

# Living Well

Special Edition  
2024

UVM HEALTH

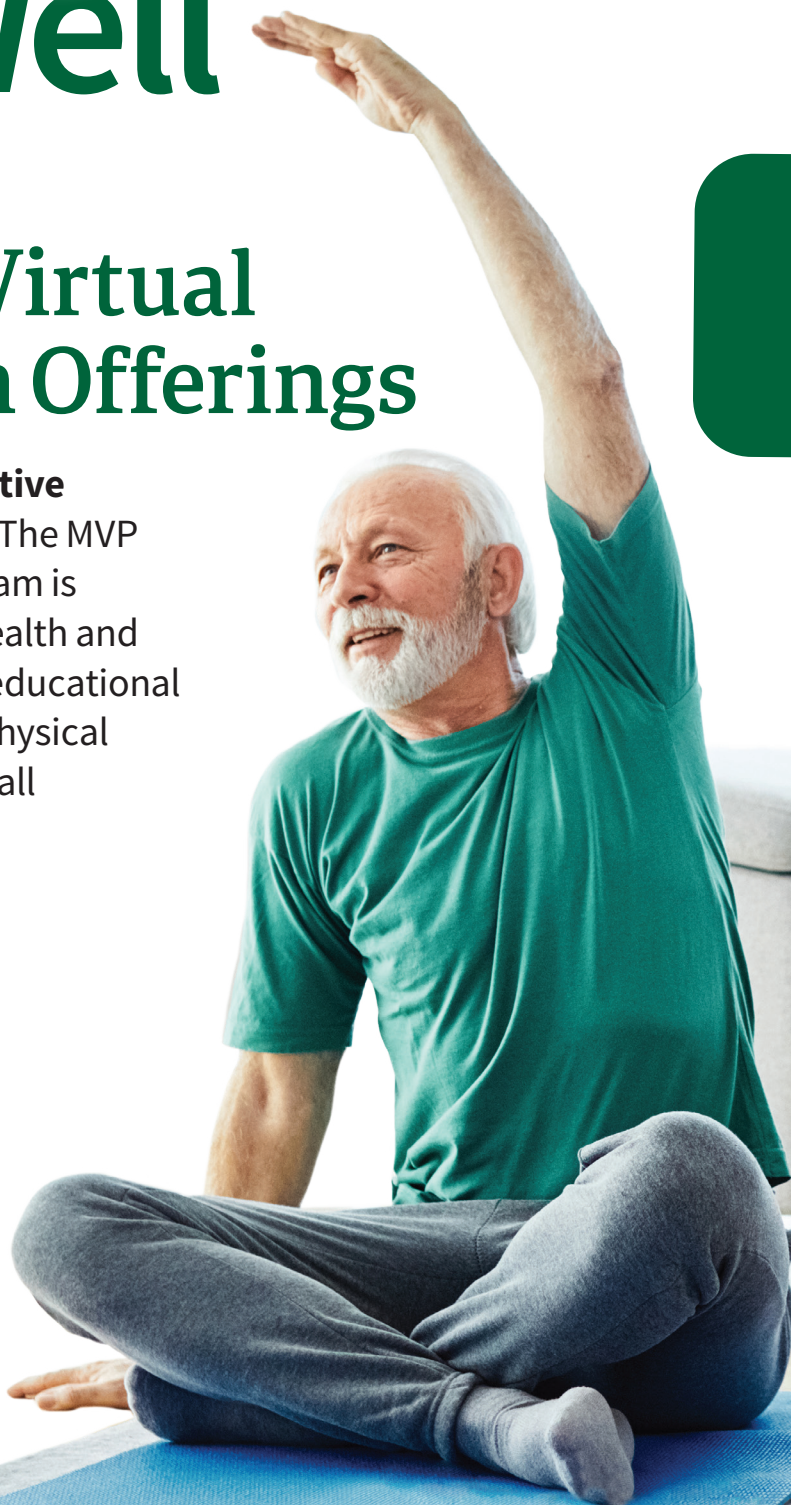


Exclusively for UVM Health Advantage Members

## Winter Virtual Program Offerings

**Stay healthy and active this winter season!** The MVP Health Promotion team is proud to offer free health and wellness programs, educational opportunities, and physical activity programs to all members of our communities.

Check out  
our latest  
offerings  
inside!



**MVP Medicare Customer Care Center 1-800-665-7924 TTY 711 [mvphealthcare.com](https://mvphealthcare.com)**  
Call seven days a week, 8 am–8 pm Eastern Time. April 1–September 30, call Monday–Friday, 8 am–8 pm.

# MVP Living Well Virtual Programs

The MVP Health Promotion team, in collaboration with our community partners, is pleased to provide you with innovative health and well-being programs.

Virtual MVP Living Well Programs are offered to all members and nonmembers alike, unless otherwise noted, in all regions.

Registration will open at 8 am Tuesday, December 10. Register online for all classes at [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar). Registration is required and space is limited.

If you need help registering for a class, please call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY 711). Class schedules are subject to change.

## Virtual Ongoing Fitness Programs

### Gentle Yoga Moves

**Mondays, January 6-June 16 8:30-9:30 am**

Experience the benefits of increased flexibility, strength, and balance, as well as a sense of calm through a complete series of seated and standing yoga poses.

### Power and Balance Total Body Circuits

**Tuesdays, January 7-June 17 9:30-10:30 am**

You will be guided through timed circuit exercises incorporating total body resistance training, core and balance exercises, and low-impact aerobics. Weights will be used but are optional.

### Chair Moves—Hybrid

**Tuesdays, January 7-June 17 1-2 pm**

This chair-based class emphasizes strengthening, limbering, and stretching exercises for the upper and lower limbs.

### Stretch and Strengthen

**Thursdays, January 9-March 13 10-11 am**

Move through timed exercises at your own pace to stretch and strengthen for a complete workout! Weights will be used but are optional.

### Happy Hips

**Thursdays, January 9-March 13 12-12:30 pm**

Make your hips happy with stretching and strengthening exercises in standing and seated positions. This is a great option for people looking to increase hip strength and mobility or stretch out during the day.

### Tai Chi for Wellness

**Fridays, January 10-March 14 9:30-10:30 am**

Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

### Winter Animal Tracks

**Tuesday, January 28 1:15-2:30 pm**

Observing animal tracks can be a great way to stay active on the trails or in your own backyard this winter. Learn common animal tracks in the Northeast and how you can spot them.

### Financial Fitness for Older Adults

**Wednesday, January 29 12-1 pm**

Learn strategies to assess financial situations, understand the importance of goal setting, share ways to manage personal spending plans, and how to protect yourself from consumer scams.

### Mindful Tea Tasting

**Tuesday, February 4 12-1 pm**

Learn stress reduction techniques and put them to practice with this mindful tea tasting. Participants will receive 3-4 tea samples to try during this class.

### Let's Avoid a Fracture: 3-Part Series

**Wednesdays, February 5, 12, 19 1-2:30 pm**

Lifestyle tips and exercises to support bone health and help to reduce the risk of a future fracture.

### Preventing Heart Disease

**Monday, February 10 12-1 pm**

Learn what changes you can start making today to prevent heart disease.

### The Basics to Blood Pressure

**Monday, February 17 12-1 pm**

Join us for this presentation that breaks down the numbers behind blood pressure. Gain insightful knowledge and tips on how to improve your numbers.

### Eat Smart for a Healthy Heart

**Monday, February 24 12-1 pm**

Join us for this presentation to learn about healthy food choices and sample recipes you can make to support heart health.

### Eating Healthy on a Budget

**Friday, February 28 12-1 pm**

Looking to indulge in delicious, healthy food? In collaboration with Cornell Cooperative Extension, this class teaches you to create beautiful dishes that are great for your palate and your wallet!

## Featured Virtual Programs

### Silver Sneakers® Overview

**Tuesday, January 14 11-11:45 am**

Learn how to maximize your SilverSneakers benefits, including online educational classes offered through GetSetUp, in addition to various other fitness options.

### Dry January: Going Alcohol Free

**Wednesday, January 15 12-12:30 pm**

Whether you're sober curious, on a sobriety journey, or supporting others in your life who don't drink, learn the potential health benefits of limiting alcohol consumption and learn delicious alternatives.

### Rosemary: Nature's Super Herb

**Thursday, January 16 12-1pm**

Dive into the amazing world of rosemary where you'll learn it's health benefits and how to use it in tea, essential oils, and herb bundles.

### MVP Be Well Rewards Program

#### Introduction

**Tuesday, January 21 11:30 am-12 pm**

Available through our Medicare Advantage plans, learn about our Be Well Rewards program that lets members earn a \$100 reward card.

### Looking for in-person classes?

Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to find program descriptions, locations, and times for Living Well offerings throughout our service area.

*SilverSneakers is a registered trademark of Tivity Health, Inc. ©2024 Tivity Health, Inc. All rights reserved. GetSetUp is a third-party provider and is not owned or operated by Tivity Health, Inc. (“Tivity”) or its affiliates. Users must have internet service to access online services. Internet service charges are responsibility of user.*

*Other providers and physicians are available in our network.*



Health and Wellness or Prevention Information

## Exciting Changes Coming to Prescription Coverage in 2025

### **\$2,000 maximum for covered prescriptions.**

In 2025, you won't pay more than \$2,000 out-of-pocket for covered prescriptions for the entire year. Once you have paid \$2,000, you will pay nothing for covered Part D prescriptions through December 31. There is also no longer a Coverage Gap (or "donut hole") phase to Medicare Part D drug coverage.

### **Review the Medicare formulary.**

The Formulary is a list of prescription medications that are covered by your plan. It includes the cost-share tier that you will pay at the pharmacy. Search the Formulary each year to ensure your medication is covered. Visit [mvphhealthcare.com/PartDFormulary](http://mvphhealthcare.com/PartDFormulary) to get started.

### **Some generic drugs are \$0.**

If you take medications regularly for a chronic condition, it could be covered in full. You can find a list of \$0 generic drugs at [mvphhealthcare.com/PartDFormulary](http://mvphhealthcare.com/PartDFormulary).

### **Available at a wide network of pharmacies.**

Your plan includes Part D prescription drug coverage with access to thousands of pharmacies, including all major chains.

### **You may be able to get extra help.**

Talk with a member of the MVP Medicare Customer Care Center to see if there are programs that can help lower your costs.