

LIVE HEALTHIER. MVP WILL HELP YOU DO IT.

When it comes to your health and well-being, consider MVP a valuable asset and partner. We offer these added benefits as part of your coverage **at no added cost to you!** And when you take advantage of these free and confidential programs, you and MVP work together to help keep health care costs down.

Have fun, get fit, stay healthy with Healthways SilverSneakers® Fitness

Join us as MVP marks the 11th anniversary of the popular SilverSneakers Fitness Program! Designed exclusively for Medicare-eligible adults, you can sign up for a free gym membership at a SilverSneakers location to:

- **Enjoy** classes and programs, and use equipment at safe, friendly fitness centers.
- **Benefit** from fun group exercises designed to increase strength and flexibility.
- **Talk** with on-site staff who are ready to help you meet your wellness goals.
- **Keep exercising when traveling** — SilverSneakers and partner locations, like Curves and Anytime Fitness, are found all over the country!
- **Sign up** for SilverSneakers FLEX™ classes and activities at parks, recreation centers and other local venues.
- **Exercise at home** or on the go with a SilverSneakers® Steps kit (choose from general fitness, walking, strength or yoga kits).

Go to www.silversneakers.com or call MVP at 1-800-665-7924 to find a location near you!

Get support 'round the clock with our 24/7 MVP Nurse Advice Line

Call the Nurse Advice Line anytime day or night for answers to your health questions. You'll speak with a nurse who can help you (especially when your doctor's office is closed) with issues such as:

- A health question in the middle of the night.
- Answers to "what do I do if" health questions.
- Finding information and resources about prevention and wellness, treatments, chronic conditions, and other health topics or concerns.

Listen to selections from an audio library of more than 400 pre-recorded messages on general health topics, designed to help you make informed health decisions. Have your pad and pen ready!

Get \$100

Start every year with a \$100 HealthDollars allowance to spend on healthy activities. It's easy — simply fill out a form with an original receipt attached to put your allowance to work at a ZUMBA® Gold class or a safe driving course. How about relaxing with Tai Chi or yoga? A fall prevention class can help keep you on your toes. Put your allowance toward a variety of health, wellness or fitness programs. Unused HealthDollars can't carry over from one year to the next, so don't put off that cooking class any longer!



Manage chronic conditions with MVP's help

Get extra support if you are living with a physical or mental health concern. MVP has free, confidential programs to help you get the care you need, understand your treatment options and make the most of your benefits when you are living with:

- Asthma
- Cancer
- Chronic Obstructive Pulmonary Disorder (COPD)
- Depression (managed by ValueOptions®)
- Diabetes
- Dialysis
- Heart attack or blockages
- Heart failure
- Lower back pain

Join us for a free MVP *Living Well* program!

Discover the many MVP health education and physical activity classes at your fingertips, free or discounted to all MVP members. Held at locations throughout our communities, they cover such topics as:

- Eating right
- Managing stress
- Easy ways to take better care of yourself

And include such activity classes as:

- ZUMBA® Gold
- Yoga
- Body in Motion
- MVP Dance Moves
- MVP Chair Moves
- Argentine Tango
- Line and Contra Dancing
- ...and many more!

A free house call to evaluate your health

Say yes to a free MVP-Matrix Medical home health visit—an important part of your membership, and the chance to discuss your health in detail in the comfort of your own home. A nurse practitioner will make a house call to evaluate your current health. Studies show that MVP members who take advantage of these home visits:

- Have lower medical expenses.
- Have fewer hospital admissions.
- Feel more informed and in charge of their health.
- Are more satisfied with their health plan.

The information you discuss during the visit is shared with your doctor. Working together, we can help you take steps now to prevent health issues later.

Get peace of mind with our Medication Review Program

Connect with an MVP pharmacist over the phone for a half-hour to review all of your medications and check to be sure they are working well together with no potentially harmful combinations of drugs. Together you will:

- Review the drugs you are taking and why.
- Discuss lower-cost alternatives and if they are available and appropriate for you.
- Identify potential dangers you might experience when mixing drugs.
- Consider over-the-counter drugs and supplements, such as vitamins.