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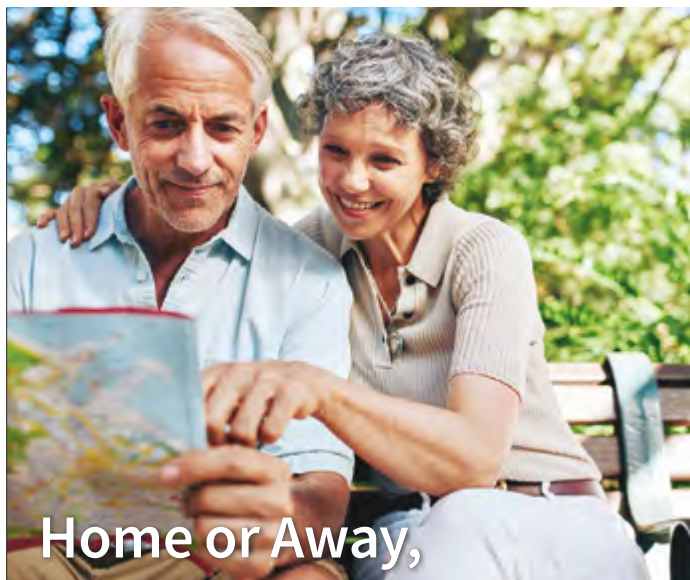
 **Don't Miss Our Preventive Care Resources Insert Inside!**



**4.5 Star Rated**

Out of 5 Stars  
Overall by Medicare  
2018

Medicare evaluates plans based on a 5-Star Rating system. Star Ratings are calculated each year and may change from one year to the next.



## Home or Away,

### MVP Has You Covered

If you're away from home for the holidays or winter season, MVP has you covered.

**Emergency and urgently needed care is covered worldwide.** If you're seen in the U.S. for an emergency situation or urgently needed care service, you simply pay your plan co-pay. If you're traveling outside of the U.S., you may need to pay up-front for the services and submit your bills to MVP when you return home. In the end, you are still only responsible for your emergency room, emergency hospitalization, or urgently needed care co-pay.

**You have the freedom to see Medicare providers anywhere in the U.S.** Your MVP Medicare Advantage plan covers you for certain services from providers who are not contracted with MVP, such as allergy shots, physical therapy, or maintenance lab work. You may pay a different amount for care received from providers who do not contract with MVP.

*(Read more on page 3)*



## Contact MVP

Call the MVP Medicare  
Customer Care Center

**1-800-665-7924**

TTY: **1-800-662-1220**

Representatives are available

Monday–Friday

8 am–8 pm Eastern Time

October 1–February 14, call seven  
days a week, 8 am–8 pm

Web: **mvphealthcare.com**



## We Welcome Your Comments

### Write to us at:

MVP Health Care

Marketing & Communications

220 Alexander Street

Rochester, NY 14607

Email: **MedicareLivingWell@  
mvphealthcare.com**



To receive this newsletter  
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MVP by email instead of postal mail,  
*Sign In/Register* for an MVP online  
account at **mvphealthcare.com** and  
select *Communication Preferences*  
to opt in. You can update your  
preferences at any time via your  
online account. MVP will continue to  
send documents 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.



MVPMCR0042 (10/2017)



**We'll be there,  
when and  
where you  
need us.**

At MVP Health Care®, we strive to  
have a positive impact on the health  
and wellness of our members.

In this issue of *Living Well*, you'll  
find important information about  
ways we support, guide, encourage,  
and empower you to take on life  
and live well.

You'll also find information and tips  
on how to get the most out of your  
Medicare Advantage membership.

We think health care should  
be about you. That's why we  
are always working to simplify  
your access to care, make the  
health care process more human,  
and build and strengthen our  
relationship with you.

Thank you for being part of the  
MVP Health Care family.

Denise V. Gonick

President & CEO, MVP Health Care

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

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(*Home or Away continued from page 1*)

MVP contracts with more than 22,000 doctors, hospitals, and other providers across New York State and Vermont. These health care professionals accept Medicare patients and have contracted with MVP to provide your care and follow specific quality of care practices.

If you are not familiar with the doctor you are about to seek services from, be sure to ask:

1. If the provider is contracted with MVP. You are only responsible for your plan co-payment when you see an MVP network provider;

you may pay more for care from providers who do not contract with MVP.

2. If the provider accepts Medicare. **If you see a provider who does not accept Medicare patients, you will be responsible for the entire cost of services.**

If you have questions about your plan coverage, refer to your Evidence of Coverage (contract) or call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).



## Have You Received Your Wellness Rewards?

Did you know you could receive a \$75 gift card each year for staying current with important doctor visits and your preventive screenings? **It's easy!**

- Schedule a Welcome to Medicare or Annual Wellness Visit with your doctor.
- Bring the Wellness Rewards screening form to your visit. Ask your doctor to confirm you've received the listed preventive services and to sign the form.
- Send us the completed screening form.
- Get your \$75 gift card in the mail from MVP!

For a copy of the Wellness Rewards Screening form, visit [mvphealthcare.com](http://mvphealthcare.com) and select *Members*, then *Medicare member?*, then *Forms/Resources*, then *Claims & Reimbursement Forms*. Or call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).

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.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-946-8010 (TTY: 1-800-662-1220).

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: 1-800-662-1220)。

# Ambulance Transportation Coverage

Accidents and emergencies happen. Your MVP Medicare Advantage plan covers ambulance transportation to the nearest facility that can care for you if getting there by some other means of travel would endanger your health.

It's not always possible to choose an MVP contracted provider in cases like this, so it's important to understand how ambulance claims are paid and your responsibility when they are.

Ambulance providers who **have a contract with MVP** bill MVP directly for your ambulance ride. You are only responsible for your co-pay—we pay the ambulance company directly for the rest of the covered cost.

Ambulance providers who **do not have a contract with MVP** also bill MVP for your ambulance transportation; however, MVP does not pay the company directly. We will send a check to you for the full covered cost of your ambulance ride. It will be your responsibility to send the full payment plus your ambulance transportation co-pay directly to the ambulance company. Please do not use the check from MVP for other use—you will still be responsible to the ambulance company for the full payment of this service.

If you ever have questions about your plan benefits or coverage, call the MVP Medicare Customer Care at **1-800-665-7924** (TTY: **1-800-662-1220**).

## Remember to Get Your Flu Shot!

Be sure to visit your doctor or stop by your pharmacy for this year's flu shot. The Centers for Disease Control and Prevention (CDC) recommends that people age 65 and older get a flu shot every year. It's especially important for people who are at high risk of developing flu-related complications to get the vaccine, including people with asthma, chronic lung disease (such as COPD), diabetes, and heart disease.

A flu shot is a preventive service that is covered at no charge (a co-pay may apply if the shot is given during an office visit).

### To stay healthy this flu season, remember to:

- Practice good health habits, like covering your mouth when you cough, washing your hands often, and avoiding people who are sick.
- Call the doctor if you develop flu symptoms, including a fever, cough, body aches, runny nose, chills, headache, and fatigue.



### My Flu Shot Reminder

I will get my flu shot on (Date/Time): \_\_\_\_\_

I got my flu shot and told my doctor on (Date): \_\_\_\_\_

# Be Your Own Health Care Manager

When you need to see more than one doctor or a therapist, your care can become more complicated.

“Coordination of your care” occurs when all of your doctors work together to make sure you are receiving the right treatment. It is important for doctors and therapists to communicate with each other, especially when:

- You start therapy
- You start or change medications
- Your health status changes
- You have tests completed

Talk with your doctors, specialists, or therapists about any changes to your overall health, the medications you take, and any tests you have received.

You also may be asked to sign a form that gives your doctor permission to share your medical

information with other health care providers. Many doctors’ offices and facilities can access patient health records through a secure computer network system. Health care providers in your area use the **HEALTHeCONNECTIONS**, **Hixny**, and **HealthlinkNY** systems. Having all of your medical record information in one place helps the doctors you see better understand your health, the care you’ve received, and how to treat you.

You will need to sign a new consent form at each doctor or facility you visit. Only those who have your permission can access your electronic health information. You can list what type of information you would like shared in the system, such as diagnosis, lab work, and medications. Ask your doctors if you have a record sharing consent form on file.



# Opioids: A National Epidemic

Opioids relieve pain by reducing the intensity of pain signals reaching the brain. Opioid pain medications—such as hydrocodone, oxycodone, or morphine—are sometimes prescribed by doctors to treat acute or chronic pain. Opioids are strong medicines; if misused, they can have serious risks, including addiction and death from overdose.

Drug overdose claimed the lives of nearly 60,000 Americans last year—many related to prescription opioids. While pain management is important for recovery, it's also important to be aware of the risk of addiction or overdose. If your doctor prescribes you an opioid:

- Do not take more of the medication than prescribed or take it for a longer period of time than needed without checking with your doctor.
- To prevent misuse, keep medications locked and dispose of them safely when you are finished. Ask your pharmacy about how to safely dispose of prescription medications you are no longer taking.

## Know Your Options

When it comes to chronic pain—such as neck, back, or joint pain—opioids aren't necessarily the best option. If you are prescribed an opioid for chronic pain, ask your doctor about alternatives, such as physical therapy, exercise, non-opioid medications, and cognitive behavioral therapy. If you do need opioids, use the least amount necessary for pain relief, and take it for the shortest time possible. If you find it difficult to lower your dosage or you need more medication to get the same pain relief, talk with your doctor about changing your treatment.

Source: *The Centers for Disease Control and Prevention (CDC, 2017)*

If you have questions about opioids, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220). You can also visit the Centers for Disease Control and Prevention (CDC) website at [cdc.gov/drugoverdose/prescribing](https://cdc.gov/drugoverdose/prescribing).



# Hear Better for the Holidays

The upcoming holiday season can be a challenge for people with untreated hearing loss. Large family meals, holiday parties and concerts, and other social activities in noisy environments make it difficult to communicate, which may lead to feelings of loneliness and isolation. If hearing loss goes untreated, it can also lead to greater risk of developing depression and cognitive decline.

Fortunately, recent studies have shown that treating hearing loss with hearing aids can:

- Lower risk of mental decline, like dementia
- Increase cognitive functions
- Lower risk of depression
- Improve balance and reduce risk of falls

- Increase communication with family and friends
- Increase feelings of independence
- Improve relationships

Hearing aid cost is a common concern. That's why MVP has partnered with TruHearing™ to offer coverage on high-quality hearing aids as part of our Medicare Advantage plans. You can save thousands of dollars on the average retail price of hearing aids that feature the latest technology, including more natural hearing, reduced background noise, and smartphone compatibility.

Don't miss out on another holiday season because of hearing loss. Get started by calling TruHearing at **1-844-224-9010** (TTY: **711**), Monday–Friday, 8 am–8 pm.



# Important Exams and Tests for People Living with Diabetes

If you have diabetes, there are a number of tests you should have at least yearly. Talk to your doctor about your results so you can understand what they mean to you.

- **Dilated Eye Exam**—A yearly dilated eye exam by an eye care doctor should be done because, over time, diabetes can affect your eyes. This should be done even if your medical doctor has examined your eyes.
- **Hemoglobin A1c (HbA1c)**—This test shows your average blood sugar level over the previous 2–3 months. Having a test result of less than eight percent can reduce your risk of complications such as kidney damage, blindness, and nerve damage.
- **Urine Protein**—This test checks for early signs of kidney problems which can be treated and can help prevent future problems.
- **LDL Level**—Sometimes called “bad” cholesterol, it contributes to the formation of plaque in the arteries, which can lead to a heart attack.
- **Complete Foot Exam**—Diabetics are prone to poor circulation, nerve damage, foot ulcers, and infections, which can lead to serious foot problems.

**Also, remember to take all medications as ordered by your doctor!**

## Find Helpful Plan Information at the Revamped Medicare Member Section of [mvphealthcare.com](https://mvphealthcare.com)

The Medicare member section of [mvphealthcare.com](https://mvphealthcare.com) has been streamlined to help you easily find useful information about your health plan coverage.

- Review your costs and co-pays\*
- Check the Formulary (list of covered drugs) to see how your prescriptions are covered
- Explore the health and wellness programs and resources available to you
- Find useful benefit forms

To get started, visit [mvphealthcare.com](https://mvphealthcare.com) and select *Members*, then *Medicare members*. Select the arrows next to the topic headings to see more information.

\*If you have employer-based Medicare coverage, your costs and co-pays are available by signing into your MVP online account. *Sign In/Register* to get started—all you need is your MVP Member ID number and a valid email address.



# Preventive Care Resources for Older Adults

MVP is your partner in health and wellness.



## What is Preventive Care?

Think of preventive care as an investment. Preventive care helps you prevent disease and improve your health so that you can maintain your quality of life. Screening tests for early detection of disease, health education, and immunization programs are common examples of preventive care.

The following is a guide to the preventive care support MVP provides. For more information about these offerings, please refer to your member contract (called your Evidence of Coverage).

MVP is here to help you live well. Choose a healthy lifestyle and work with your doctor to develop a preventive care plan.

# Helping You Live Well

## SilverSneakers® Fitness

Get active with SilverSneakers! As an MVP Medicare Advantage plan member, you have access to more than 14,000 fitness locations nationwide, including all the basic amenities of a gym membership plus signature SilverSneakers classes, FLEX™ classes at various locations throughout the community, and at-home exercise kits. Visit [silversneakers.com](https://silversneakers.com) or call 1-888-423-4632 (TTY: 711), Monday–Friday, 8 am–8 pm, to learn more.

## Medicare Community Health Promotion

**Join us for MVP *Living Well* programs!**

The MVP Medicare Community Health Promotion team provides health education and physical activity classes throughout our communities. Programs are designed to help you gain the awareness, motivation, and skills needed to improve your health. Wellness education programs cover topics such as healthy eating, managing stress, improving sleep habits, and strengthening memory. Movement classes include Yoga, Tai Chi, Bokwa, and the Striders Walking Club.

## Wellness Rewards

Get rewarded for focusing on your health. With our Wellness Rewards incentive, by keeping up with important doctor visits and screenings, you can earn a \$75 gift card! **It's easy:**

- Schedule a Welcome to Medicare or Annual Wellness visit with your doctor. This visit helps you and your doctor develop a personalized plan to prevent disease, improve your health, and help you stay well.
- Bring the Wellness Rewards screening form with you and ask your doctor to confirm you've received the listed preventive screenings.
- Send us the completed form and get your \$75 gift card in the mail.

## MVP/Matrix Medical Network In-Home Health Assessment

MVP has partnered with Matrix Medical Network to help you and your doctor get the most complete, up-to-date picture of your health by offering a convenient in-home health visit. The in-home visit doesn't take the place of seeing

your primary care doctor. Rather, it enhances your overall health care.

This visit is a dedicated hour with a licensed nurse practitioner for you to take the time you need to ask questions about your prescriptions, any conditions, and overall health—in a relaxed setting. You will also review your health history, talk about recommended screenings or other tests, and discuss if there are resources and community services to help you continue to live independently.

The information you discuss during the visit is shared with your doctors to help coordinate your care.

### **Medication Therapy Management Program**

Get peace of mind about your medications. The Medication Therapy Management Program (MTMP) is your chance to talk with an MVP pharmacist over the phone to review all of the medications you take, including over-the-counter drugs, to make sure they are working well together. This free program is an important part of your prescription drug coverage with MVP. MTMP can especially help if you take more than four prescriptions each day, have a chronic medical condition, see more than one doctor, or visit multiple pharmacies. Schedule an appointment on your time, when it's convenient for you to talk and have the privacy needed to ask questions.

### **The Diabetes Prevention Program**

MVP is the first Medicare Advantage plan in the country to offer the Diabetes Prevention Program (DPP) to its members.

One in three American adults may be unaware that they have prediabetes, but diabetes is preventable! The DPP is a successful, evidence-based program that focuses on moderate weight loss for adults diagnosed with prediabetes or at risk for getting diabetes.

The program is led by nationally trained lifestyle coaches. Meeting topics include healthy eating, physical activity, lifestyle choices, group discussions, and social connections.

### **Work with Your Doctor**

It's important to work with your doctor and other health care providers to make a plan and be a partner in your own health care. Your doctor understands your medical history and what is “normal” for you. Talk with your doctor about your health goals. Your doctor should keep track of your progress and work with you to meet the annual preventive care guidelines for adults in your age range.

Make sure your doctor is someone in whom you have confidence and with whom you can talk easily. MVP's network of more than 22,000 doctors and health care professionals means that you will

*(Work With Your Doctor continued from page 3)*

be able to find a doctor you like, near where you live. The health care professionals in our network have agreed to provide your care and follow specific quality-of-care practices.

As an MVP Medicare Advantage plan member, much of your preventive care is covered in full (see the Annual Preventive Care Guidelines on page 6 of this Preventive Resources Guide).

### Take an active part in every doctor visit.

- **Plan ahead.** Keep a list of any questions or health problems. Record your symptoms, when they started, and what you have done to treat them. Decide what is most important to discuss with your doctor so you talk about that first.
- **Be prepared.** Be sure to bring: A list of your medications, including vitamin and mineral supplements and over-the-counter drugs; results of tests done by other health care professionals.
- **Talk and take action.** Ask about preventive screenings to keep you

healthy. Write down any follow-up actions you need to take.

**The Personal Health Tracker** that you received from MVP can be used to prepare for and to keep notes during your visit. If you need a tracker, call the MVP Medicare Customer Care Center.

### More Help from MVP

Living well sometimes takes an extra helping hand. That's why MVP has a team of nurses, respiratory therapists, social workers, and other health care professionals to help our members.

### Health Management

If you need help to work through a health concern or mental health issue, you can talk with an MVP clinician who can answer your questions and help you find community-based resources and health care solutions. Get information on healthy eating habits, medication management, symptom monitoring and management, weight monitoring, and fitness activities. You will also receive personalized mailings and newsletters with the latest health



### The MVP Medicare Customer Care Center

Our representatives are ready to answer your questions. If you prefer to speak a language other than English, we can arrange to have an interpreter available at no cost to you.

**1-800-665-7924** Call Monday–Friday, 8 am–8 pm  
October 1–February 14, call seven days a week, 8 am–8 pm  
TTY: 1-800-662-1220

information. Your MVP clinician will work with you and your doctor to help you set and reach goals that are important to your treatment plan.

**Our specialized programs include:**

- Asthma
- Chronic Obstructive Pulmonary Disorder (COPD)
- Depression (managed by Beacon Health Options)
- Diabetes
- Cardiac Care
- Heart Failure
- Back Care

### Care Management

The MVP Care Management Program helps members who have high-risk medical conditions or complicated life-threatening illnesses, including cancer, end stage renal disease, transplants, HIV, and AIDS. Case Managers are registered nurses, respiratory therapists, and social

workers with special training and certification.

Your Case Manager will work closely with you, your family, doctors, and other members of your health care team to create a plan for your ongoing care. They can answer questions about your medical condition and care, help you and your family understand and get the most out of your health care benefits, and communicate your medical needs to your health care team. Most importantly, Case Managers are there to give you and your family support when it's needed the most.

### Take Advantage of Our Health and Care Management Programs

Our programs are available at no cost and you are under no obligation to participate. MVP may call you if you qualify, or your doctor may refer you to us. You can also call MVP at **1-866-942-7966** for more information about these programs.



# Annual Preventive Care Guidelines for

## Health History and Lifestyle Assessment

Complete or update a health assessment with your doctor that includes family history, activity, tobacco, alcohol, drug use, and sexual practices. It's important to develop a plan with your doctor to keep active and eat well.

## Physical Exam

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

## Screenings Tests

Talk with your doctor about what screenings are right for you, and their frequency.

- **Cardiovascular disease**, such as cholesterol, once every five years.
- **Colorectal cancer** using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard) sigmoidoscopy, or colonoscopy, beginning at age 50 (no minimal age for a screening colonoscopy) and continuing until age 75. Talk to your doctor about the type and frequency of screening needed.
- **Tuberculosis** by PPD test as indicated.
- **Diabetes** if you have high blood pressure, a history of abnormal cholesterol, are obese, or have

a history of high blood sugar (glucose).

- **Glaucoma** test every year if you have diabetes or a family history of glaucoma, are an African-American aged 50 and older, or a Hispanic-American aged 65 and older.
- **Hepatitis C virus (HCV)** for adults born between 1945 and 1965 or had a blood transfusion before 1992 (one-time screening), or if you are at high risk.
- **Human Immunodeficiency Virus (HIV)** screening annually for those ages 15–65 without regard to perceived risk or older than 65 if at high risk, or if you are pregnant.



# Women and Men Ages 65 and Older

## Also 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 women age 65 and up.

## Also for Men:

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

## Immunizations

- **Tetanus/Diphtheria/Pertussis** one-time dose; booster every 10 years.
- **Flu vaccine** annually
- **Pneumococcal vaccine** one-time dose from age 65; booster one year later.
- **Shingles (Zoster) vaccine**, unless contraindicated.
- **Hepatitis B vaccine** if you are at high risk.

## Counseling/Screening

- Diet (for women, discuss calcium and vitamin D)
- Exercise
- Obesity (those with body mass index (BMI) of 30 or more)
- Diabetes self-management training (if you are diabetic)
- Smoking cessation

- Alcohol/substance abuse prevention
- Sexually transmitted diseases/HIV/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/Advance Directives

## Also for women:

- Menopause management

## High-Risk Individuals

- **Aspirin therapy** should be considered for adults ages 45–79, when benefit outweighs risk.
- **Meningococcal, Varicella, Hepatitis B, Measles/Mumps/Rubella, and Hepatitis A** immunizations for those at risk.
- **Abdominal Aortic Aneurysm (AAA)** one-time screening in men ages 65–75 who are current or former smokers.
- **Lung cancer screening** every year for ages 55–77 who are current or former smokers and meet certain guidelines.
- **Sexually transmitted infections (STIs)** screening annually for chlamydia, gonorrhea, syphilis, and/or Hepatitis B.

## Information at Your Fingertips at [mvphealthcare.com](https://mvphealthcare.com)

Visit [mvphealthcare.com](https://mvphealthcare.com) and select *Members*, then *Medicare member* to find health care coverage information, resources, and more anytime.

### Find a Doctor

Select *Find a Doctor* to search for doctors and facilities.

### Help with Your Part D (Prescription Drug) Coverage

Under *Drug Coverage (Part D)*, you will find:

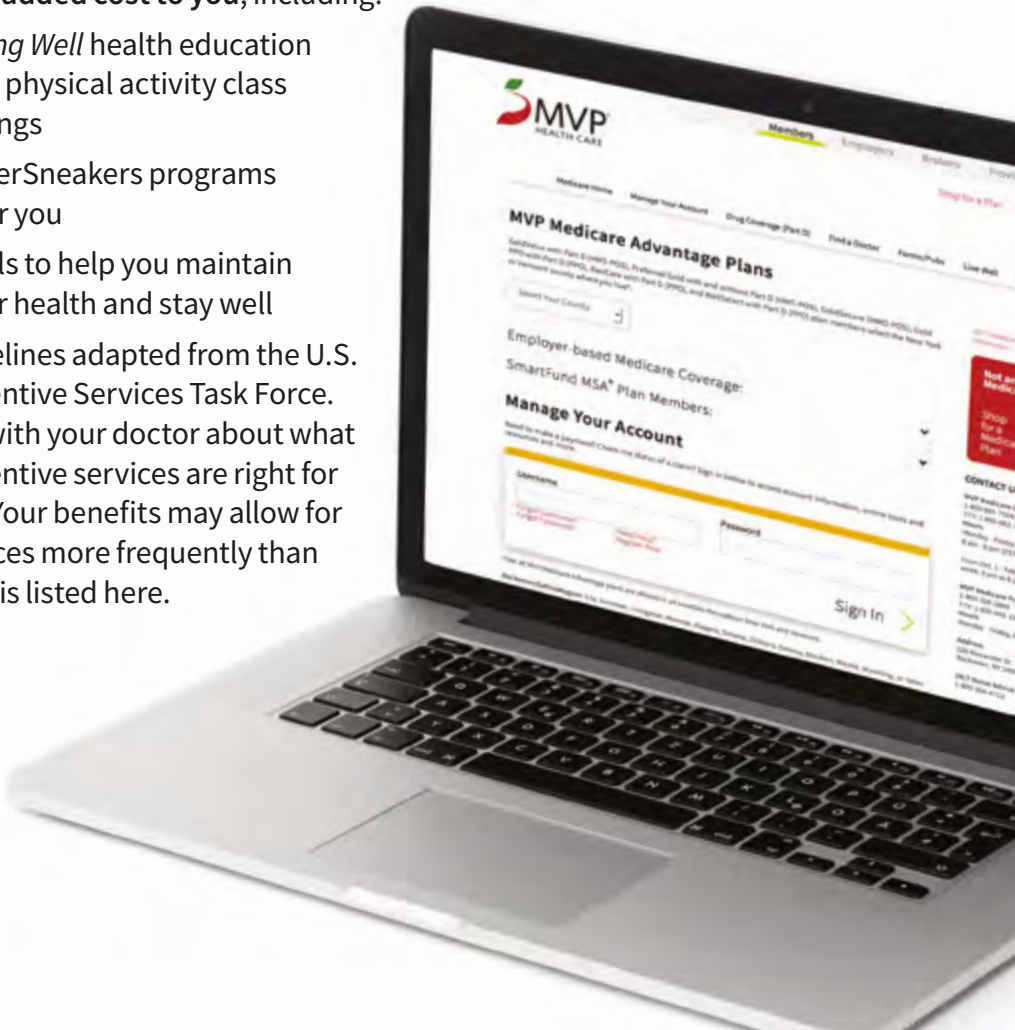
- A list of covered drugs (Formulary)
- CVS Caremark Mail Service Pharmacy help
- Medicare Therapy Management Program (MTMP) information

### Live Well with Our Health & Wellness Programs

Find details on programs to support your health and wellness goals available **at no added cost to you**, including:

- *Living Well* health education and physical activity class listings
- SilverSneakers programs near you
- Tools to help you maintain your health and stay well

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.





# Depression Identification and Management Program

Depression is a common and serious medical condition which affects nearly 10 percent of adults in the U.S. Symptoms of depression include loss of interest in activities, sleeping too little or too much, trouble remembering, and unexplained physical symptoms that do not go away. Depression can impact a person's family, friends, health, and job.

## **Depression is very treatable.**

Beacon Health Options, the company that manages mental health and substance abuse services for MVP members in New York, offers a program that can help. The Depression Identification and Management Program includes a free, confidential screening that you can take online, by phone, or by mail. You can get information about depression, its symptoms and treatment, and assistance with treatment options.

If you think you may be depressed, discuss your symptoms with your doctor and contact Beacon Health Options.

To learn more about the Depression Identification and Management Program, visit [mvphealthcare.com](http://mvphealthcare.com) and select *Members* then *Health & Wellness*. Select *Go* under *Health and Care Management Programs* and look for *Depression* under *Health Management Programs*. You also may call Beacon Health Options at **1-855-300-7959** (TTY: **1-866-727-9441**).



# 6 SilverSneakers® Tips to Stay Healthy Through Winter

The winter months can be a great time to connect with family and friends, but they can be a difficult time to stay active and keep your nutrition in check. Here are a few tips to stay on track.

- 1. Stay active with SilverSneakers.** When the weather gets chilly, you can drop by a SilverSneakers fitness location for a workout. As an MVP Health Care member, you have access to all the basic amenities of a gym membership, plus signature SilverSneakers classes.
- 2. Traveling for the holidays?** You have access to **14,000 SilverSneakers locations across the U.S.** at no extra cost.
- 3. Keep healthy snacks on hand.** Attending holiday parties can be a challenge if you're watching your diet. Try eating a healthy snack before you go so you're not tempted to overeat.<sup>1</sup>
- 4. Enjoy a change of scenery.** Consider going for a walk after dinner, or if it's too cold, visit an indoor SilverSneakers class in your community. Classes range from Latin-style dance to tai chi and are a great way to stay in shape.
- 5. Make a healthy holiday recipe.** Peaches drizzled with honey and winter squash sprinkled with cinnamon are just a couple alternatives to heavy holiday dishes.<sup>2</sup>
- 6. Keep the portions small.** If you're attending a holiday party with a buffet, make your plate and head to a different room so you can focus more on your company.

To find a SilverSneakers fitness location near you, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**) or visit **silversneakers.com**. Get started at any fitness center by showing your MVP Member ID card or call SilverSneakers at **1-888-423-4632** (TTY: **711**), Monday–Friday, 8 am–8 pm Eastern Time to get your SilverSneakers ID number.



**We hope you have a healthy and happy holiday season!**

<sup>1</sup><http://www.cdc.gov/Features/DiabetesManagement/>

<sup>2</sup><http://www.fruitsandveggiesmorematters.org/top-10-healthy-ways-to-cook-fruits-and-vegetables>

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# New SilverSneakers® Fitness Centers



For a complete listing of SilverSneakers fitness locations near your home, visit [silversneakers.com](http://silversneakers.com) and select *Find a Location* under *Join In*, or call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

## **Albany**

Retro Fitness  
318-608-0204

## **Binghamton**

Deeley Physical Therapy  
607-237-0148

## **Brewerton**

World Gym  
315-668-5020

## **Dryden**

Tompkins Cortland Community  
College Fitness Center  
607-844-6555

## **Elmira**

New York Sport & Fitness  
607-732-7322

## **Ithaca**

East Shore Gym 24/7  
607-592-7356

## **Marcellus**

Ja Spa & Fitness  
315-673-7260

## **New York Mills**

The Fitness Mill  
315-768-1155

## **Scarsdale**

Susan Marlowe Fitness  
914-472-3335

## **Vestal**

American Woman Fitness &  
Aerobic Center  
607-786-0800

## **White Plains**

Lady of America Fitness & Day Spa  
914-448-2639

# 3 Questions About MVP's *Living Well* Programs

The MVP Medicare Community Health Promotion team offers interactive *Living Well* health education and physical activity programs throughout the Capital District and Hudson Valley regions. Our programs are designed to provide tools and resources that support positive daily decision-making to help you improve your overall well-being.

We want to know what type of health and wellness classes you would like to see. Answer the three questions below either by email to [MedicareLivingWell@mvphealthcare.com](mailto:MedicareLivingWell@mvphealthcare.com) or mail to Attn: MVP Medicare Community Health Promotion, 625 State St., Schenectady, NY 12305.

**We appreciate your feedback!**

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**1. Rank your interest in the following programs, with 1 being the most interested and 5 being the least interested.**

- |   |  |
|---|--|
| <input type="checkbox"/> Managing chronic health issues                               | <input type="checkbox"/> Nutrition   |
| <input type="checkbox"/> Fall Prevention  | <input type="checkbox"/> Healthy Sleep Habits                                |
| <input type="checkbox"/> Financial Planning   | <input type="checkbox"/> Reducing Stress                                     |
| <input type="checkbox"/> Brain Fitness  | <input type="checkbox"/> Creative Arts (music, hands-on crafts, photography) |
| <input type="checkbox"/> Walking to Wellness  | <input type="checkbox"/> Outdoor Programs (nature walks)                     |
| <input type="checkbox"/> Physical Activity or Exercise (yoga, tai chi, walking clubs) |  |

Other program suggestions: \_\_\_\_\_

**2. Have you attended a *Living Well* program before?**  Yes  No  
If *No*, why? \_\_\_\_\_

**3. Would you be interested in requesting the materials presented in our *Living Well* programs?**  Mail  Online

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Your Age:  50–60  61–70  71–80  81–90  91–100+

Your City: \_\_\_\_\_

# Living Well Programs

Our *Living Well* programs are designed to educate and empower adults to live well. Gain awareness, motivation, and skills—choose one or more of these opportunities to improve your health.

**All are welcome!**

## Hudson Valley Region *Living Well* Presentations

There are **no fees** for these programs, compliments of MVP! Space is limited and registration is required.



Call MVP Community Health Promotion at **845-897-6037**  
(TTY: 1-800-662-1220).

### Landing of Poughkeepsie

251 Boardman Road, Poughkeepsie

### Top 10 Choices for a Healthier You

Saturday, December 2 1:30–2:30 pm

Program Code: 4787

Discuss the lifestyle choices you can make to be a healthier you, including staying active, eating mindfully, and connecting with your community. Prepare for the upcoming New Year with a SMART goal plan!

### Secrets to Successful Aging

Saturday, January 6 1:30–2:30 pm

Program Code: 4788

Discover tips for aging with resilience and independence.

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### LaGrange Library

488 Freedom Plains Road (Route 55), Suite 109, Poughkeepsie

### Arthritis Overview and Adaptations

Thursday, December 14 12:30–1:30 pm

Program Code: 4691

Learn everyday adaptations you can make to manage and ease arthritic pain.

Our Hudson Valley *Living Well* programs will return in Spring 2018. Look for ongoing fitness classes, new outdoor activity programs, health education classes, and more! Check your next issue of *Living Well* for details.

# Capital Region *Living Well* Programs

## Capital Region *Living Well* Presentations

There are **no fees** for these programs, compliments of MVP! Space is limited and registration is required.



Call MVP Medicare Customer Care Center at **1-800-665-7924**  
(TTY: **1-800-662-1220**).

### **The Senior Center of Kingsbury & Fort Edward**

78 Oak Street, Hudson Falls

#### **Chair Exercise Demonstration**

**Wednesday, November 29 1:30–2:30 pm**

**Program Code: 4754**

Learn safe, effective exercise techniques you can do on your own, just about anywhere! Wear comfortable clothing and shoes (preferably sneakers) and bring water. Exercise bands will be distributed to all participants.

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### **Friendship Café**

#### **(Schenectady County Senior Long-Term Care Services)**

Apostrophe Café in Proctors Arcade, 432 State Street, Schenectady

#### **MVP's Top 10 Choices for a Healthier You**

**Wednesday, December 13 10:30–11:30 am**

**Program Code: 4728**

Discuss the lifestyle choices you can make to be a healthier you, including staying active, eating mindfully, and connecting with your community.

Prepare for the upcoming New Year with a SMART goal plan!

# Capital Region *Living Well* Programs

## MVP Winter Walk/Snowshoeing

MVP Medicare Community Health Promotion, in partnership with the Friends of Five Rivers, brings physical activity through outdoor recreation to our members.

### Five Rivers Environmental Education Center

56 Game Farm Road, Delmar

Join us for a leisurely, guided winter walk in an outdoor living museum made up of more than 450 acres of fields, forests, and wetlands, and learn about how the changes of winter influence the local habitat. Bring a bottle of water, dress in layers for the cold temperatures, and wear comfortable, durable boots. No pets are allowed. Five Rivers is a carry-in, carry-out facility.

This walk will be either a snowshoe walk or a winter walk depending on snow cover. Bring your own snowshoes or rent them at Five Rivers for \$5.

Distance: 1–1.5 miles

Intensity level: Easy to moderate, depending on snow cover

Thursday, February 1 1:00–2:30 pm

Program Code: 4812

There is **no fee** for this program, compliments of MVP.

*Registration is required—call Stacie Hebert at 518-388-2596.*

Our Capital Region *Living Well* programs will return in February 2018. Ongoing fitness spring sessions will run Monday, February 26–Friday, May 18, 2018. Also look for new outdoor activity programs and more!

Check your next issue of *Living Well* for details. Or call MVP Medicare Community Health promotion at 518-386-7936 after January 1 for class schedule and registration information.



220 Alexander Street  
Rochester, NY 14607  
[mvphealthcare.com](http://mvphealthcare.com)

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Health and Wellness or Prevention Information

MVPMCR0042 (05/2017)