Have You Scheduled an Annual Wellness Visit?

It's the first step to earning your $75 Wellness Reward incentive!

As an MVP Medicare Advantage plan member, you are encouraged to have an Annual Wellness Visit with your doctor. The Annual Wellness Visit is your time to talk with your doctor about your overall health, the medications you take, and any preventive screenings you may need.

It’s also your chance to work with your doctor and develop a plan to maintain or improve your health. Ask your doctor about:

- **How to avoid falls**, such as improving your strength and balance, and fall-proofing your home.
- **The kind of physical activity that’s right for you**—anything that keeps you moving, from joining an exercise class to walking around the living room during TV commercials.

Bring the Wellness Reward screening form to your visit, ask the doctor to complete it, then send it to MVP, and get your $75 gift card reward!
Contact MVP
Call the MVP Medicare Customer Care Center

1-800-665-7924
TTY: 1-800-662-1220
Representatives are available Monday–Friday
8 am–8 pm Eastern Time
October 1–February 14, call seven days a week, 8 am–8 pm
Web: mvphealthcare.com

We Welcome Your Comments
Write to us at:
MVP Health Care
Marketing & Communications
220 Alexander Street
Rochester, NY 14607
Email: MedicareLivingWell@mvphealthcare.com

To receive this newsletter and other general communications from MVP by email instead of postal mail, Sign In/Register for an MVP online account at mvphealthcare.com and select Communication Preferences to opt in. You can update your preferences at any time via your online account. MVP will continue to send documents about your health plan contract and benefits by mail.

We are committed to protecting your personal information. Your email address will not be shared with anyone else.

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.

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**Check Your Mailbox**

Every fall, MVP mails you an “Annual Notice of Changes” that explains the changes to your health plan for the next year.

You don’t need to change plans each year. If you want to continue to be covered under your current plan, you don’t need to do anything—you will automatically stay enrolled in the same plan for the next year.

Please let us know if you do not receive this document by November 17. Call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

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**Do you pay a Medicare Part B penalty? You may qualify for a penalty waiver.**

The federal Medicare program is allowing certain individuals who became Medicare-eligible since 2015 and were charged a Part B late enrollment penalty by Social Security, to have that penalty removed.

**You may be eligible if you:**

- Switched to a Medicare Advantage plan from a New York State of Health™ or Vermont Health Connect Marketplace plan in 2015, 2016, or 2017,
- Had Medicare Part A while on a Marketplace plan, and
- Were assessed a late enrollment penalty when you first signed up for Part B.

**What To Do**

Talk to Social Security about applying for “equitable relief” to have your Medicare Part B penalty removed. Call Social Security at 1-800-772-1213 (TTY: 1-800-325-0778) or visit your local Social Security office. You will need to show proof of your Marketplace plan enrollment, such as a periodic data match (PDM) notice from Medicare or IRS Form 1095-A. Social Security can help with other documentation to meet this request.

**If you qualify, you have until September 30, 2017 to apply for equitable relief.**

Please note: equitable relief does not apply to the Part D late enrollment penalty.

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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.

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-946-8010 (TTY: 1-800-662-1220).

**注意:** 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-844-946-8010 (TTY: 1-800-662-1220).
Get a Flu Shot…Not the Flu!

When it comes to the flu, prevention is the best medicine. People of all ages should get a yearly flu shot.

- **See your doctor**—he or she can provide the vaccine at no charge (Note: a co-pay may apply if the shot is given during an office visit). If you get the vaccine somewhere other than your doctor’s office, remember to let your doctor know to update your records.

- **Call your county Health Department** to check the availability of vaccines, and dates and locations of clinics (see department list on page 5).

- **Go to your pharmacy.**

The flu is a contagious illness that can cause mild to severe illness and in extreme cases lead to death. Getting a flu shot can prevent a trip to the hospital and lessens the chance of spreading the flu to others. It’s especially important for people who are at high risk of developing pneumonia to get their shot. This includes people who care for or have certain medical conditions such as asthma, diabetes, and chronic lung disease and people over the age of 65.

Flu shots are safe and they work. Check with your doctor to see if you can safely receive the flu vaccine. You may not be able to get a flu shot if you are severely allergic to eggs, have had a serious reaction to the flu vaccine in the past, or are sick. Note that the nasal spray vaccine FluMist is not recommended for people over the age of 49.

The Centers for Disease Control and Prevention reports that fewer African Americans and people with Latino/Hispanic backgrounds get a flu shot. MVP and the Department of Health and Human Services want to eliminate racial and ethnic gaps in flu and pneumococcal vaccination coverage for older adults and for people at highest risk for flu-related illness and pneumonia.
My Flu Shot Reminder

MVP Health Care reminds you that it is important to get a yearly flu shot. Talk to your doctor or call your local Health Department to find out how to get your shot.

I will get my flu shot on (DATE/TIME):

I got my flu shot and told my doctor on (DATE):

County Health Departments

<table>
<thead>
<tr>
<th>County</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erie</td>
<td>716-858-7690</td>
</tr>
<tr>
<td>Genesee</td>
<td>585-344-2580</td>
</tr>
<tr>
<td>Livingston</td>
<td>585-243-7270</td>
</tr>
<tr>
<td>Monroe</td>
<td>585-753-5600</td>
</tr>
<tr>
<td>(Flu Hotline)</td>
<td></td>
</tr>
<tr>
<td>Niagara</td>
<td>716-439-7430</td>
</tr>
<tr>
<td>Ontario</td>
<td>585-396-4343</td>
</tr>
<tr>
<td>Orleans</td>
<td>585-589-3278</td>
</tr>
<tr>
<td>Seneca</td>
<td>315-539-1920</td>
</tr>
<tr>
<td>Steuben</td>
<td>607-664-2438</td>
</tr>
<tr>
<td>Wayne</td>
<td>315-946-5749</td>
</tr>
<tr>
<td>Wyoming</td>
<td>585-786-8890</td>
</tr>
<tr>
<td>Yates</td>
<td>315-536-5160</td>
</tr>
</tbody>
</table>

If you’re over 65, consider getting a shot for pneumonia, too. The vaccine is recommended for everyone age 65 and older. A pneumococcal shot is also free to you as an MVP member (if you get the shot during an office visit, you will pay a co-pay for the office visit).

Updates Coming Soon to mvphealthcare.com!

Look for improvements to the Medicare member section of our website in the coming months. The goal is to give you useful information that you can easily find to help make the most of your health plan. Stay tuned!
Osteoporosis and Your Emotional Health

While caring for your physical health is an important part of living with osteoporosis, it is also important to care for your emotional health. Dealing with osteoporosis can impact your daily activities and how you feel.

Stay mentally positive by focusing on things that improve your mood and motivate you. Think about the healthy choices you are making every day to stay as well as possible, like caring for your bones through careful activities and eating healthy. Or focus on your strengths, like strong social connections that keep you in touch with family, friends, and the greater community, and can be a source of help when you need it.

It’s not uncommon for people living with osteoporosis to experience symptoms of depression. If you have feelings of worry or anxiety, lose interest in activities you once enjoyed or in taking care of yourself, or feel down, you should contact your doctor. If you ever have thoughts of suicide, get help right away.

Learn more about osteoporosis and exercise at an upcoming Living Well program:

Boost Your Bones with Better Balance
Thursday, October 12 1:30–3:00 pm MVP Health Care Wellness Center

Or keep your bones strong with an ongoing fitness class! See page 17 for details.

There are only a few months left in the year—have you taken advantage of everything your MVP plan has to offer?

- $75 Wellness Rewards incentive
- Free SilverSneakers® fitness membership
- Low or no-cost generic drugs
- $0 preventive services
- TruHearing hearing aid discounts
- Living Well health education and physical activity programs (see page 13)
- Convenient online and phone monthly premium bill payment options
How Your Part D Benefit Works

The Medicare Part D prescription drug benefit has different payment stages. What you pay for your prescriptions depends on the payment stage you are in when a prescription is filled. You may move through these stages as you fill prescriptions during the year.

Note: What you pay during these payment stages will vary based on the plan you choose, if you qualify for Low Income Subsidy or Extra Help, have EPIC or V-Pharm, or if your coverage is through a former employer or union group.

Part D Drug Benefit Payment Stages and What You Pay

<table>
<thead>
<tr>
<th>Stage</th>
<th>Yearly Deductible</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>You will pay your tier co-pay for Tier 1 drugs, $0 for Tier 6 drugs, and the full cost of Tiers 2–5 drugs until you reach the plan’s deductible amount. This payment stage applies to WellSelect with Part D (PPO) plan members only.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stage</th>
<th>Initial Coverage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Most MVP Medicare plan members start the year in this payment stage. You pay your tier co-pay or co-insurance for covered prescription drugs. MVP also pays a portion of your drug costs in this stage.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stage</th>
<th>Coverage Gap</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>When the total of what you and MVP both pay reaches $3,700, you pay 51% of the cost of generic drugs and 40% of the cost of brand name drugs. For some plans, Tier 1 and Tier 6 drugs will continue to be the same cost in the Coverage Gap Stage.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stage</th>
<th>Catastrophic Coverage</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>When the total out-of-pocket costs reach $4,950, you pay the greater of $3.30 for generic drugs, $8.25 for brand-name drugs, or 5% co-insurance of the cost of the drug. You will remain in this payment stage for the rest of the calendar year.</td>
</tr>
</tbody>
</table>

⚠️ If the pharmacy’s cost for a drug is less than your co-pay, you pay the lesser pharmacy cost for your prescription.
Talk About Your Health in the Comfort of Home

Preventive care is important to your overall good health. That’s why MVP has partnered with Matrix Medical Network to provide you with a convenient in-home health visit. This visit can help you and your doctor get the most complete picture of your health—at no additional cost to you and in the comfort of your own home.

Why does MVP offer an in-home health visit?

The in-home health visit is part of MVP’s commitment to providing services that help you improve your health and stay well. Meeting with a nurse practitioner can enhance your overall health care to help you feel more informed and in charge of your health.

I see my doctor regularly. Why should I have an in-home health visit?

Your in-home health visit does not take the place of your regular doctor appointments. The information discussed is shared with your doctors to better coordinate your care. This visit is a dedicated hour with a licensed nurse practitioner for you to take the time you need to ask questions about your prescriptions, any conditions, and overall health—in a relaxed setting. You will also review your health history, talk about recommended screenings or other tests, and discuss if there are resources and community services to help you continue to live independently.

I’m healthy. How would an in-home health visit help me?

Taking the time to focus on your health now can help prevent problems later. Meeting with a nurse practitioner can help you identify what’s important to your health today and what you need to do to stay healthy in the future, like keeping up with important preventive screenings and questions to ask your doctor.

If you receive an invitation in the mail from Matrix to schedule an in-home health visit, MVP encourages you to say yes! You can call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220) to confirm our partnership with Matrix Medical Network.

Matrix professionals have performed more than one million in-home visits across the U.S. Ninety-eight percent of MVP Medicare members who have had a visit say they would do it again, and 100% were satisfied with the experience.
Maintaining a Healthy Blood Pressure

High blood pressure, or hypertension, is a major risk factor for heart disease—the number one cause of death in the U.S. High blood pressure is often preventable and treatable through good daily decisions that can be the foundation of your overall wellness:

• Eat a healthy, low-sodium diet.
• Be physically active and maintain a healthy weight.
• Don’t smoke.
• Limit your alcohol use.
• Keep your stress levels low.
• Take any medications as prescribed by your doctor.

Healthy blood pressure is below 120/80. Talk to your doctor about your risk for heart disease and how often you should have your blood pressure checked. Remember, this test is one of the preventive services included in your Annual Wellness Visit and counts toward your $75 Wellness Rewards incentive!

Remember Your Preventive Screenings

Prevention is the best medicine to detect health problems early or manage your risk of developing specific health problems. Many preventive screenings are covered in full as part of your MVP Medicare Advantage plan.

• Colorectal cancer screening is recommended to start at age 50 (or younger if you are at high risk). The screening tests for colorectal cancer are colonoscopy (done every 10 years), flexible sigmoidoscopy (done every five years), or home stool tests (done annually).

• Breast cancer screening is recommended every two years, starting at age 50 (or younger if you are at high risk). The screening tests for breast cancer are mammogram, digital breast tomosynthesis (3-D mammogram), or clinical breast exam (CBE).

These tests can catch problems before symptoms appear, making the cancer easier to treat. The exact causes of colorectal cancer and breast cancer are unknown, but certain factors increase your risk, including smoking, excess weight, alcohol consumption, your age, and your family history.

Don’t wait for symptoms to appear. Talk to your doctor about the screening tests that are right for you.

Maintaining and improving your health now can help you prevent problems later. You may receive a call from MVP to remind you of important tests needed to help you manage an ongoing condition, like diabetes or osteoporosis, or to visit your doctor for a preventive screening. This is part of our commitment and support to help you live well!
Talk to Your Doctor About Bladder Control

Millions of Americans suffer from bladder control problems, including urinary incontinence, or the accidental loss of urine. It can happen when you cough, laugh, sneeze, or jog. Or you may have a sudden need to go to the bathroom, but can’t get there in time. Many people may feel embarrassed about their condition and don’t want to mention it to their doctors.

While bladder problems do become more common with aging, they are not a normal part of growing older. Unchecked bladder control problems can lead to other health issues, such as skin rashes, sores, pressure ulcers, urinary tract infections, falls with fractures, and sleep deprivation. Incontinence is more than just a medical problem—it also affects emotional, psychological, and social well-being.

**Talk to Your Doctor**

Urinary incontinence can be hard to discuss, but it’s important that you do. Many bladder control problems can be improved with exercise, medication, or simple lifestyle changes.

**Ask your doctor:**

1. What could be causing my loss of bladder control—my medications? Other health conditions?
2. What are my treatment options? Are there exercises, medications, or other treatments or products that can help?

3. What else can I do to improve bladder control?

**Take Note**

A few days before your doctor’s appointment, write down notes about your bladder control problems for your doctor to review.

**Keep track of:**

- Drinks: what kind, how many ounces, and how many times per day.
- Trips to the bathroom: how many times per day and how much urine.
- Accidental leaks: How many times, how much urine, and what you were doing at the time (for example, coughing, sneezing, straining).

Follow your doctor’s instructions closely and take any recommended medications. For more information on urinary incontinence, visit the MVP Healthwise® Health Encyclopedia at healthwise.net/mvp.

**Learn more at this Living Well program**

Take Control of Bladder and Incontinence Issues for Women

Friday, October 13

MVP Health Care Wellness Center

See page 18 for information.
Financial Incentives Relating to Utilization Management

It is the policy of all of the operating subsidiaries of MVP Health Care, Inc. (MVP) to facilitate the delivery of appropriate health care to our members, and to monitor the impact of the plan’s Utilization Management Program to ensure appropriate use of services. MVP’s Utilization Management Program does not provide financial incentives to employees, providers, or practitioners who make utilization management decisions that would encourage carriers to deny care and services.

MVP’s utilization management decisions are based only on appropriateness of care and the benefits provisions of the member’s coverage. MVP does not specifically reward practitioners, providers, or staff, including Medical Directors and Utilization Management staff, for issuing denials of requested care. MVP does not offer financial incentives, such as annual salary reviews and/or incentive payments to encourage inappropriate utilization.

MVP HIPAA Privacy Notice

“HIPAA” refers to the Health Insurance Portability and Accountability Act of 1996. The HIPAA Privacy Notice describes how MVP uses, discloses, and safeguards your health information. It also explains your rights with regards to your health information. Visit mvphealthcare.com and select Notice of Privacy Practices & Compliance at the bottom of the page, and then Privacy Notices. You can also call the MVP Medicare Customer Care Center at 1-800-665-7924 to request a copy of these documents (TTY: 1-800-662-1220).

New to MVP? Have questions about how your MVP Medicare plan benefits work?

Come to a Member Orientation!

MVP Health Care 220 Alexander St., Second Floor, Rochester

Wednesday, August 23 2 pm
Thursday, September 14 10 am

Bring your own questions for an interactive Q&A. Reserve a seat today!

Call 1-800-665-7924 Monday–Friday 8 am–8 pm Eastern Time
TTY: 1-800-662-1220
New SilverSneakers® Fitness Centers

For a complete listing of SilverSneakers fitness locations near your home, visit silversneakers.com and select Find a Location under Join In, or call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

Alden
Snap Fitness
716-902-4250

Brockport
Agape Physical Therapy
585-637-0790

Niagara Falls
Advanced Care Fitness Center
716-282-2888

Nunda
Nunda Physical Therapy
585-468-2020

Attention, Veterans and Their Families—Join Us for a Special Open House

As a thank you for your military service, MVP is hosting a Veterans Open House. Join us for information on a variety of topics tailored to you!

• Ask questions about your VA benefits and get information on how to register.
• Understand the basics of Medicare and how your MVP and VA benefits could work together.
• Learn about veterans resource programs.
• Share your story with the Veterans History Project.
• Attend a fitness demo and wellness presentation.
• Visit the Self-Care Zone for interactive health screenings.

Enjoy a healthy snack while you talk with our community partners and take home a goodie bag filled with useful information.

This event is free and open to the public. We look forward to seeing you there!

Wednesday, November 1  12:30–2:30 pm
MVP Health Care Wellness Center
220 Alexander St., Rochester

Free parking is available on the second floor of the parking garage. Bring in your ticket for validation.
MVP’s Community Health Educators offer health education and physical activity programs at locations throughout the community. Classes are free or discounted to MVP plan members. Registration is required—follow the registration instructions listed for each program or site.

**MVP Health Care Wellness Center**

220 Alexander Street, Second Floor, Rochester

- **Free parking** is available on the second floor of the parking garage. Bring in your ticket for validation.
- Take the skyway from the garage to the main building.
- Go straight across the atrium to the MVP Health Care reception area.

To register for classes at the 220 Alexander Street location:

- Call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220)
- Visit [mvphealthcare.com](http://mvphealthcare.com) and select Members, then Health & Wellness, and then Sign Up for Rochester Wellness Programs under Living Well Classes & Activities.

Be sure to refer to the Program Code for each class.

For classes with a fee, unless otherwise noted:

1. Send your check/money order the same day that you register for the class.
2. Make checks/money orders payable to MVP Health Care.
3. In the memo line, include the class Program Code number.
4. Mail your check/money order to Attn: Health and Wellness Programs, MVP Health Care, 220 Alexander St., Rochester, NY 14607.

No refunds are given for missed classes. If you are unable to attend a class you registered for, please call the MVP Medicare Customer Care Center to allow others to attend.
Mondays

Bodies in Motion
- Ongoing Fitness Class
- Mondays and Wednesdays, September 11–November 15 9:30–10:30 am
- MVP Member: No charge; Non-Member: $100
- Focus on joint range of motion, muscle strength and endurance, flexibility, agility, balance, and coordination.

SilverSneakers Circuit
- Ongoing Fitness Class
- Mondays and Wednesdays, September 11–November 15 10:45–11:45 am
- MVP Member: No charge; Non-Member: $100
- Increase heart and muscular endurance with a standing circuit workout alternated with low-impact aerobic choreography. A chair is offered for support, comfort, and head-to-toe stretching.

Color Your World
- November 13 10:00–11:30 am
- MVP Member: No charge; Non-Member: $10
- Learn how color impacts your health, food, safety, buying habits, decorating, and more in this fun, interactive class.
- Instructor: MVP Community Health Educator

Tuesdays

Tai Chi
- Ongoing Fitness Class
- September 12–November 14 1:30–2:30 pm
- MVP Member: No charge; Non-Member: $50
- Tai Chi is described as “meditation in motion.” Benefits can include improved balance, flexibility, and muscle strength. This program introduces the Yang Style Short Form of Tai Chi.

Travelogue—Canadian Rockies
- October 10 1:00–2:30 pm
- MVP Member: No charge; Non-Member: $10
- The Canadian Rockies are well known for their astounding beauty. Join us to learn more about seven Canadian National and Provincial Parks with images of breathtaking landscapes and wildlife. Presenter: Ken Harbison
Worry, Fear, Anxiety? Treatments and Support  Program Code: 4355
October 17  1–2 pm
MVP Member: No charge; Non-Member: $10
Learn how anxiety is identified and types of treatments and support. Discuss positive strategies to help you live your life fully without letting worry and fear hold you back.
Presenter: Dylan Mariah, RN, Licensed MH Counselor

mvphealthcare.com:  Program Code: 4350
Navigation Made Easy, Part One
October 24  1:30–3:30 pm Open to MVP members only
Learn how to navigate your MVP Member online account. Part one will help you:
• Create and manage your personal account.
• Access your personal plan and claims information.
• Find online forms and publications.
Bring your laptop or tablet, and MVP Member ID card. You will receive a manual to take home.

Wednesdays

Bodies in Motion  Program Code: 4611
Ο  Ongoing Fitness Class
Mondays and Wednesdays, September 11–November 15  9:30–10:30 am
MVP Member: No charge; Non-Member: $100
Focus on joint range of motion, muscle strength and endurance, flexibility, agility, balance, and coordination.

SilverSneakers Circuit  Program Code: 4626
Ο  Ongoing Fitness Class
Mondays and Wednesdays, September 11–November 15  10:45–11:45 am
MVP Member: No charge; Non-Member: $100
Increase heart and muscular endurance with a standing circuit workout alternated with low-impact aerobic choreography. A chair is offered for support, comfort, and head-to-toe stretching.
**Internet Security, Privacy, and Safety**  
Program Code: 4587  
October 11  1:30–3:00 pm  
MVP Member: No charge; Non-Member: $10  
Better protect yourself online. You will learn about secure websites, important privacy tips, username and password safety, email safety, and scams during this fun and informative seminar. Presenter: Daniel Jones, DanielTeaches.com

**Your Digital Afterlife**  
Program Code: 4588  
October 18  1:30–3:00 pm  
MVP Member: No charge; Non-Member: $10  
What happens to your digital estate when you die? Do you have an email account, Facebook page, bank, pay bills, or shop online? Learn how to get your digital assets in order. Presenter: Daniel Jones, DanielTeaches.com

**Key Life Decision: Are You Ready?**  
Program Code: 4331  
October 25  1–3 pm  
MVP Member: No charge; Non-Member: $10  
Join us for a unique opportunity to have your questions answered about estate planning, preparing for the inevitable, and determining how to pay for both. Presenters: Jessica Millan, Edward Jones Investments; Nick Proukou, Woods, Oviatt, Gilman, LLP; and Marika McMeans, Alvah Halloran and Son Funeral Home

**Secrets to Successful Aging**  
Program Code: 4549  
November 8  1:30–3:00 pm  
MVP Member: No charge; Non-Member: $10  
Learn about the things that help us thrive as we age and maintain quality of life. Presenter: MVP Community Health Educator

**mvphealthcare.com:**  
Program Code: 4352  
**Navigation Made Easy, Part One**  
November 8  10 am–12 pm  
Open to MVP members only  
Learn how to navigate your MVP Member online account. Part one will help you:  
- Create and manage your personal account.  
- Access your personal plan and claims information.  
- Find online forms and publications.  
Bring your laptop or tablet, and MVP Member ID card. You will receive a manual to take home.
mvphealthcare.com:
Program Code: 4353
**Navigation Made Easy, Part Two**
November 15 10 am–12 pm  Open to MVP members only
Learn how to navigate your MVP Member online account. Part two will help you become a more informed health care consumer and provide access to:
- Programs and resources available to you through MVP Health Care.
- Online tools that help you research doctors.
- The Healthwise® Knowledgebase, which will help you make informed health decisions.
Bring your laptop or tablet, and MVP Member ID card. You will receive a manual to take home.

**Thursdays**

**MVP Bokwa®**  
Program Code: 4617
Ongoing Fitness Class
September 14–November 16  **New Time!**  11 am–12 pm
MVP Member: **No charge**; Non-Member: $50
This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps. It is also good for keeping your brain healthy and sharp. Bokwa is an easy and wonderful fitness program for all ages!

**Decisions, Decisions About Advance Directives**  Program Code: 4707
September 28  1:30–3:00 pm
MVP Member: **No charge**; Non-Member: $10
An advance directive lets you to clearly state the kind of medical care you would like to receive if you cannot speak for yourself. Understand the medical, legal, and personal choices of an advance directive.
Presenter: MVP Community Health Educator

**Boost Your Bones with Better Balance**  Program Code: 4627
Discussion Plus Exercise
October 12  1:30–3:00 pm
MVP Member: **No charge**; Non-Member: $10
Discuss easy bone-boosting nutrition and exercise tips to maintain strong bones and improve your balance. Choose to watch or take part in the exercises presented. Wear sneakers and comfortable clothes.
Presenters: Anna Morreale, RN and Anne Finn, PT, Rochester Regional Health
Everything You Need to Know About Downsizing and More!  
**October 19** 1:30–3:00 pm
MVP Member: **No charge**; Non-Member: **$10**
Talk about the reasons for downsizing, steps to do it yourself, available resources, and how to get started.
Presenter: Karen Menachof, Caring Transitions

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**mvphealthcare.com:**

**Navigation Made Easy, Part Two**

*Program Code: 4351*

October 26 1:30–3:30 pm

Open to MVP members only

Learn how to navigate your MVP Member online account. Part two will help you become a more informed health care consumer and provide access to:

- Programs and resources available to you through MVP Health Care.
- Online tools that help you research doctors.
- The Healthwise® Knowledgebase, which will help you make informed health decisions.

Bring your laptop or tablet, and MVP Member ID card. You will receive a manual to take home.

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**Fridays**

**Line Dancing**

*Program Code: 4619*

Ongoing Fitness Class

September 15–November 17 9:30–10:30 am
MVP Member: **No charge**; Non-Member: **$50**

Learn the basic steps and you’ll quickly be dancing the “Electric Slide” and other popular dances. No experience or partner required. Leather soled shoes recommended. Led by dance instructor Will Herzog

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**Take Control of Bladder and Incontinence Issues for Women**

*Program Code: 4607*

October 13 1:30–3:00 pm
MVP Member: **No charge**; Non-Member: **$10**

Discuss different types of urinary issues and review latest treatments.
Presenters: Dr. Michelle Chin, and Erika Kozlowski MS, PT, Rochester Regional Health
Stay Steady and Strong with These Special Living Well Programs

Tai Chi for Arthritis: Demonstration

Program Code: 4332
Tuesday, September 12  9:30–10:30 am
MVP Members and Non-Members: **No charge**
Learn how Tai Chi may help your arthritis symptoms, improve your balance, and reduce falls. Observe Tai Chi for Arthritis movements and ask questions about the program series.

Tai Chi for Arthritis: Eight Week Series

Program Code: 4333

*Plan to attend all 16 sessions*

Tuesdays and Thursdays, September 19–November 9  9:30–10:30 am
(No class October 5)
MVP Member: **No charge**; Non-Member: **$10**
Tai Chi for Arthritis is easy to learn, safe, and gentle. Most movements are done standing. You will receive a booklet of the movements taught during the class session. This class uses the Sun style of Tai Chi. Wear loose, comfortable clothing and sneakers.
Instructor: Certified Tai Chi for Arthritis instructor

A Matter of Balance

Program Code: 4705

*Plan to attend all eight sessions*

Tuesdays and Thursdays, October 17–November 9  10 am–12 pm
MVP Members and Non-Members: **$20**, payable by cash or check payable to Lifespan
Learn to view falls and the fear of falling as controllable. Reduce fall risks at home, set realistic goals to increase your activity and learn exercises to increase your strength and balance. Wear comfortable clothing and sneakers.
Presenter: Lifespan
New Program!
One Stitch at a Time: Knitting and Crocheting for Your Health

Studies show there are health and well-being benefits associated with knitting and crocheting, including improved eye-hand coordination, increased ability to focus, concentrate and problem solve, and a decrease in cognitive decline, stress, anxiety, depression, and chronic pain.

If you knit or crochet, join us as we engage in our craft to reap these benefits and learn other relaxation techniques. Each session begins with a relaxation exercise, followed by an hour of yarn crafting, and ends with a gentle stretching practice.

Basic knitting and crocheting skills required. Bring your own new or current project.

Registration is required. Call Cheryl Minchella at 585-327-5752 or email cminchella@mvphealthcare.com

MVP Health Care Wellness Center
220 Alexander St., Second Floor, Rochester
Wednesdays, September 13, 20, and 27  1:00–2:30 pm
Plan to attend all three sessions.

St. John's Brickstone
1325 Elmwood Ave., Rochester
Tuesdays, October 3, 10, and 17   1:30–3:00 pm
Plan to attend all three sessions.
Special Living Well Programming for Veterans

Moral Injury and Veterans: Beyond PTSD

An overview and guided discussion on the concept of “Moral Injury,” how it pertains to military veterans, and what types of treatments are helpful. A diagnosis of “Post-Traumatic Stress Disorder (PTSD)” is not always enough to explain the full effects of military trauma. PTSD occurs when an event is experienced that could cause serious bodily or psychological injury—these symptoms can be enhanced by perceived moral injuries when the human sense of right and wrong has been severely tested or broken.

The community services available for veterans in the Rochester area will also be discussed. The presenter will be available for individual discussion following the group presentation.

Presenter: Roderick Castle, LCAT, ATR-BC, case manager and mental health counselor, Marine Corps veteran, Veterans Outreach Center

There is no fee for this program, compliments of MVP.

Registration is required. Call Cheryl Minchella at 585-327-5752 or email cminchella@mvphealthcare.com.

MVP Health Care Wellness Center
220 Alexander St, Second Floor, Rochester
Tuesday, September 12 2:30–4:00 pm

Cooking with Heroes Hands-On Cooking Classes

EquiCenter
3247 Rush Mendon Rd., Honeoye Falls

Cooking with Heroes is a fun and educational cooking program run by veterans for veterans! Classes are based on healthy and cost-efficient recipes that anyone wanting to improve their diet can make in their own kitchen.

MVP Members: No cost; Non-members: $5

Registration is required. Call Cheryl Minchella at 585-327-5752 or email cminchella@mvphealthcare.com.

All-American Lunch
Program Code: 4586

Monday, September 11  11:00 am–1:30 pm
New Outdoor Living Well Programs

Head outside and join us for new outdoor physical activity and recreation programs. Registration is required—follow the registration instructions given for each program.

For all outdoor programs, dress in layers and wear comfortable, durable shoes. Programs will take place rain or shine, but will be stopped immediately in the event of thunder or lightening at the site. Adults only; no pets allowed.

Penfield Trails Saturday Hike at Channing H. Philbrook Park

1 Linear Park Drive (off of Route 441), Penfield
Park near the playground and look for the "Hike" signs.

Saturday, September 9  9–11 am  Program Code: 4546

Learn history from the Penfield Town Historian while you hike through beautiful wooded paths alongside rushing streams and rapids. Sponsored by Penfield Recreation and MVP Health Care. There is no fee for this program, compliments of MVP.

Intensity level: Moderate—uneven path, steps, and rocky areas which may be slippery.

Registration is required. Call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220)

Tinker Nature Park Event

1525 Calkins Road, Henrietta
Meet by the Eagle structure near the parking lot at 1:15 pm.

Tuesday, September 26  1:30 –3:00 pm  Program Code: 4537

Join us for a guided nature hike through the woods and marsh—complete with fairy gardens—a tour of the Nature Center, and an optional guided tour of the historic homestead. There are benches throughout the trail and bathrooms on site. The Nature Center is handicap-accessible; the homestead has stairs and is not handicap-accessible.

MVP Member and Non-Member: $3 each
Cash only, payable the day of the event. Please bring exact payment, change will not be available.

Registration is required. Call Suzanne Feather at 585-327-5743.
L.L.Bean Outdoor Discovery School Programs

There are no fees for these programs, compliments of MVP. Registration is required.

To register online:
• Visit llbean.com and select Outdoor Schools.
• Select SEE ALL EVENTS.
• Select Events Near and check Victor, NY.
• Select the class title from the list and complete the form to register.

To register by phone: call Suzanne Feather at 585-327-5743.

Fall Foliage Hike

Canadice Lake  Canadice Lake Road, Springwater
Meet at the North end of the lake off Purcell Hill Road.

Monday, October 16  2–4 pm  Program Code: 4653

Canadice Lake is the smallest of the Finger Lakes. Led by an experienced L.L.Bean guide, wind your way through the pristine, undeveloped wilderness for a truly unique outing.

Intensity level: Moderate—you may be walking on a mix of paths and trails.

Fly Fishing

Powder Mills Park  154 Park Road, Pittsford
Meet at the parking lot by the playground off Woolston Road.

Monday, October 23  10 am –12 pm  Program Code: 4654

Grab your waders and enjoy morning fly fishing with L.L.Bean staff. Equipment will not be provided—please bring your fishing license (required), rod, reel, and flies.

Intensity level: Easy—you will be mostly standing.

Smartphone Nature Photography

L.L.Bean  60 Eastview Mall Drive, Victor

Thursday, November 16  5:30–6:30 pm  Program Code: 4655

Learn tips from L.L.Bean staff on how to take beautiful nature pictures. Bring your smartphone and the instructions.

Intensity level: Easy—you will be sitting.
Cooking Demonstrations and Hands-On Cooking Classes
Registration is required. Follow the instructions given for each program.

Intergenerational Baking Class: Baking Buddies
Cookies in a Jar Take and Bake
Perinton Recreation and Parks 1350 Turk Hill Road, Fairport
Saturday, November 18 9:30–11:30 am Program Code: 4696
Bring one or two grandchildren (age 7–10) and bake together. Participants will bake a batch of cookies to take home and make a “cookie in a jar” gift. Bring aprons; all other supplies will be provided.
Instructors: Diane Riesenberger, Perinton Recreation and Parks, and Suzanne Feather, MVP Health Care Community Health Educator
Cost: $12 (one grandparent and one grandchild); or $18 (one grandparent and two grandchildren).

Registration is required. Call Suzanne Feather at 585-327-5743. Grandparents will register themselves and give the name and age of the child(ren) they will be bringing. You will receive information on where to send your payment.

New! Stuart's Spices
754 Clinton Avenue S., Rochester
Join us for cooking demonstrations and tastings at Stuart’s Spices, Rochester’s source for locally ground spices and hand-crafted seasoning blends. Instructor: Vicki Finnewrock, Stuart’s Spices.

Registration is required. Call Cheryl Minchella at 585-327-5752 or email cminchella@mvphealthcare.com.
Cost:  MVP Member: $10 per class; Non-Member: $15 per class

Salt-Free Cooking
Thursday, September 28 1:00–2:30 pm Program Code: 4603
Delicious foods filled with flavor can come from your kitchen—salt free! Learn tips for using herbs, spices, and seasoning blends to make the most of your cooking while reducing your salt intake.

Fall Flavors
Wednesday, October 4 1:00–2:30 pm Program Code: 4604
Learn to make the most of autumn’s bounty in your kitchen with cooking ideas for pumpkins, apples, fall harvest vegetables, and cool weather comfort foods.
Seasonal Flavors Cooking Demonstration Classes at St. John's

Join us for cooking demonstrations and tastings highlighting local and seasonal produce. Participants will receive a booklet of recipes. Programs sponsored by St. John’s Dining Services and MVP Health Care.

Registration is required. Call Dawn Rivera at 585-271-1000. Be sure to reference the program code for each class. If a class is full, you may be placed on a waiting list.

Seasonal Flavors Featuring Fancy and Healthy Finger Foods
Thursday, September 14  1:00–2:30 pm  Program Code: 4328
St. John’s Meadows/Briarwood, 1 Johnsarbor Drive W., Rochester

Seasonal Flavors Featuring Squash-tober Fest II
Thursday, October 12  1:00–2:30 pm  Program Code: 4329
St. John’s Brickstone, 1325 Elmwood Ave., Rochester

Seasonal Flavors Featuring Winter Roasting and Grilling
Thursday, November 2  1:00–2:30 pm  Program Code: 4330
St. John’s Meadows/Briarwood, 1 Johnsarbor Drive W., Rochester
Eat Smart Hands-On Classes
at the New York Wine and Culinary Center (NYWCC)
800 S. Main St., Canandaigua

These programs include hands-on cooking and instruction at the New York Wine and Culinary Center.

Registration is required. To register or to cancel, call Suzanne Feather at 585-327-5743. Please have your MVP Member ID number (if applicable) and the Program Code. Space is limited. If a class is full, you may be placed on a waiting list.

MVP members: $20 per class; Non-members: $40 per class

Please send your class fee immediately after calling to register. No refunds. Mail checks, payable to MVP Health Care, to: Attn: Eat Smart Series-Suzanne Feather, MVP Health Care, 220 Alexander St., Rochester, NY 14607. Write the program code(s) on the memo line of your check.

Fall Vegetable Medley
Friday, September 22  1–3 pm  Program Code: 4276
Enjoy the bounty of the fall season with new and interesting recipes, fresh from the field.

Indian-Style Cuisine
Friday, October 20  1–3 pm  Program Code: 4278
Dive into a world of spice-packed flavor and fragrance through rich Indian-inspired cuisine.

English and Irish Pub Food
Friday, November 3   1–3 pm  Program Code: 4279
Cozy up by the fireplace and enjoy hearty pub foods straight from the British Isles…made a little healthier.

Winter Casseroles 2
Friday, November 17  1–3 pm  Program Code: 4321
Nothing says comfort like a freshly baked casserole. Learn healthier versions of your old favorites. New recipes will be featured in this year’s class.
Eating Well for the Health of It! Cooking Demonstration Classes at The Cooking School at Tops

3507 Mt. Read Boulevard, Rochester

This series will provide you with the tools and resources to help you learn how to eat healthy and well.

Registration is required. MVP members call Cheryl Minchella at 585-327-5752. Please have your MVP Member ID number and the program code. If a class is full, you may be placed on a waiting list. Non-members call The Cooking School at Tops at 585-663-5449.

No refunds are given for missed classes. You may send someone else to attend a class in your place.

Cost: MVP members: $15 per class; Non-members: Call The Cooking School at Tops for fee

Table for Two

Friday, September 22  11 am–1 pm  Program Code: 4488
Discover how easy and healthy cooking for two (or a party of one) can be. Chef Brenda will share some tips for adjusting recipes and cooking techniques, to help you ditch-the-delivery and limit your leftovers.

Harvest Moon: Farm-to-Table Feast

Friday, October 20  11 am–1 pm  Program Code: 4489
Celebrate the harvest moon with Chef Brenda as she demonstrates how to creatively prepare your local farmers' colorful array of seasonal produce.

Nourishing Winter Bowls

Friday, November 17  11 am–1 pm  Program Code: 4490
Winter is the best time of the year to slow down, rest, and rejuvenate. These warm and nourishing bowls are a delicious way to get your nutrients in the chill of wintertime.