

| Visit your doctor |
|----------------------------------|
| ☐ Talk to a pharmacist |
| Get tests or screenings |
| Go to an MVP Living Well program |

The information you write down may be useful during follow-up doctor visits, when you talk about your care with family, or any time you want to discuss your health.

You may wish to take a family member or friend with you to your doctor visits.

Emergency Contact Information

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| INdille | | |
|--------------|--------------------|--|
| Phone Number | Relationship to Me | |
| | | |

Work With Your Doctor To take the best care of yourself, you'll need to work with your doctor. Talk to your doctor about these topics: Bladder control concerns Physical activity that's right for you How you can avoid falls Your test results and what they mean Your health goals Other health concerns or questions you may have **Health Care Visits** List the dates you went to see your doctor—it can be your primary care doctor or a specialist—and what you talked about. Result (What did I find out. Doctor's Date of Reason Name Visit for Visit what do I need to do?)

| | Mv | Med | dica | tion | S |
|--|----|-----|------|------|---|
|--|----|-----|------|------|---|

My Pharmacy Phone

| Medicine Name | How Much Do I Take? | When Do I Take It? | What Do I Use It For? |
|--|------------------------|-----------------------|--------------------------|
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| List your non-pres (including pain reli | | | |
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| Annual/Periodic Healt | h Tests and | d Screenings | |
|---|------------------|--------------|-------------------------------|
| | Date of Visit | Result | When Do I Need This Again? |
| Annual Wellness Exam | | | |
| Eye Exam | | | |
| Hearing | | | |
| Mammogram | | | |
| Pap Test | | | |
| Other | w - | | |
| Vaccines (yearly flu sho and others as recomme | | | , |
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| | | | |
| Health Tests and Scree | nings | | |
| | Date of Visit | Result | When Do I Need This Again? |
| Blood Pressure | | | |
| Blood Sugar (Hemoglobin A1C) | | | |
| Cholesterol | | | |
| BMI-Body Mass Index (calculated weight/height) | | | |
| Bone Density Measurement | | | |
| Colorectal | | | |

Cancer Screening

Depression Screening

| After a nospital stay |
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| If you stay overnight in a hospital, here are some tips to help reduce the chance that you will need to be admitted to the hospital again because of a problem: |
| Schedule a follow-up visit with your doctor. Bring your hospital discharge plan with you. |
| Talk to your doctor about your medications and if they have changed. |
| Write down important details about your condition and how to take care of yourself. |
| Will You Need Help When You Get Home? |
| Plan for a family member or friend to: |
| ☐ Drive you to appointments |
| Help around the home (shop for groceries, cook, and clean) |
| ☐ Pick up prescriptions |
| |
| |
| Diabetes Care |
| If you have diabetes, you should have the following tests and screenings done at least once a year: |
| Dilated eye exam—with your eye doctor |
| Hemoglobin A1C—to check your average blood sugar |
| ☐ LDL level—to check your cholesterol |
| ☐ Kidney monitoring—called a urine protein test |
| Foot exam—yearly exam by your doctor, and frequent foot checks at home by yourself or your caregiver |

MVP has Programs to Help You!



Living Well Programs

To see a list of upcoming health education and exercise classes, visit www.mvphealthcare.com and select Live Well under Medicare Members, and then Health Promotion Activities.



SilverSneakers® Fitness Program

Enjoy classes and use equipment and other programs at safe, friendly fitness centers. Visit www.silversneakers.com to find a location near you.



24/7 Nurse Advice Line

Call 1-800-204-4712 anytime, day or night, for answers to your health auestions.



MVP/Matrix In-Home Health Assessment

You may qualify for a free Matrix Medical home visit. A nurse practitioner will make a house call to evaluate your health in the comfort of your home.



Medication Management Program

Talk to an MVP pharmacist about your prescriptions and learn how you can prevent potential dangers. This can be done when you receive a call from MVP to talk to the pharmacist over the phone. Call 1-866-942-7754 to speak with a pharmacist over the phone or for more information.



Living Well Toolkit

We have helpful information about preventing falls, useful tips to follow after a hospital stay, preventive care, and more available on our website! Visit www.myphealthcare.com and select Medicare Members, and then Live Well. Scroll down to find the toolkit.

Tracking Frequent Tests (Blood Pressure, Cholesterol, etc.)

| Type of Test | Date | Result | Follow-Up/ Next Check |
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| Questions for My Doctor |
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MVP MEDICARE CUSTOMER CARE CENTER

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

Be Smart About Health Care

MVP Health Care believes it's worth taking time to focus on your personal health now to prevent health problems later. It is important to visit your doctor for regular check-ups and routine preventive care screenings.

