

Send Secure Messages to MVP in Gia![®]

Exciting news! You can now use Gia to send secure messages to an MVP Medicare Customer Care Representative—any time. Sign in to Gia online or the *Gia by MVP* mobile app and select *Messages*. It couldn't be easier to start a conversation with someone who can help.

How does it work?

- When you send a secure message, you'll see immediate confirmation within Gia that your message was sent. You should hear back from someone within one to two business days
- After we respond, you'll receive an email notification that a new message is waiting. Sign in to Gia and select *Messages* to read it
- You will be able to view full message threads (including any attachments) within your secure Gia account

Ready to join the growing number of MVP members using Gia?

Visit my.mvphealthcare.com to sign in to Gia. To download the *Gia by MVP* mobile app, visit mvphealthcare.com/GetGia, or visit the App Store[®] or Google Play[™].

App Store[®] is a registered trademark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

For serious and life-threatening emergencies, please dial 911.



Contact MVP

MVP Medicare
Customer Care Center

1-800-665-7924

TTY 711

October 1–March 31,
call seven days a week,
8am–8pm.

April 1–September 30,
call Monday–Friday, 8am–8pm.

mvphealthcare.com

We Want Your Feedback!

Because you are our Most Valuable Person, we're committed to helping you get the right care all year long. We care about what you think so we can do our very best for you. If you receive a survey about MVP, we invite you to complete it!

Material presented in this newsletter is not intended to replace medical advice, which should be obtained from a qualified physician. If any information in Living Well conflicts with provisions of your Evidence of Coverage (your Contract), the provisions of your Contract take precedence over Living Well articles and information.

MVP Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including sexual orientation and gender identity).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-844-946-8010** (TTY 711).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-844-946-8010** (TTY 711)。



Follow MVP Health Care to stay up to date on our health and well-being programs, community events, and news about how MVP is working to create the healthiest communities.

Preventive Care Services & Guidelines

The following exams and screening tests should take place on a routine basis. Talk with your doctor about what screenings are right for you, and when and how often you should have them. As an MVP Medicare Advantage plan member, much of your preventive care is covered in full.

Physical Exam

- Height and weight (Body Mass Index–BMI)
- Blood pressure
- Hearing and vision screening

Screening Tests

- Most healthy adults should have their cholesterol checked every four to six years. You may need it checked more often per your doctor's guidance
- Talk to your doctor about the type and frequency of colorectal cancer screenings that is right for you. Screening may include fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard®), sigmoidoscopy, or colonoscopy, beginning at age 45 and continuing until age 75
- Tuberculosis screening by PPD test as indicated
- You may be screened for diabetes if you have high blood pressure, a history of abnormal cholesterol, are overweight or obese, or have a history of high blood sugar (glucose)
- Screen for diabetes every year if you have a family history of glaucoma, are an African American age 50 and older, or a Hispanic American age 65 and older
- Hepatitis C virus (HCV) screening is recommended for adults until age 79
- Human Immunodeficiency Virus (HIV) screening annually for adults up to age 65 without regard to perceived risk, or older than 65 if at high risk



Additional Screening Tests for Women

- Cervical and vaginal cancer pelvic exam and pap test every two years; pap test is optional after age 65
- Breast cancer screening by mammogram annually for ages 40–74. It's best for women to have conversations with their doctors about their own personal medical and family history to determine the right amount of screening
- Osteoporosis screening for age 65 and over

Additional Screening Tests for Men

- One-time Abdominal Aortic Aneurysm (AAA) screening for men ages 65–75 who are current or former smokers
- Talk with your doctor to determine whether prostate cancer testing may be right for you

Immunizations

- Tetanus*/ Diphtheria/Pertussis one-time dose; booster every 10 years
- Flu vaccine annually
- Talk with your doctor about the Pneumococcal, Shingles (Zoster)*, and Hepatitis B vaccine
- Meningococcal, Varicella, Hepatitis B, Measles/Mumps/Rubella, Hepatitis A, and other vaccinations for those at risk
- Other: talk with your doctor about additional vaccinations such as COVID-19 or RSV

Additional Topics to Discuss With Your Doctor

- Diet (for women, discuss calcium and vitamin D)
- Exercise
- Obesity (those with a BMI of 30 or more)
- Diabetes self-management training if living with diabetes
- Smoking cessation
- Alcohol and substance use prevention
- Sexually transmitted diseases and infections (STIs) screening annually (chlamydia, gonorrhea, syphilis, and/or Hepatitis B), HIV, and sexual behavior
- Dental health
- Sun exposure
- Bladder control problems
- Injury prevention (including seat belt and helmet use, preventing falls)
- Life stage issues (bereavement)
- Depression
- Health care proxy and advance directives
- Menopause management
- Aspirin therapy should be considered for adults ages 45–79, when benefit outweighs risk
- Talk with your doctor about lung cancer screening if you are 50-80 and have a history of smoking

*Covered in full under either Medicare Part B or Medicare Part D benefit. Refer to your Evidence of Coverage for additional details.

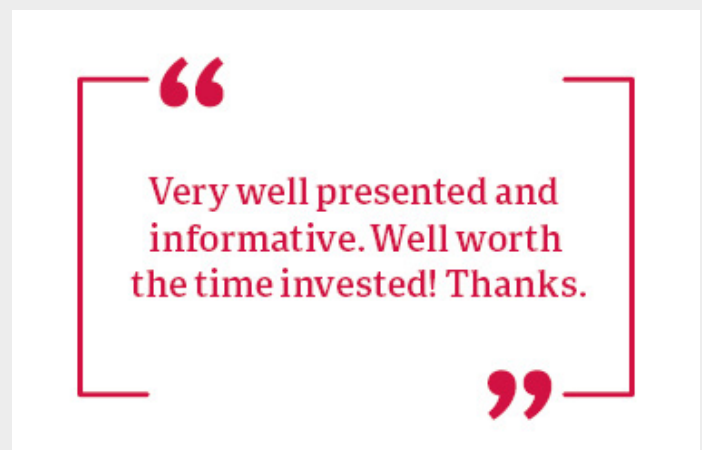
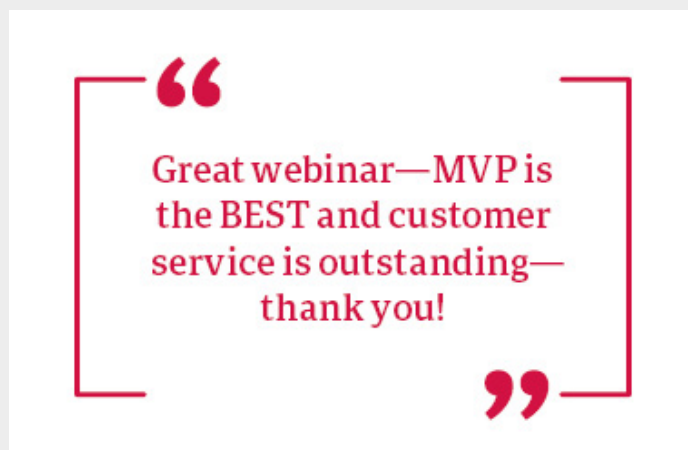
Guidelines adapted from the U.S. Preventive Services Task Force and the Centers for Disease Control and Prevention (CDC). Talk with your doctor about what preventive services are right for you. Your benefits may allow for services more frequently than what is listed here.

FOR YOUR INFORMATION

Thank you for being a valuable part of MVP Health Care!

We recently hosted MVP Medicare Advantage plan webinars that reviewed important resources and benefit information.* If you attended one, thank you for making them a success! If you missed them, please visit our website at mvphealthcare.com/MVPResources to watch at your convenience.

See what others are saying!



*If you have Medicare from an employer, you may not have some of the mentioned benefits. Be sure to review your EOC or speak with the person who administers your health benefits.

A Message from MVP President & CEO

No matter the time of year, MVP remains dedicated to simplifying your access to health care. Gia, ever-evolving, now offers you a simpler connection to MVP support, around the clock. Remember, MVP has many resources to help, from scheduling wellness visits to explaining your Medicare Advantage benefits. We're here to help you on your health journey- every step of the way. Thank you for choosing MVP as your partner in health and well-being.

Be well,



Chris Del Vecchio
President & Chief Executive Officer
MVP Health Care



Get Moving This Summer at an MVP Fitness Court!

Together, MVP and the National Fitness Campaign have built state-of-the-art outdoor fitness courts in communities across New York that are free and open to the public. Fitness court workouts allow you to get a complete workout using your own body weight and can be modified for all fitness levels and abilities.

Download the free Fitness Court® app for digital coaching and workout ideas. For more information or to find a court near you visit nationalfitnesscampaign.com/NewYork.

Living Well

625 State Street
Schenectady, NY 12305-2111
mvphealthcare.com

PRSRT STD
US Postage
PAID
MVP Health Care



Health and Wellness or Prevention Information

Have an Annual Wellness Visit Coming Up? Ask Your Doctor These Important Questions

It is important to talk about the following with your doctor even if you are not currently experiencing a problem. Being proactive and talking with your doctor can help you manage these common conditions.

- What should I know about preventing falls?
- What should I do if I develop bladder problems?
- What should I know about depression?
- What should I do to stay active?

Don't forget! You will earn your \$100 reward card after you complete your Annual Wellness Visit. To learn more about *Be Well Rewards*, including how to redeem your \$100 reward card, sign in to Gia® at my.mvphealthcare.com, select *Well-Being*, and then *Be Well Rewards*.

