Work Well, Live Well* resources.

Find Out More

To learn more about these valuable resources, visit mvphealthcare.com and select *Members*, then *Health & Wellness*. Here you can view available health and wellness classes in your area. Or select *Health Management Programs* to find out more about our Condition Health and Care Management programs.

Not all resources are available to all MVP members. Call us at **1-866-942-7966** to see if you qualify.

We are committed to connecting you with the help you need to live well!



What Participants Say About Our Programs

“I appreciate the kindness and efficacy of my Care manager. My Care manager consistently goes above and beyond what anyone could expect in order to help me and let me know I am not alone. MVP is fortunate to employ such high-quality professionals.”

“My Care manager was a wonderful, supporting person. She gave me encouragement when I had none.”

“My Care manager was very pleasant and professional. I’ve had asthma for many years, but was able to learn some new techniques that have helped me deal with this condition.”

“I really appreciated this program and (my Care manager’s) help. It got me on track and helped me to meet goals.”

“This is a valuable program and great advantage to anyone dealing with health care issues. The Care managers are knowledgeable and helpful at a time when you want someone in your corner.”