Take Action to Prevent Diabetes

Twenty-five percent of Americans age 65 and older are living with type 2 diabetes, and thousands more people may have prediabetes, but don’t know it.

Diabetes not only leads to higher health care costs—it also increases your risk for serious health problems, such as stroke, heart disease, and kidney disease. Diabetes can be prevented, and MVP is offering a program to help.

The Medicare Diabetes Prevention Program (MDPP) is an evidence-based program designed to prevent type 2 diabetes in people who are prediabetic. The program focuses on practical strategies to maintain a healthy lifestyle. Participants have reduced their risk of developing type 2 diabetes by 60%.

MDPP is covered in full as a preventive health benefit of your MVP Medicare Advantage plan.

(Read more on page 3)
Let's Talk About the State of Health Insurance
From Denise V. Gonick
President & CEO,
MVP Health Care

Over the last year, health care reform has been front and center in national politics. All of the attention and debate has triggered new uncertainty about health insurance—for state governments, health care providers, insurance companies, and, of course, for all of us as health care consumers. Health care reform is hard, the issues are complex, and the current system has many flaws. Despite the challenges, we’re focused and committed. We believe strongly in our mission to serve your health care needs.

MVP has, and will continue to be, part of ongoing discussions that shape health care policy.

As a community-based, not-for-profit health plan, we want to find solutions that can lower the cost of care for all, without reducing the quality of care. We will continue to press for those solutions, and we’ll be here to help guide you and answer any questions you have along the way. Thank you for the trust you place in us.

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.
What is prediabetes?
Prediabetes is a condition that happens when your blood sugar level is higher than normal, but not high enough to be diabetes. Prediabetes often doesn’t have symptoms.

Your risk of developing prediabetes increases with age. You may also be at risk if you have a family history of diabetes, are inactive or overweight, or are of African American, Hispanic, Native American, Asian American, or Pacific Islander decent.

Who should take part in the Medicare Diabetes Prevention Program?
Your doctor can determine if you have prediabetes with a standard blood test and screenings done at a regular appointment. To qualify for the MDPP, you must have a blood glucose (sugar) level between 5.7% and 6.4% and a body mass index (BMI) of 27 or higher.

What does the Medicare Diabetes Prevention Program offer?
MDPP information is approved by the Centers for Disease Control and Prevention. Participants work with a coach in a supportive group setting for 12 months. Topics promote long-term healthy lifestyle choices, such as increased physical activity, weight loss strategies, and healthy eating tips.

How do I get started in the Medicare Diabetes Prevention Program?
Talk to your doctor about the screenings needed to see if you qualify for the MDPP. To learn more about the program or to find MVDPP providers near you, visit cdc.gov and select Diseases & Conditions, then Diabetes, then National Diabetes Prevention Program, then Find a Class Location, 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.


Hearing health is important to your overall wellness. If you’re having trouble hearing, treating your hearing loss can increase your self-confidence, help you enjoy social activities more, and improve your relationships with your loved ones.

**Boost your confidence.** A study by the National Council on Aging (NCOA)¹ found that people with hearing loss who wore hearing aids reported better overall feelings about themselves than those who didn’t treat their loss.

**Rejoin the conversation.** Noisy environments can be difficult when you have hearing loss, but new hearing aid technology makes it easier to hear and understand those around you, so you can enjoy social activities again.

**Renew the bonds.** Hearing aid wearers participating in the NCOA study reported overall improvements in their relationships at home, better emotional health and stability, and experienced less anger and frustration in their daily lives.

If you believe you have hearing loss, take time to get your hearing checked. As an MVP Health Care member, you have a hearing aid benefit through TruHearing™ that saves you thousands of dollars on the average retail price of high-quality hearing aids. With a variety of styles and colors available, all hearing aid models feature the latest technology, including more natural hearing, reduced background noise, and smartphone compatibility.

Call **TruHearing** at **1-844-224-9010** to get started.

Extra Support for Members in Need

Sometimes living well takes a helping hand. That’s why MVP has a team of health care professionals who can help.

Our Care Management Programs help members who are living with a high-risk medical condition or complicated, life-threatening illness. A case manager will work closely with you, your family, doctors, and other members of your health care team to help answer questions and create a plan for your ongoing care. Most importantly, your case manager is there to give you and your family support when it’s needed the most.

Care Transitions Program
You may be eligible for this program if you have had a recent hospital stay. A case manager will contact you after you come home and may arrange for a home visit. Your case manager will also work with you to help you understand your discharge instructions, review your medications, help you schedule follow-up appointments with your doctor(s), and reduce the chance that you may need to be admitted back into the hospital because of a problem.

Health Management Programs
Extra help is available to members who need guidance and support to improve a chronic condition, including asthma, chronic obstructive pulmonary disorder (COPD), depression, diabetes, cardiac issues, heart failure, or back pain. A health coach can answer your questions and help you find additional resources and health care solutions. These programs are designed to supplement your doctor’s care—we will work with you, your family, doctors, and other members of your health care team to help you set and reach goals that are important to the treatment plan from your doctor.

All our programs are available at no cost to you and you are under no obligation to participate. MVP may call you if you qualify, or your doctor may refer you to us. For more information about these programs, call 1-866-942-7966.
Cancer Screenings and Prevention—Are You Up-to-Date?

Early detection and diagnosis of cancer has been shown to improve treatment options and outcomes. Screening for cancer can help:

• identify and treat potential cancer-causing problems.
• find and treat the disease in an early state.
• reduce length of treatment required.

Many cancer screenings are available—work with your doctor to stay up-to-date on the tests you need.

The following preventive screenings are covered in full as part of your MVP Medicare Advantage plan.

Colorectal Cancer Screening
Colorectal cancer screening tests look for abnormal growths in the colon and rectum to remove before they become cancerous. Screening is recommended for both men and women to start at age 50. There are several possible tests for colorectal cancer screening—colonoscopy (done every 10 years), flexible sigmoidoscopy (done every five years), or home stool tests (done annually).

Breast Cancer Screening
Breast cancer screening tests look for lumps in breast tissue. Screening is recommended for women every two years, starting at age 50. The tests for breast cancer screening are a mammogram (done annually) and a clinical breast exam (done every two years).

Talk to your doctor about your risk factors and the screening tests that are right for you.

Remember, MVP Medicare Advantage plan members can earn a Wellness Rewards incentive for keeping up with important doctor visits and screenings. Schedule an Annual Wellness Visit with your doctor, ask your doctor to complete a simple screening form, and send the completed form to MVP to receive your $75 gift card reward!

For more information and a copy of the Wellness Rewards screening form, visit 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).
Manage Diabetes with These Important Tests

If you are living with diabetes, there are a number of tests you should have at least yearly to help manage your condition. 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 doctor should be done because, over time, diabetes can affect your eyes. This exam 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 8% 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, always remember to take all medications as ordered by your doctor!

Beware of Scams!

Your last issue of Living Well talked about the new red, white, and blue Medicare cards that the Federal Medicare program is mailing this year. Remember to beware of anyone who calls you about your new Medicare card. Medicare will never contact you about your card, or ask for your Social Security number, bank account information, or other private information.
Successful Hospital-to-Home Planning

Whether you are admitted to the hospital for a planned surgery or an unexpected event, preparing for a smooth transition from hospital-to-home can help reduce the chance that you need to return to the hospital because of a problem.

**Work with the hospital discharge staff.**

- Get a list of your medications, review any changes since you were admitted, and have any new prescriptions filled before you get home.
- Tell the discharge planner if you have any special needs (like transportation) that could impact your follow-up care.
- Include your family, friends, or others who are able to help.

**Schedule follow-up appointment(s) with your doctor(s) within seven days after you leave the hospital.**

- Review any changes to your prescriptions.
- Talk about any potential problems you may have with following your discharge plan.
- Learn about your condition and how to best take care of yourself.

Always carry important information with you about any health conditions, medications, and doctor and pharmacy contact information. Fill out the *My Health Information* card below and keep it in your wallet.

### Important Contacts

<table>
<thead>
<tr>
<th>My Primary Doctor</th>
<th>My Pharmacy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Name:</td>
</tr>
<tr>
<td>Phone: (_____ )</td>
<td>Phone (_____ )</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>My Specialist</th>
<th>Family or Friend to Call for Help</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Name:</td>
</tr>
<tr>
<td>Phone: (_____ )</td>
<td>Phone (_____ )</td>
</tr>
</tbody>
</table>

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**My Health Information**

**Health Conditions:**

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**Allergies:**

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**Medications:**

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Keep Your Bones Healthy

Our bones get thinner as we age naturally, but some people develop osteoporosis if their bones thin so much that they become fragile and in danger of breaking. Osteoporosis often does not show any symptoms and is not diagnosed until after a fracture occurs.

Talk to your doctor about your risk for osteoporosis and what you can do to keep your bones strong.

Get a Bone Mineral Density (BMD) test. This test measures the bone density (thickness) in several places in the body. BMD testing is a preventive service under your MVP Medicare Advantage plan, covered in full every two years. If you have suffered a fracture you may want to talk to your doctor about BMD testing.

Eat a diet rich in calcium and vitamin D. Help slow bone loss through a healthy mix of foods that includes dairy products, fatty fish, dark green vegetables, and foods with fortified (added) calcium and vitamin D.

Exercise regularly. Weight-bearing activities have been shown to increase bone density and strength. Check out a SilverSneakers® fitness center near you, or try a Living Well physical activity class. See page 12 for more details.

Limit alcohol use and don’t smoke.

Ask your doctor about supplements or medications to prevent or treat osteoporosis.

Save the Dates!

The Daily Gazette Home Show
Saturday, June 23  11 am–3 pm
Rivers Casino & Resort  1 Rush Street, Schenectady

MVP is proud to support the inaugural Home Show at the Rivers Casino & Resort Event Center. Enjoy more than 50 exhibitor booths, live music, informational sessions, presentations, and more! Meet your MVP Medicare Community Health Promotion and Sales staff, learn about MVP Living Well programs at many locations throughout the Capital Region, and bring your questions about Medicare.

Senior Day at the Saratoga County Fair
Wednesday, July 25  162 Prospect Street, Ballston Spa

MVP is proud to sponsor Senior Day at the Saratoga County Fair, with a discounted admission of $5 for seniors all day! Enjoy a day of food, rides, animal exhibits, and fun!
The federal and state governments offer assistance programs that can lower out-of-pocket expenses related to your health care costs. Based on your income, you may qualify for one or more of these programs:

- **The Medicare Savings Program** can help lower the monthly Medicare Part B premium that is deducted automatically from your Social Security check, typically $104.90 per month for 2018. Those who qualify may save up to $1,258.80 per year.

- **The Medicare Part D Low Income Subsidy** (also called “Extra Help”) Program can help lower your monthly prescription drug premium and drug co-pays.

- Other community programs and services, including help with nutrition, utilities, finances, legal issues, housing, in-home care, tax relief, transportation, employment, veteran-specific, and discount pricing.

MVP and its trusted partner, Human Arc, can help you with the initial application or re-application process for these programs through a service called PremiumAssist. If you’re eligible, you will receive a notice in the mail from Human Arc.

Human Arc also can help determine if you qualify for other local or national public and private assistance programs to help with other financial hardships, from heating bills to in-home care.

To learn more about any of these programs, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

New York State and Vermont also offer programs to help pay for prescription drug coverage. To qualify, you must meet age and income requirements. To see if you are eligible, call the EPIC (Elderly Pharmaceutical Insurance Coverage) program at 1-800-332-3742 or V-Pharm at 1-800-250-8427.
The MVP Medicare Customer Care Center is Here to Help!

Sometimes health care can be confusing. That’s why MVP has a team of real people, dedicated to helping our Medicare plan members. MVP Medicare Customer Care Center representatives are ready to answer your questions, help you understand your health plan benefits, and resolve any issues.

Did you know?
You can allow someone else to speak with or receive information from MVP.

Complete an Authorization to Disclose Information (ADI) form to name a representative, what health information you would like us to share, and how long you want us to be able to share your information with that person. Request an ADI form by calling the MVP Medicare Customer Care Center or download the form by visiting mvphealthcare.com and selecting Members, then Medicare member, then Forms/Resources, then Information Release/Authorization. You can cancel this authorization at any time in writing—please see the requirements on the form.

Or let us know if you have named a Health Care Proxy (HCP) or Power of Attorney (POA). Your HCP can make decisions about your health care if you are unable to do so. Your POA has the legal right to act on your behalf and can make changes for you, such as updating your mailing address, enrolling you in a different MVP plan during Open Enrollment, or filing an appeal on your behalf. Send a copy of the Health Care Proxy or legal Power of Attorney documents to:

ATTN: CUSTOMER CARE CENTER
MVP HEALTH CARE
220 ALEXANDER ST
ROCHESTER, NY 14607

Remember to call the MVP Medicare Customer Care Center if:

• Your address or phone number changes.

• You receive a bill, other than for your co-payment, from a physician or other health care professional or facility.

• You receive a suspicious mailing or phone call about your health plan coverage.

The MVP Medicare Customer Care Center phone number is on the back of your MVP Member ID card for your convenience. Representatives are available Monday–Friday, 8 am–8 pm Eastern Time. You also may find answers to many of your questions, including doctors, hospitals, or health care professionals close to you, or copies of forms, at mvphealthcare.com.
Live Life Better in Mind, Body, and Spirit—Get Started with SilverSneakers®

As an MVP Medicare Advantage Plan member, you have free access to fitness centers and classes in your neighborhood and nationwide through SilverSneakers. Whether you prefer treadmills, spin, swimming, yoga, or a slower-paced group class with fellow members—there’s something for you.

SilverSneakers gives you the power to take control of your health. Go to as many locations as you’d like (14,000+ nationwide!), get help from certified instructors, and enjoy all the basic amenities of a gym membership.

Need help getting started? Looking to change up your exercise routine? Visit SilverSneakers.com/StartHere to:

• Discover the right activity for you.
• Find locations in your neighborhood and schedule a tour.
• Get your SilverSneakers member number and exclusive content.
• Start on the way to a healthier you!

New SilverSneakers Locations

Clifton Park
The GBOX
518-836-6111

Ithaca
Finger Lakes Fitness Center
607-256-3532

New Hartford
Presbyterian Wellness Center
315-235-2800

Plattsburgh
Plattsburgh City Recreation
518-324-7709
Living Well Programs

The MVP Medicare Community Health Promotion team, in collaboration with our community partners, provides innovative health and wellness programs, educational opportunities, and physical activity programs that empower and motivate the individuals we serve to live healthy and vibrant lives.

Our programs incorporate elements of the seven dimensions of wellness—physical, emotional, intellectual, spiritual, occupational, social, and environmental health—for a holistic approach to well-being.

Hudson Valley Living Well Programs Page 14–15
Capital District Living Well Programs Pages 16–22
Most programs are free, compliments of MVP Health Care. Programs with fees are discounted for MVP members. MVP members receive priority registration for all Living Well programs; non-members may be placed on a waiting list.

**Living Well Ongoing Fitness Classes**

If you do not see a Living Well ongoing fitness class in your service area, take part in a SilverSneakers® fitness program close to you! See page 12 for details.

**MVP Striders Walking Club at Bowdoin Park**

*85 Sheafe Road, Wappingers Falls*

Park past the playground, near pavilion 3. Meet by soccer field entrance.

**Wednesdays, June 20–August 1**  8:30-9:30 am  
**Program Code: 5006**

(no class July 4)

**Step outside and walk your way to wellness!** As an MVP Strider you will reap the many benefits of walking, all while connecting with a great group of people and enjoying the fresh air of the great outdoors. Receive an MVP Striders Walking Kit—including t-shirt, pedometer, and more—to help you on the road to success.

**MVP Beginner Tai Chi Moves**

*Boardman Road Branch Library, 141 Boardman Rd., Poughkeepsie*

**Tuesdays, July 10–August 4**  10:15-11:00 am  
**Program Code: 5031**

**MVP Health Care Walk-In Enrollment Center at Newburgh Mall**

*1401 NY-300 Suite 1079, Newburgh*

**Wednesdays, July 18–August 8**  10:15-11:00 am  
**Program Code: 5007**

Join us for an introduction to the art of Tai Chi Ch’uan. This class consists of slow, continuous whole-body movements with controlled breathing and mental concentration to create a combined mind-body experience. Tai Chi can improve balance, flexibility, muscle strength, and posture. Wear flat-soled shoes and loose, comfortable clothing.

**MVP Chair Moves**

*Newburgh JCC, 290 North Street, Newburgh*

**Thursdays, June 28–August 2**  11:00-11:45 am  
**Program Code: 5055**

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs. Wear flat-soled shoes and loose, comfortable clothing.
Space is limited and registration is required. To register, call the MVP Medicare Community Health Promotion at 845-897-6037.

**Living Well Presentations**

**Fall Prevention Seminar**

**Town of Beekman Senior Center**
29 Recreation Center Road, Hopewell Junction
Thursday, June 21 12:15–1:15 pm  Program Code: 4996

**Beacon Library, 313 Main Street, Beacon**
Tuesday, July 17 1:30–2:30 pm  Program Code: 5049

A simple fall can change your life and even impact your ability to live independently. The good news is that falls are not a normal part of aging and most can be prevented. This class discusses many factors that can contribute to falls and will give you strategies to overcome them. Please wear loose, comfortable clothing.

**Chair Moves—Hands-on Demonstration**

**Pawling Library, 11 Broad Street, Pawling**
Tuesday, June 26 7–8 pm  Program Code: 4808

Learn simple chair exercises that you can practice at home. Chair exercise is a good way to elevate your heart rate, build strength, and increase flexibility without the strain of weight-bearing exercise.

**Top 10 Choices for a Healthier You**

**Glen Arden, 214 Harriman Drive, Goshen**
Thursday, July 19 3–4 pm  Program Code: 5048

Learn and talk about the lifestyle choices you can make to be a healthier you, such as staying active, eating mindfully, and connecting with your community.
Healthy Cooking Demonstrations
In partnership with Whole Foods Market
Whole Foods Market, Colonie Center Mall, 1425 Central Ave., Albany
Seasonal Flavors of Summer
Thursday, July 19 1:30–3:00 pm  Cost: FREE  Program Code: 5050
Discover healthy dishes featuring fruits and vegetables readily available during the summer months. Learn why eating seasonally is important to your health, the planet, and your wallet. Get tips on how to choose the best produce, as well as how to store and use it properly.

Educational Outdoor Programs and Walks
In partnership with Five Rivers Environmental Education Center
Five Rivers Environmental Education Center
56 Game Farm Road, Delmar
Dress in layers, wear comfortable, durable shoes, and bring a bottle of water, sunscreen, hat, or insect repellent as needed. No pets are allowed. Programs will take place rain or shine, but will be stopped in the event of thunder and lightning.

MVP Makes Healthy Happen! All Ages! All Together!
A Special Intergenerational Living Well Program
This Living Well Program engages all generations and is brought to you compliments of MVP Health Care.
A Pond's Life
Monday, July 30  9:30–11:00 am  Cost: FREE  Program Code: 5052
Walk to one of the many ponds at Five Rivers and discover what lies beneath the surface. You’ll use nets to collect a variety of living creatures, look at their varied shapes, sizes, and adaptations with hand lenses, and identify the creatures that call the pond a home.
MVP Creative Arts—
Hands-On Painting

In partnership with Art in Mind Creative Wellness Studio

Art in Mind Creative Wellness Studio
272 Saratoga Road, Glenville (Hannaford Plaza behind Midas)

Reap the benefits of creativity and wellness in a positive, relaxed environment. Explore your creativity and expressive freedom during this hands-on painting class. You will leave the 90-minute session with an 11” x 14” finished canvas of your creation.

Lighthouse
Thursday, August 16 1:30–3:00 pm

Program Code: 5051

To register, call Maria Migliori, Program Coordinator at 518-386-7936.

MVP Member: $10; Non-member: $20
Checks are payable to MVP Health Care and should be sent at the time of registration to hold your place. No refunds for no-show. Please allow 48 hours for cancellation.

Mail check/money order to:
ATTN: MARIA MIGLIORI
MEDICARE COMMUNITY HEALTH PROMOTION
MVP HEALTH CARE
625 STATE ST.
SCHENECTADY, NY 12305
Free MVP Living Well Presentation

Stress Busters

Schenectady Senior Center
Ancient Order of Hiberians, 1748 State Street, Schenectady
Tuesday, July 24  10:30–11:30 am  Program Code: 5056

Learn how stress affects your body, both physically and emotionally, and review stretching and breathing exercises, simple meditation, and other ways to de-stress throughout your day.

Step outside this summer!

Join the MVP Striders Walking Club in the Park

Central Park Schenectady
500 Ironquois Way, Schenectady
(meet in front of the pavilion)

Wednesdays, June 20–August 1  8:30–9:30 am  Program Code: 5039

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program lead by the MVP Medicare Community Health Promotion team. As an MVP Strider you will stretch, gain strength with dynaband exercises, and reap the many benefits of walking, all while connecting with a great group of people. Receive an MVP Striders Walking Kit—including t-shirt, pedometer, and your M.A.P. (Motivating Action Plan) to success!

To register, call 1-800-665-7924.
Free *Living Well* Ongoing Fitness Classes

These programs are free, compliments of MVP Health Care. *All are welcome!* Join anytime during the session.

Space is limited and registration is required; call the phone numbers listed to register. MVP members receive priority registration for all *Living Well* programs; non-members may be placed on a waiting list.

If you do not see a *Living Well* ongoing fitness class in your service area, take part in a SilverSneakers® fitness program close to you! See page 12 for details.

**Class Descriptions**

**MVP Aqua Moves**
*Improve your agility, strength, and core support in the water!* This shallow water class teaches core exercises to improve balance and posture. Water resistance effectively sculpts and tones muscles. A cardio component makes burning calories easy and fun. Water shoes are recommended.

**MVP Chair Moves**
*Stay as mobile and strong as possible!* This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs.

**MVP Chair Yoga**
*A great way to stay strong, limber, balanced, and healthy!* Classic yoga poses, breathing, and meditation are adapted for the chair. This class is for anyone interested in the benefits of yoga without having to sit on the floor.

**MVP Drums Alive**
*Feel the beat of Drums Alive!* This unique fitness class captures the essence of movement and rhythm utilizing drumsticks and large stability balls.

**MVP Gentle Yoga Moves**
*Experience the benefits of increased balance, flexibility, and muscle strength.* Gentle Yoga combines simple breathing exercises with stretches and yoga postures (asanas), that can be done seated, standing, or on the floor, with modifications as needed. Class ends with a guided deep relaxation experience to relax and renew the body, mind, and spirit. Please bring your own yoga mat or a towel.

**MVP Latin Moves/Zumba Gold®**
*A fun, friendly aerobic workout anyone can do, including beginners!* This class combines fast and slow, low-impact exercise set to Latin rhythms.
**MVP Striders in the Park**

*Step outside and walk your way to wellness!* As an MVP Strider you will stretch, gain strength with dynaband exercises, and reap the many benefits of walking, all while connecting with a great group of people and enjoying the fresh air of the great outdoors.

**MVP Tai Chi Moves**

*Join us for an introduction to Sun Style Tai Chi!* Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. Wear flat-soled shoes and loose comfortable clothing.

Due to the popularity of these classes, registration is recommended. **MVP members will be given priority registration** for all *Living Well* programs; non-members may be placed on a waiting list. **Call the phone numbers below to register.** Type of ongoing fitness class may be subject to change.

### Class Schedule

**Mondays, June 18–July 30**

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Time and Location</th>
<th>Call to Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>MVP Zumba Gold®</td>
<td>10:00–10:45 am <em>New Time!</em> No class July 2 or July 9 Saratoga Senior Center 5 Williams St., Saratoga Springs</td>
<td>518-584-1621</td>
</tr>
<tr>
<td>MVP Chair Moves</td>
<td>10:30–11:15 am No class July 16 Village of Colonie Senior Center 2 Thunder Rd., Albany</td>
<td>518-869-7172</td>
</tr>
<tr>
<td>MVP Aqua Moves</td>
<td>12:00–12:45 pm Sunnyview Wellness Center Therapeutic Pool 1270 Belmont Ave., Schenectady No walk-ins. Must register for the entire session.</td>
<td>518-386-7936</td>
</tr>
</tbody>
</table>
### Tuesdays, June 19–July 31

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Time and Location</th>
<th>Call to Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>MVP Chair Moves</td>
<td>1:00–1:45 pm</td>
<td>1-800-665-7924</td>
</tr>
<tr>
<td>Program Code: 5040</td>
<td>No class July 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Niskayuna Senior Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2682 Aqueduct Rd., Schenectady</td>
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</tbody>
</table>

### Wednesdays, June 20–August 1

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Time and Location</th>
<th>Call to Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>MVP Striders Walking Club in the Park</td>
<td>8:30–9:30 am</td>
<td>1-800-665-7924</td>
</tr>
<tr>
<td>Program Code: 5039</td>
<td>No class July 4</td>
<td></td>
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<tr>
<td></td>
<td>Central Park Schenectady</td>
<td></td>
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<tr>
<td></td>
<td>500 Iroquois Path, Schenectady (meet in front of pavilion)</td>
<td></td>
</tr>
<tr>
<td>MVP Drums Alive®</td>
<td>11:15 am–12:00 pm</td>
<td>1-800-665-7924</td>
</tr>
<tr>
<td>Program Code: 5041</td>
<td>No class July 4</td>
<td></td>
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<tr>
<td></td>
<td>Alpin Haus Fitness Center</td>
<td></td>
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<tr>
<td></td>
<td>4852 NY-30, Amsterdam</td>
<td></td>
</tr>
<tr>
<td>MVP Tai Chi Moves</td>
<td>1:00–1:45 pm</td>
<td>1-800-665-7924</td>
</tr>
<tr>
<td>Program Code: 5042</td>
<td>No class July 4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Glenville Senior Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>32 Worden Rd., Schenectady</td>
<td></td>
</tr>
<tr>
<td>MVP Latin Moves</td>
<td>1:00–1:45 pm</td>
<td>518-792-6007</td>
</tr>
<tr>
<td>Program Code: 5043</td>
<td>No class July 4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fraternal Eagles Club/Moreau</td>
<td></td>
</tr>
<tr>
<td></td>
<td>80 Main St., South Glens Falls</td>
<td></td>
</tr>
</tbody>
</table>

### Thursdays, June 21–August 2

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Time and Location</th>
<th>Call to Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>MVP Chair Moves</td>
<td>10:30–11:15 am</td>
<td>1-800-665-7924</td>
</tr>
<tr>
<td>Program Code: 5046</td>
<td>No class July 19</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Schenectady Senior Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hibernian Hall Banquet Room</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1748 State St., Schenectady</td>
<td></td>
</tr>
</tbody>
</table>
## Fridays, June 22–August 3

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Time and Location</th>
<th>Call to Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>MVP Gentle Yoga Moves</td>
<td>10:00–10:45 am</td>
<td>1-800-665-7924</td>
</tr>
<tr>
<td></td>
<td>Sunnyview Wellness Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>First floor conference room</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1270 Belmont Ave., Schenectady</td>
<td></td>
</tr>
<tr>
<td>MVP Chair Yoga</td>
<td>10:30–11:15 am</td>
<td>518-793-2189</td>
</tr>
<tr>
<td>Program Code: 5045</td>
<td>Glen Falls Senior Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>380 Glens, St., Glens Falls</td>
<td></td>
</tr>
</tbody>
</table>

Follow MVP Health Care on Facebook to stay up-to-date on our health and wellness programs, community events, and how MVP is working to create the healthiest communities.