



# MY PERSONAL HEALTH TRACKER

Y0051\_2122R3 (02/2016)

## Use Your Tracker When You:

- 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

Name

---

Phone Number

---

Relationship to Me

---





## Annual/Periodic Health Tests and Screenings

	Date of Visit	Result	When Do I Need This Again?
Annual Wellness Exam	_____	_____	_____
Eye Exam	_____	_____	_____
Hearing	_____	_____	_____
Mammogram	_____	_____	_____
Pap Test	_____	_____	_____
Other	_____	_____	_____

**Vaccines** (yearly flu shot, pneumonia, shingles, and others as recommended by your doctor)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

## Health Tests and Screenings

	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 Hospital Stay

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](http://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](http://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 questions.



## 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.mvphealthcare.com](http://www.mvphealthcare.com) and select *Medicare Members*, and then *Live Well*. Scroll down to find the toolkit.



