

Living Well

Issue 2 | 2023

Exclusively for
UVM Health Advantage Members

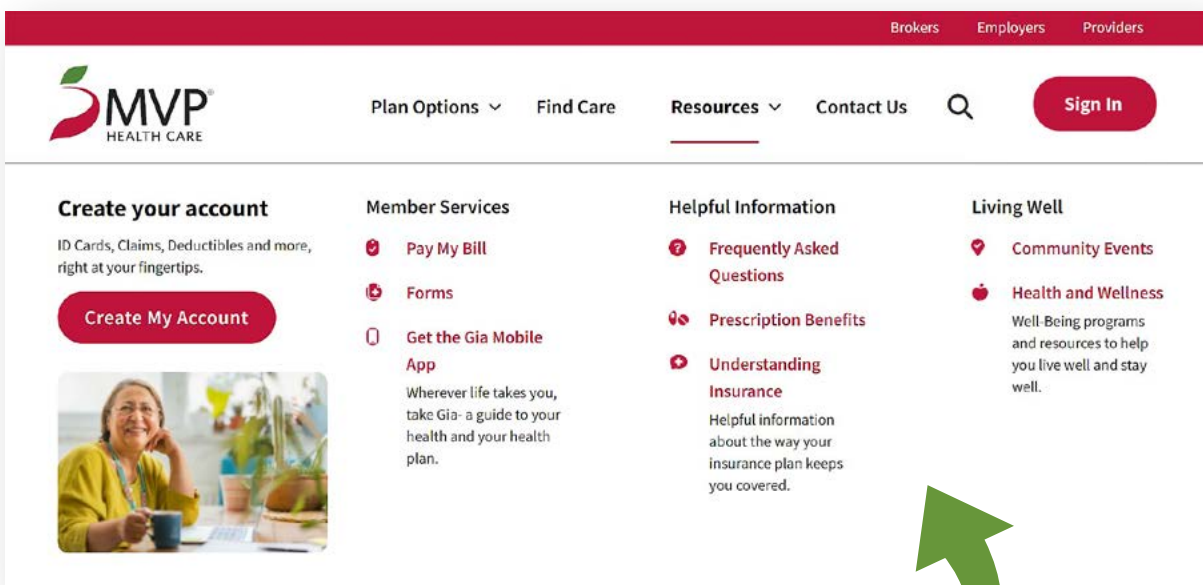


Find What You Need Faster on the New MVP Website

We're always looking for ways to make life simpler for our members. That's why we redesigned the mvphealthcare.com website. It still has the same information you rely on, but with new tools that make it easier to find what you need.

More Resources, One Click Away

The Resources menu on our new website contains the most common resources you may need.



The new Resources menu gives you easy access to:

- Your online account
- Find doctors, dentists, and vision providers
- Dental and vision benefit information
- Online bill payment
- Community events
- Common forms
- Frequently asked questions
- The *Gia* by MVP mobile app
- Health and wellness information
- Prescription benefits
- And more!

Other Helpful Ways to Find What You Need

The menu is just one way we've made resources easier to find. We also added:

- **Advanced search**, to help you find and focus in on the information you need
- **A new Contact Us page**, so you can find the right contact information for any situation
- **On-page tools** to help you jump to related resources

Your online account hasn't changed.

You can still visit my.mvphealthcare.com and sign in to your MVP online account for important plan information.

Contact MVP

MVP Medicare
Customer Care Center
1-800-665-7924

TTY 711

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

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

mvphealthcare.com

We welcome your comments.

Attn: Marketing & Communications
MVP Health Care
625 State St
Schenectady NY 12305-2111

**memberservices@
mvphealthcare.com**

Want to receive this newsletter via email?

Visit **my.mvphealthcare.com**
and *Sign In or Register Now* to
access your online account. Select
the profile icon in the top right
corner of your dashboard, then
Profile and Settings to change your
communications preferences.
MVP will continue to send
information about your health
plan contract and benefits by mail.

We are committed to protecting
your personal information. Your
email address will not be shared
with anyone else.

Other providers/pharmacies are
available in our network.

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.

Bladder Health

Bladder problems can disrupt day-to-day life and it's not always a comfortable topic to talk about.

If you think you may be having issues with urination or leakage, it's best to keep track of how often the symptoms are occurring.

Signs of a bladder problem may include:

- Inability to hold urine or leaking urine
- Needing to urinate more frequently or urgently
- Cloudy urine
- Blood in the urine
- Pain or burning while urinating
- Trouble starting or having a weak stream while urinating
- Trouble emptying the bladder

Talk to your health care provider if you experience any of these symptoms. It may help to track over two-to-three days so your doctor has a good measure of your urinary symptoms when you go for your visit. There are many ways to treat or manage bladder problems that will best fit with your lifestyle.

New Transportation Option for UVM Health Advantage Members

MVP and our transportation partner, American Logistics, are pleased to announce a new transportation option. UVM Health Advantage members now have the option to schedule rides that use a ferry service to cross Lake Champlain. This will be a time-saving option for those who normally would drive around Lake Champlain to get to a medical appointment.

How do I use this benefit?

- Call American Logistics at **1-855-923-4125** at least 48 hours in advance to schedule a ferry trip
- Transportation that is scheduled and provided by American Logistics is eligible for this benefit
- Trips are subject to transportation provider availability and ferry times
- An American Logistics representative can help navigate the scheduling of the trips

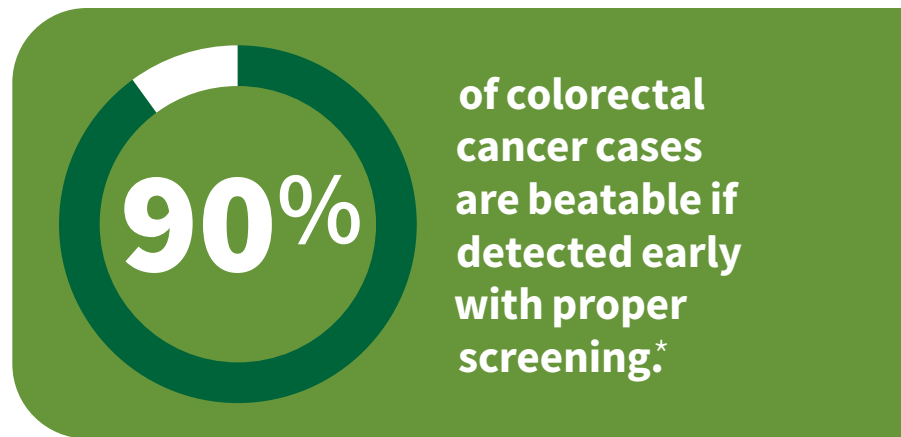
Questions? Contact American Logistics Customer Support at **1-855-921-4125** (TTY 711), Monday–Friday 8 am–5 pm. A minimum of 48 hours in advance is required for transportation reservations.

What's the best colorectal cancer screening? **The one you get done!**

Colorectal cancer—cancer of the colon or rectum—is one of the most common cancers affecting both men and women in the United States, according to the American Cancer Society.

Colorectal cancer is also the second leading cause of cancer deaths in both Vermont and New York State. The good news? Colorectal cancer is largely preventable.

Screening can help prevent and detect early signs of colorectal cancer. When caught in early stages, treatment for colorectal cancer may be more effective.



Your Screening Options

There are several screening options. The two most common forms are a colonoscopy or the examination of a stool sample. Which one is best for you is something to discuss with your health care provider.

Colonoscopy

The gold standard for screening, a colonoscopy provides detailed results about overall colorectal health, and offers the opportunity to treat polyps (some of which may be cancer-forming) at the time of the procedure. Depending on results, a follow-up colonoscopy may be recommended at intervals of three-to-10 years.

At-Home Testing Kits

Take-home kits, like the fecal immunochemical test (FIT), are less invasive and highly accurate. FIT examines stool for signs of microscopic blood, one possible symptom of colorectal cancer. A positive test should be followed up by a colonoscopy.

Your health care provider may recommend either of these options if you're in good health and fall into the average risk population:

- You're between the ages of 45 and 75
- You have no family or personal history of colorectal cancer, inflammatory bowel disease, polyps, abdominal pain, or blood in your stool
- You have not experienced changes in the frequency, amount, or consistency of bowel movements

Staying Healthy Between Screenings

No matter your age, you can promote colorectal health by:

- Maintaining a healthy weight
- Exercising regularly
- Eating fewer red/processed meats
- Eating more vegetables, fruits, and whole grains
- Quitting smoking
- Limiting alcohol intake

Early detection promotes successful treatment. If you're age 45 or older, talk with your health care provider today about which screening option is best for you. **Remember, the best test is the one you get done.**

Dr. Jeremiah Eckhaus practices at UVM Health Network, Central Vermont Medical Center Integrative Family Medicine, Montpelier. He is Central Vermont Medical Center's medical director for primary care and president of the medical staff.

*cancer.org/cancer/types/colon-rectal-cancer/detection-diagnosis-staging/survival-rates.html.

Additional Screening Tests

For Women

- Cervical or 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, then as indicated after age 74, and a clinical breast exam every two years or annually if at high risk
- Osteoporosis screening for age 65 and older

For Men

- Prostate cancer screening for age 50 and older by prostate specific antigen (PSA) and digital rectal examination every year

Guidelines adapted from the U.S. Preventive Services Task Force. 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.

A Message from MVP President & CEO

At MVP Health Care, we know you have many choices when it comes to your health care, including who you choose as your insurance provider. I want to thank you for choosing UVM Health Advantage to support your health and well-being journey. When it comes to your health and well-being, maybe you're catching up on preventive care or working to manage a health condition or concern. At MVP, we are here to support you with access to resources and quality care, where and when you need it.

Be well,



Christopher Del Vecchio
President & Chief Executive Officer, MVP Health Care



Tell your friends, neighbors, family members, and co-workers how well your plan works for you. Let them know there is a Plan Guide ready to assist them in each step of their health care journey.

UVM HEALTH



Living Well

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

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UVM HEALTH



Health and Wellness or Prevention Information

Personalized Home Health Care Kits

UVM Health Advantage plans offer support for our members to stay well and manage ongoing conditions. Personalized home-health kits are provided to members living with diabetes and congestive heart failure. Kits are also provided to members recovering from a joint replacement surgery.

Watch the videos to learn more about our home-health care kits by visiting uvmhealthadvantage.com/plans and select *Benefits, Savings and Support*.

Your UVM Health Advantage Care Guide can help you understand your conditions and access support programs specific to your needs. Call them today at **1-888-687-4886** (TTY 711), Monday–Friday, 8:30 am–5 pm.



Living Well Ongoing Virtual Fitness Programs Schedule

The MVP Health Promotions team, in collaboration with our community partners, is pleased to provide you with innovative health and well-being opportunities. Most programs are free, unless otherwise noted, and are offered to all members and non-members alike, compliments of MVP.

Registration for all classes will open at 8 am on Tuesday, June 27.

Visit mvphealthcare.com/calendar to register for all classes.

Space is limited and registration is required.

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY 711). Class schedules are subject to change. Visit mvphealthcare.com/calendar for final program details.

Gentle Yoga Moves

Mondays, July 10–August 14 **8–9 am**

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

Chair Moves

Tuesdays, July 11–August 15 **1–2 pm**

A chair-based class that emphasizes strengthening and stretching exercises for upper and lower limbs.

Core Conditioning

Tuesdays, July 11–August 15 **5:30–6:15 pm**

Move through exercises to build core muscle strength and stability that can help improve posture, balance, steadiness, and overall physical performance.

Latin Moves and Toning

Wednesdays, July 12–August 16 **12–1 pm**

Fast and slow, low-impact exercises set to Latin and dance rhythms, and incorporating light weights.

Stretch and Strengthen

Thursdays, July 13–August 17 **10–11 am**

Move through timed exercises at your own pace to stretch and strengthen for a complete workout.

Living Well Featured Virtual & In-Person Programs Schedule

Most programs are free, unless otherwise noted, and are offered to all members and non-members alike, compliments of MVP.

Registration for all classes will open at 8 am on Tuesday, June 27.

Visit mvphealthcare.com/calendar to register for all classes and for full class details.

Space is limited and registration is required.

Virtual Programs

20-Minute Guided Meditation

Wednesdays, July 12–August 16 10–10:20 am

Set aside some time in your day to be guided to the peaceful place in your mind and experience a higher level of presence.

Mental Health Awareness

Tuesday, July 18 12–1 pm

Learn more about mental health—what it is, what it looks like, and how it can be improved.

Understanding Blood Pressure

Wednesday, July 26 12–1 pm

Learn all about blood pressure, from what blood pressure is to how knowing your numbers can improve your life and your heart health.

Brain Health

Wednesday, July 26 1:30–2:30 pm

In partnership with SilverSneakers®.

Learn strategies for preserving and strengthening brain function.

In-Person Programs

For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

Striders Walking Club

Thursdays, July 20–August 24 9:30–10:30 am

**Collins Perley Sports Center
890 Fairfax Road, Saint Albans**

Wednesdays, July 12–August 16 9:30–10:30 am

**Oakledge Park
1 Flynn Avenue, Burlington**

Tuesdays, July 18–August 22 9:30–10:30 am

**Otter View Park
Weybridge Street, Middlebury**

Move through strength and balance exercises, walk at your own pace, and reap the benefits of walking.