

# Heartbeat News

A Special Newsletter for MVP Health Care® Members **Issue 2, 2022**

## Make A Plan to **Be Active and Safe**

If you are living with heart disease, being active is an important way to keep your heart healthy. Even if you've been inactive for a while, there is never a bad time to start. Make a plan with your doctor before you start a new activity or exercise program. Together you can create a plan that will keep you active, healthy, and safe:

- **Get tests, if needed, before you get active.**  
Your doctor may do tests to check how much activity your heart can safely handle. These tests may include an electrocardiogram (ECG or EKG) or a stress test. Then your doctor can suggest a safe level of exercise based on your condition.
- **Choose activities that you enjoy or want to try.**  
Choosing an activity that is new or exciting to you may make it easier to do regularly.
- **Check your heart rate (pulse).**  
Learn how to check your pulse or use a heart rate monitor. Your doctor may give you a range of how fast your heart rate should be when you exercise. Your doctor can also help you find out what your target heart rate is.
- **Know what activities to avoid.**  
Avoid exercises that require or encourage holding your breath, heavy lifting, or are high intensity. Check with your doctor on what to avoid.
- **Check the weather.**  
Don't exercise outdoors in extreme temperatures, high humidity, or poor air quality. Have a plan for indoor activities when the weather is bad.
- **Know when to stop and rest.**  
Stop and rest if you have palpitations, angina symptoms (such as chest pain or pressure), or trouble breathing, or if you feel dizzy or lightheaded. Call your doctor if these symptoms do not get better after a rest.

Even a small amount of safe exercise is better than not doing any exercise at all!

**Contact Us**  
**1-866-942-7966**  
 Monday–Friday,  
 8:30 am–5 pm  
 TTY 711

### We Value Your Opinion

Please fill out a brief, anonymous survey at [mvp-listens.com](https://mvp-listens.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.



# Wherever Life Takes You, Take Gia<sup>®</sup>

Life is full of adventures. And whether your next adventure takes you up a mountain or up that extra set of stairs, take Gia along. It's your guide to your health, and your health plan.

Start with Gia to:

- Access 24/7 virtual care services including urgent/emergency care and advice you can trust
- Text a doctor 24/7 with virtual primary and specialty care from Galileo
- Get same-day treatment for nearly any health concern. Galileo can help you with preventive care, medical questions, chronic conditions like heart disease, or prescription refills
- View claims, order and print MVP Member ID cards, and see progress toward deductibles and limits

Learn more and download the brand-new Gia app at [GoAskGia.com](https://www.GoAskGia.com).

## Proper Medication Use

If you have been prescribed medication to help manage your heart disease, it is very important that you take them exactly as they have been prescribed by your doctor, for them to best help you. Make sure you understand:

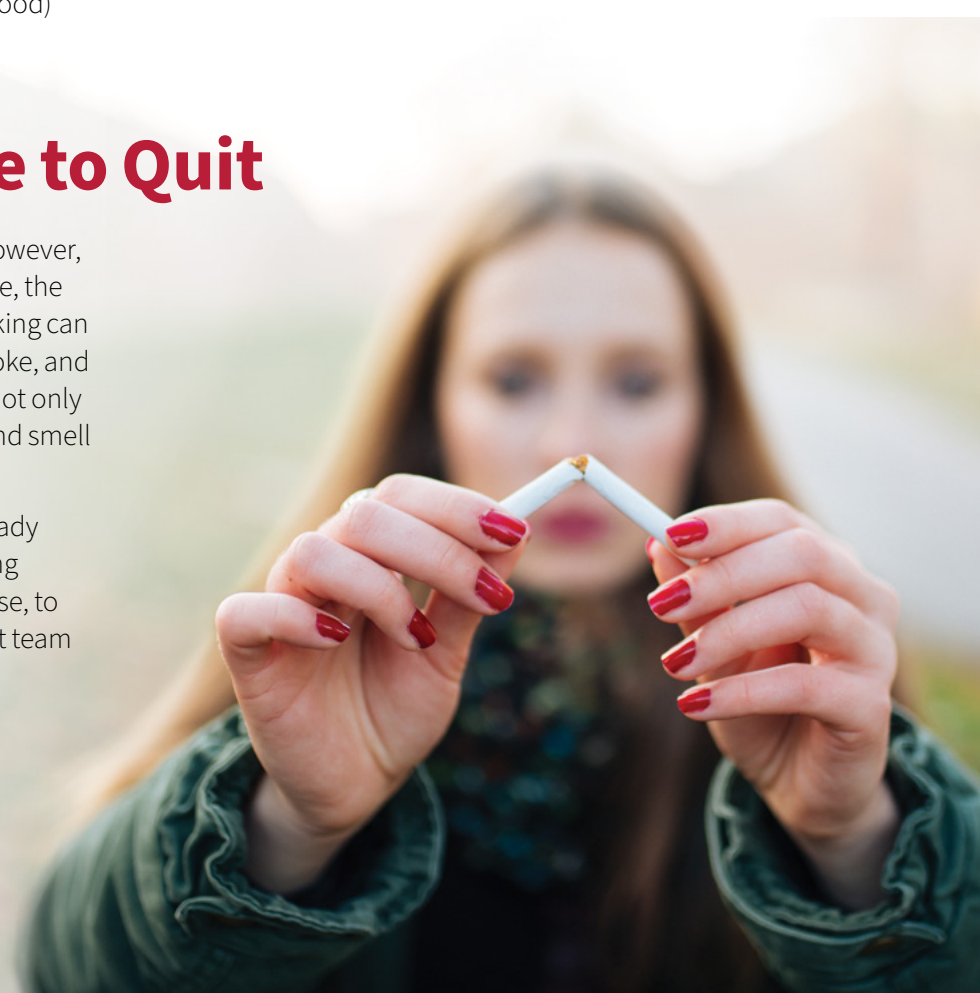
- When to take the medication
- How much to take
- How to take them (i.e. with or without water or food)
- How long to take them

Continue to take your medication—even if you feel well or don't have signs of the disease. If you have any concerns or experience any side effects, call the doctor who prescribed the medication it right away.

## It's Never Too Late to Quit

If you smoke (or vape), quitting can be difficult. However, despite the challenges and setbacks you may have, the health benefits of quitting are clear. Quitting smoking can reduce your blood pressure, lower your risk of stroke, and reduce your chances of developing lung cancer. Not only that, quitting also means a better sense of taste and smell and more money in your budget.

Asking for help can be hard to do. But if you are ready to quit, MVP offers support and resources including *The Butt Stops Here*, a free tobacco cessation course, to help you succeed. Call the MVP Case Management team at **1-866-942-7966** to get started.





## Lower Your Risk of the Flu and Pneumonia

It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor.

Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

### Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

### Simple steps to preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control, and prevent conditions like diabetes and HIV/AIDS

**Get vaccinated.** Several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Pertussis (whooping cough), and seasonal influenza (flu) vaccines. Talk to your doctor for more information.





# 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](https://mvphealthcare.com) and select *Members*, then *Health & Wellness*.



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## Health and Wellness or Prevention Information

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## Living Well Programs from MVP

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find classes like yoga, stretch & strengthening, or even a cooking class. To find a class that is right for you, visit [mvphealthcare.com/LWCalendar](https://mvphealthcare.com/LWCalendar). Filter by county to find the programs nearest to you.

## Stay a Step Ahead with Preventive Care

Life can get hectic and going to the doctor for any reason can be stressful. But you deserve the peace of mind and control over your health that preventive screenings can provide. To find out if you are due for screenings or any other preventive care services, *Sign In* to your MVP online account at [my.mvphealthcare.com](https://my.mvphealthcare.com) and select *Preventive Care Reminders*, and talk to your doctor.

