More benefits and great extras—what you can expect from your 2020 Medicare Advantage plan.

We’re excited about all MVP’s Medicare plans have to offer for your 2020 coverage, from new and improved benefits to valuable extras. Check the Annual Notice of Changes or Benefits at a Glance mailings you received earlier this fall to learn what’s new for 2020.

Beginning January 1, plans will include:

- **Enhanced Medicare WellBeing Rewards.** Earn a $100 reward card for completing health and wellness activities. Collect points by keeping up with important doctor visits, preventive screenings, and taking part in activities that contribute to your overall well-being. Record your progress online or over the phone, and collect 100+ points to receive your $100 reward!

(Continued on page 3)
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 LivingWell newsletter conflicts with provisions of your Evidence of Coverage (your contract), the provisions of your contract take precedence over LivingWell articles and information.

MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal.
Free meal delivery after an inpatient hospital admission. Receive 14 refrigerated meals delivered directly to your home. An MVP representative will contact you with details when you are discharged.

Lower deductibles on Part D prescription drugs for GoldSecure and WellSelect plans.

Plans will continue to include:

- A free SilverSneakers® membership
- $0 Preferred Generic drugs on all plans that include Part D
- High-quality hearing aid coverage through TruHearing™
- Dental and vision allowances on most plans
- $0 co-pay for myVisitNow—24/7 Online Doctor Visits to see urgent care doctors 24/7, or schedule appointments with psychiatrists and behavioral health specialists
- Access to a vast network of more than 23,000 doctors, hospitals, and other providers across New York State, Vermont, and in additional areas

If you have questions about your MVP coverage, visit mvphealthcare.com/medicare or call the Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

The 2020 Medicare Part B Premium

Everyone with Medicare pays a monthly premium for Medicare Part B. This premium is set by the Federal government each year. For 2020, the monthly Medicare Part B premium will be $144.60. This amount will be automatically deducted from your Social Security check each month. If your income is greater than $85,000 for an individual or $170,000 for a couple, you may pay an extra Income Related Monthly Adjustment Amount (IRMAA) surcharge, which is also automatically deducted from your Social Security check each month.

If you have questions about the Medicare Part B premium, contact the Social Security Administration at 1-800-772-1213 Monday–Friday, 7 am–7 pm (TTY: 1-800-325-0778).

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.


Exciting Changes Coming for Behavioral Health

At MVP, we focus on the health and well-being of the whole person—their physical health, as well as their mental health. In early 2020, MVP will launch a network of behavioral health providers and bring behavioral health management in-house. This means that you can contact MVP directly to connect with a behavioral health case manager, ask a question about your benefits, or get help finding a new or different doctor.

We are currently working on building our network of mental health and substance use disorder providers. If your provider is not yet in our network, you will receive a letter from MVP on how we can help you. If you have any questions about MVP behavioral health services, or to see if your doctor will be in our network, contact the MVP Medicare Customer Care Center.

Remember! myVisitNow Offers Online Psychiatry and Behavioral Health Therapy

Have face-to-face video visits with board-certified psychiatrists and behavioral health specialists from the comfort of your home, or anywhere, with myVisitNow from MVP Health Care.

Conveniently self-schedule an appointment seven days a week, 8 am–11 pm. You may even see a psychiatrist or therapist that same day, depending on doctor availability. Then, have your confidential, HIPAA*-compliant visit via your smartphone, tablet, or computer with a webcam.

Don’t worry—you’re in good hands. Board-certified psychiatrists and other qualified behavioral health professionals will evaluate you and determine what behavioral health services may be appropriate for you.

Find out for yourself why most members rate myVisitNow behavioral health and psychiatry services 5 out of 5 for member satisfaction. Log In or Sign Up at myvisitnow.com to self-schedule your visit.

*HIPAA (Health Insurance Portability and Accountability Act of 1996) is United States legislation that provides data privacy and security provisions for safeguarding medical information.

myVisitNow from MVP Health Care is powered by American Well. Regulatory restrictions may apply.
Know the Signs of Depression

Feelings of sadness or grief are normal emotions that people experience from time to time. Major depression, however, is a serious mood disorder that impacts daily life. Depression causes long-lasting, severe symptoms that affect how a person feels, thinks, and handles daily activities, such as sleeping, eating, or working.

**Depression is a serious matter at any age.** For adults, it often co-occurs with other serious medical illnesses, such as diabetes, cancer, heart disease, and Parkinson’s disease. Managing these conditions are often more difficult when depression is present.

Someone who is experiencing some of the following signs and symptoms most of the day, nearly every day, for at least two weeks, may be suffering from depression:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

Not everyone who is depressed experiences every symptom. The severity and frequency of symptoms and how long they last will vary depending on the individual.

The good news is that depression—even the most severe depression—is treatable. This medical condition is commonly treated with therapy and depending on the individual, medication can be very effective in relieving symptoms. It may take some trial and error to determine which treatment works best for an individual.

If you believe you are experiencing any symptoms of depression, or if you realize that routine activities are becoming more difficult, it is important to seek help right away. The earlier you receive evaluation and care, the better. Reach out to a friend, loved one, or your doctor right away; as with any health concern, seeking early intervention can bring timely relief and an improved quality of life.

*Source: National Institute of Mental Health*
Your Part D Prescription Drug Coverage—What are Formulary Tiers?

Understanding how much you will pay for a prescription starts with how it’s listed on MVP’s Medicare Part D Formulary (list of covered drugs). To help control costs, drugs are categorized into different “tiers,” or cost levels. Drugs on a lower tier will cost you less than drugs on higher tiers.

MVP’s Medicare Formulary divides medications into five tiers.

**Tier 1—Preferred Generic Drugs with $0 co-pay!**
Select generic drugs that are used to treat chronic conditions such as diabetes, high blood pressure, high cholesterol, and osteoporosis/bone health, and all covered at no cost to you!

**Tier 2—Generic Drugs**
Most other generic drugs on our Formulary.

**Tier 3—Preferred Brand Name Drugs**
Drugs that have the lowest cost sharing for brand name drugs. Certain generic drugs may appear in Tier 3 due to potential safety concerns or the high cost of the drug.

**Tier 4—Non-Preferred Brand Drugs**
All other non-preferred brand name and generic drugs on our Formulary. Part D drugs excluded from our Formulary must go through an exception process in order for MVP to cover them. If they are approved, they will be covered in Tier 4.

**Tier 5—Specialty Drugs**
High-cost specialty generic and brand name drugs that cost $670 or more for a one-month supply. Most drugs in Tier 5 are restricted to a one-month supply at retail, and are excluded from the mail order program and tier exception process.

Save money with generic drugs. Generic drugs have the same active ingredients, strength, and effectiveness as the brand name versions, but generally at a much lower cost. Not all brand name medications have generic alternatives. Ask your doctor if there is a generic equivalent for brand medications you take that may be appropriate for you.
2020 Formulary Changes

You may have received a letter if there will be changes to the 2020 Medicare Part D Formulary (list of covered drugs) that affect prescriptions you take. Please review this notice and talk to your doctor about a different prescription drug you can take, or if you and your doctor should ask MVP to continue to cover the medication for you.

If you have any questions about how your medications are covered, review the Comprehensive Formulary on our website—visit mvphealthcare.com and select Members, then Medicare, then Drug Coverage (Part D), then Formulary/Drug Lists and Drug Coverage. Or call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

Have You Had Your Flu Shot Yet?

Remember that there are many reasons to get a flu vaccine! It can reduce your risk of flu and its potentially serious complications, as well as reduce the severity of your illness, even if you still get sick. However, the flu vaccination isn’t just about keeping you healthy; it’s also about helping to protect everyone around you who may be vulnerable to becoming very sick from flu. Be sure to visit your doctor or stop by your pharmacy for this year’s flu shot.

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).

My Flu Shot Reminder

I will get my flu shot on  (date/time)

I got my flu shot and told my doctor on  (date)
Tips to Stick to Your Medication Routine

Sticking to your medication routine (or medication adherence) means taking your medication as prescribed by your doctor—the right dose, at the right time, in the right way. It may not seem like a big deal to miss a few doses, but it is. Not taking your medication as prescribed by your doctor could have serious results—worsening condition, hospitalization, or even death.

There are many reasons why people don’t take their medication as prescribed—not understanding the directions, forgetfulness, multiple medications, unpleasant side effects, and cost. However, it is important to take your medication as directed to improve your long-term health and well-being.

Here are seven tips that may help.

• Take your medication at the same time every day.
• Tie taking your medications with a daily routine like brushing your teeth or getting ready for bed. Check if your medication should be taken on a full or empty stomach.
• Keep a medicine calendar with your pill bottles and note each time you take a dose.
• Use a pill container and refill it at the same time each week.
• Set a reminder on your phone to go off when your next dose is due.
• When traveling, be certain to bring enough of your medication, plus a few extra days, in case your return is delayed.
• If you’re flying, keep your medication in your carry-on bag to avoid it getting lost. Temperatures in the cargo hold could also damage your medication.

Questions about your medication? Talk to your doctor or pharmacist.

Diabetes Awareness and Management

While November marked the official National Diabetes Awareness Month, any time of year is a good time to raise awareness about the disease, including risk factors, symptoms, and types of diabetes. According to the American Diabetes Association, about one in every 10 Americans has Type 1 or 2 diabetes. Diabetes is more common among seniors—over 25% of people age 65 or older have the disease. Millions of people have diabetes, but don’t know it.

If you have diabetes, remember to catch up on important tests and screenings to prevent complications, like yearly dilated eye exams and kidney testing, and regular HbA1c blood tests. If you don’t have diabetes, talk to your doctor about risk factors and how to lead a healthy lifestyle. Depending on your lifestyle and risk factors, you may also be screened for prediabetes.
Preventive Care Resources for Older Adults

MVP is your partner in health and well-being.
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®**

**Getting active just got easier.** With SilverSneakers, you have a gym membership with access to more than 16,000 locations nationwide. Go to as many locations as you like at no extra cost! Use equipment, enjoy group exercises classes, attend events that promote healthy living, and check out on-demand workout videos and tips. Visit [SilverSneakers.com](http://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 innovative health and well-being programs, educational opportunities, and physical activity programs that empower and motivate the individuals we serve to live healthy and vibrant lives. 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 MVP Striders Walking Club.

**Be Rewarded for Healthy Choices**

**Earn a reward card** for keeping up with important doctor visits and preventive screenings, and taking part in activities that contribute to your overall well-being.

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

MVP has partnered with Matrix Medical Network to help you and your doctor get a complete, up-to-date picture of your health by offering a convenient in-home health visit with a nurse practitioner. The in-home visit doesn’t take the place of seeing your primary care doctor. Rather, it enhances your overall health care.

With one-on-one attention for a full hour, you get more time with a
clinician than at a typical doctor’s visit. You’ll have the time you need to ask questions and talk about your health in detail.

After your visit, you and your doctor will get a Personal Health Summary to review together to ensure you stay healthy.

**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.

**Diabetes Prevention Program**

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 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.

**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. By visiting your doctor not just when you are sick, but when you are healthy for a regular well-visit, your doctor can better understand 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 23,000 doctors and health care professionals means that you will be able to find a **(Continued on page 4)**
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 Services and Guidelines on page 6 of this Preventive Care 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.

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.
More Help from MVP

Living well sometimes takes an extra helping hand. That’s why MVP has a team of health care professionals who can help.

Our **Case 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, work with you to understand your discharge instructions, review your medications, help schedule follow-up appointments, and work with you to reduce your chances of being 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 disease (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 of 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, call 1-866-942-7966.

**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.

1-800-665-7924  TTY: 1-800-662-1220

Call Monday–Friday, 8 am–8 pm
October 1–March 31, call seven days a week, 8 am–8 pm
Preventive Care Services and Guidelines

The following exams and screening tests should take place on a routine basis. Talk with your doctor about the screenings that are right for you, and their frequency.

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

### Screening Tests
- Lipid disorders (abnormal cholesterol) based on 10-year cardiovascular risk
- Colorectal cancer using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard) sigmoidoscopy, or colonoscopy until age 75
- Prediabetes and diabetes until age 70 if overweight or obese
- 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

### Also for Women:
- Cervical or vaginal cancer pelvic exam and pap test every two years. Talk to your doctor about the need for screening after age 65
- Breast cancer screening by mammogram every one to two years for ages 40–74, then as indicated by your doctor after age 74
- Osteoporosis screening with a DEXA (bone density) test for women beginning at age 65

### Also for Men:
- Discuss with your doctor about risk and need for prostate cancer screening

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Go Online for Preventive Care

View your complete preventive care recommendations when and where you need them. Visit [mvphealthcare.com/PreventiveCare](http://mvphealthcare.com/PreventiveCare) and select your sex and age range to see what’s recommended for you. Don’t forget to discuss these services with your doctor!
Immunizations/Vaccines
- Tetanus/Diphtheria/Pertussis one-time dose; booster every 10 years
- Flu vaccine annually
- Pneumococcal conjugate and pneumococcal polysaccharide
- Shingles, unless contraindicated
- Hepatitis B vaccine, if high risk

Counseling/Screening
- Diet (for women, discuss calcium and vitamin D)
- Exercise
- Obesity (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 driving safety and preventing falls)
- Life stage issues (grief, loss)
- Depression
- Health Care Proxy/Advance Directives

High-Risk Individuals
- Low-dose aspirin therapy recommended for ages 50–59, 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 for ages 55–80, if: (1) 30-year history of smoking one pack per day; (2) currently smoking, or; (3) within the past 15 years
- Sexually transmitted infections (STIs) screening annually for chlamydia, gonorrhea, syphilis, HIV, and/or Hepatitis B

Specific Diseases
- For those with diabetes, yearly eye examination, yearly evaluation of kidney function, and close monitoring of diabetes control is essential
- In women with a bone fracture, evaluation for and management of osteoporosis is essential
- For those with cardiovascular disease, Statin medication therapy has been proven to be beneficial and is essential (unless contraindicated)

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.
Find more resources at mvphealthcare.com.

Visit mvphealthcare.com and select Members, then Medicare 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:
- The list of covered drugs (Formulary)
- CVS Caremark Mail Service Pharmacy help
- Medicare Therapy Management Program (MTMP) information

**Live Well with Our Health & Well-Being Programs**
Find details on programs to support your health and well-being 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
The Brain-Boosting Benefits of Physical Activity

Physical activity is not only an important factor in maintaining and improving physical health. It can also help improve mental health and brain function at every age and level of physical fitness. Whether you’re taking a walk, training for a 5K, or dancing your problems away, every bit of physical activity can help your brain. Here are some of the brain-boosting benefits of exercising:

**Reduce stress and alleviate anxiety.**
Exercise has been shown to help your brain release norepinephrine, a brain chemical that helps you manage stress. It can also help moderate the symptoms of anxiety disorders.

**Boost your endorphins to stay happy and well.**
Many studies have shown that exercise stimulates the release of endorphins, the brain chemicals responsible for feelings of happiness. Regular physical activity can help manage symptoms of depression and anxiety to keep you feeling happy every day!

**Stay sharp!**
Aging can have an effect on your cognitive function, but regular physical activity can help you improve your brainpower. Exercise can help your brain create new neurons, making for better memory retention and quick learning.

Reap these mental benefits by getting enough physical activity every day. If you’re not sure what level of physical activity is best for you, talk to your doctor to develop a plan to safely get the exercise you need!

**Communication Counts**
Communication among your doctor, specialists, and other practitioners helps them provide more effective follow up care for you and your family. When doctors share information about your medications, treatment plans, laboratory tests, and results from x-rays and scans, medical errors are less likely to occur. If you’re currently seeing multiple practitioners, be sure to speak with your Primary Care Physician about shared communication and what’s best for you.
Stay Healthy, Fit, and Connected at Every Age

Did you know that seniors who live an active and connected lifestyle benefit from a wide variety of health and well-being benefits? According to the National Institute on Aging¹, seniors who live an active lifestyle may:

- Be less likely to develop certain chronic diseases
- Have a longer lifespan
- Be happier and have reduced risk for depression
- Be better equipped to deal with stress, depression and loss
- Have better memory, comprehension, creativity, and problem-solving skills

That is why it’s so important to find opportunities to get out and get moving. Staying healthy in mind, body, and spirit requires both social and physical activity, as well as good lifestyle choices. Volunteering, joining community clubs, playing on a sports team, golfing, visiting with friends and family, taking organized trips, and visiting museums are just a few ways to stay active and connected.

You can also combine physical and social activity by using your SilverSneakers® benefit, provided by MVP at no additional cost.

SilverSneakers is the leading fitness program for seniors because it works—88% of SilverSneakers participants said the program improved their quality of life, and 58% reported making new and valuable friendships.² The SilverSneakers community is warm and welcoming, and members can exercise and socialize with people like them.

It’s never too late to start experiencing the benefits of a healthy and active lifestyle! Visit SilverSneakers.com for more information and to get started.

Always talk with your doctor before starting an exercise program.

¹ nia.nih.gov/health/participating-activities-you-enjoy
² 2017 SilverSneakers Annual Participant Survey

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Stay active this winter!

**Remember, your SilverSneakers benefit includes:**

- Memberships to thousands of fitness locations nationwide. Enjoy the same amenities as a standard gym membership, including equipment, pools, walking tracks, classes, and more. Visit as many different locations as you wish, at no extra cost!
- Specialized SilverSneakers group exercise classes, designed for all fitness levels.
- SilverSneakers On-Demand™ online resources and the SilverSneakers GO™ mobile app with workout programs, location finder, and more.

**New SilverSneakers Locations**

**New York**

- Cortlandt Manor
  - Retro Fitness
  - 845-402-8240

- Liverpool
  - Blink Fitness
  - 315-928-3830

- Onondaga
  - Blink Fitness
  - 315-800-5195

- New City
  - Rockland Recovery
  - Physical Therapy
  - 845-517-2435

**White Plains**

- Blink Fitness
  - 914-375-3900

**Vermont**

- St. Albans City
  - The Fitness Zone
  - 802-527-1234

- Yonkers
  - SOLEInfusion
  - 646-772-7588

  - Blink Fitness
  - 914-593-8800
Living Well Health, Well-Being, and Fitness Classes

The MVP Medicare Community Health Promotion team, in collaboration with our community partners, provides innovative health and well-being 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 well-being—physical, emotional, intellectual, spiritual, occupational, social, and environmental health—for a holistic approach.

Hudson Valley Region Living Well Programs

Our Hudson Valley Living Well programs will return in Spring 2020. Look for ongoing fitness classes, outdoor activity programs, health education classes, and more! Check your next issue of the LivingWell newsletter for details.

Help us grow our programs in the Hudson Valley. Do you…

• Have a health and well-being topic that you would like us to include in our Living Well programs?

• Know of a community center, fitness studio, or other location that would be a good place to hold a Living Well program?

• Have any other suggestions for additional programs that MVP members in the Hudson Valley might enjoy?

Call us! We’re here to help! Contact MVP Medicare Community Health Promotion at 845-897-6037.

Capital District Living Well Programs

We want to hear from you!

If there are Living Well programs or classes that you’d like to see offered in your area, call us at 1-800-665-7924 (TTY: 1-800-662-1220).

As an MVP Medicare Advantage member, you have a free SilverSneakers fitness membership, with nationwide access to more than 16,000 gym locations, classes for all fitness levels, and on-demand, online resources. You can go to as many locations as you like at no extra cost. See pages 10–11 for more information!
Capital Region Living Well Programs

Living Well programs are open to all unless otherwise indicated. Programs are low or no cost. Programs with fees are discounted for MVP members. MVP members receive priority registration for all Living Well programs, but may still be placed on a waiting list. Non-members may also be placed on a waiting list, depending on registration.

Always talk to your doctor before starting any exercise program.

Educational Outdoor Programs and Walks

Snowshoeing!

Five Rivers Environmental Education Center
56 Game Farm Road, Delmar

Thursday, February 6 10 am–12 pm

Program Code: 5578

Learn about the challenges animals face in winter and track that activity outdoors. Using pelts, feathers, and a track sheet, learn how animals use their energy to meet the challenges of winter. Then head outdoors on snowshoes to search for wildlife homes, tracks, and other signs of animal activity. Should snow cover be light or non-existent, we will head out on foot. In either case, wear sturdy winter boots and dress in layers.

Effort Level: Approximately one mile, slow paced.

There is no cost for this program. Bring your own snowshoes if you have them or pay a $5 rental fee to Five Rivers upon arrival. No fee if you are a Five Rivers member. Please arrive 15 minutes early to allow for program check-in and to be fitted for snowshoes, if needed.

Space is limited and registration is required.

To register, call the MVP Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

Capital Region ongoing fitness programs will return in February 2020.

Spring ongoing fitness class sessions will run Monday, February 24–Friday, May 15, 2020. Look for a full listing of our Living Well Educational programs, Program Series and Well-Being Presentations, and more in your next issue of the LivingWell newsletter.

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