

living well



David W. Oliker
President and CEO,
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Health care is all about you. That's why we are always working on new ways to keep you and your family healthy and fit by providing the best care for the best value. Thank you for choosing MVP Health Care. And for more information, check out my blog: MVPonHealthCare.wordpress.com.



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The *Living Well* newsletter is going green!



In an effort to reduce costs, and further our commitment to be environmentally responsible, MVP is now offering the option of receiving *Living Well* by email.

Email communications allow for easier "save and share" benefits to newsletter subscribers, in addition to the environmental advantages. You can also keep issues with particularly relevant health care topics or news, and easily share this information with your family.

If you would like to opt in to receive *Living Well* electronically, simply email ecomunications@mvphealthcare.com with the word *Subscribe* in the subject line.

Going out of network for your health care? Call MVP first.



If you are considering receiving health care services from a provider outside of MVP's network, please call us first. Out-of-network providers are not under contract to deliver covered services to you and so can set their own fees for services. The charges from an out-of-network provider may be much higher than the charges from a provider within MVP's network.

In addition, some services will not be covered by your health plan if you use an out-of-network health care provider without calling MVP first for prior authorization. An approved prior authorization request means that your benefits will be applied to the cost of the service. This will be especially important after April 1, 2012, when your Kodak medical plan will require prior authorization for a greater number of radiology/imaging services that are considered "advanced," such as CAT scans (also called CT scans), MRIs, nuclear cardiology and PET scans*.

Before receiving out-of-network care, call a Kodak-dedicated TotalService Coordinator at **1-888-868-2368** for prior authorization requirements and for information about your health plan's out-of-network benefits. You also may want to consider using an in-network provider rather than going out-of-network.

*For more information about these imaging tests, so that you understand what they are and know important points to consider before having one, visit the MVP website (www.mvphealthcare.com)

and click on *Live Healthy* at the top of the page. Next, click on *Health Encyclopedia A-Z* and enter a test name in the search box.



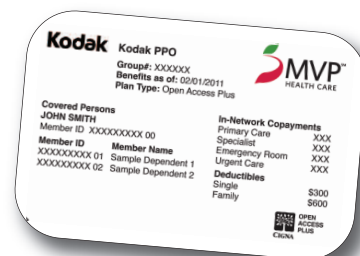
be smart

about health care

You can save money and actually enhance the quality of your health care. Here are the MVP's Kodak-dedicated TotalService Team's top tips for making the most of your health plan and every dollar you spend on health care.

- **SHOW YOUR ID CARD.** Carry your Kodak medical plan ID card with you at all times and show it at every doctor's office, pharmacy and hospital you visit so that your health benefits can be applied to the services you receive and your out-of-pocket cost calculated.
- **USE IN-NETWORK DOCTORS.** In general, it costs less to see doctors who contract with MVP (considered in-network). It's easy to find participating doctors and health care providers on MVP's website www.mvphealthcare.com.
- **TAKE ADVANTAGE OF ALL THE SERVICES** offered by your Care Coordinator (see page 3 for more details on Care Coordinators).
- **TRY URGENT CARE.** For an illness or injury such as a sprain or strain, a minor cut or burn, or the flu, head for an urgent care center if your doctor is not available. Urgent care can be a convenient, lower-cost option to the emergency room. (Remember, if waiting to get care is dangerous to your health or a part of your body, go to the emergency room right away.)
- **CALL MVP'S 24/7 NURSE ADVICE LINE.** One way to manage health care costs is by knowing when to get medical help, what type you need, and when you can treat yourself and family members at home. For answers to health-related information and advice, you can talk to a registered nurse anytime by calling **1-800-204-4712**.
- **TAKE ADVANTAGE OF MEMBER DISCOUNTS*.** You can save on chiropractic and acupuncture care, massage therapy, dietetic counseling, fitness club and gym memberships — plus shop online for great savings on vitamins, fitness products and more — through the ChooseHealthy™ Discount Network. Go to www.mvphealthcare.com/kodak and click the *ChooseHealthy* button on the bottom right.

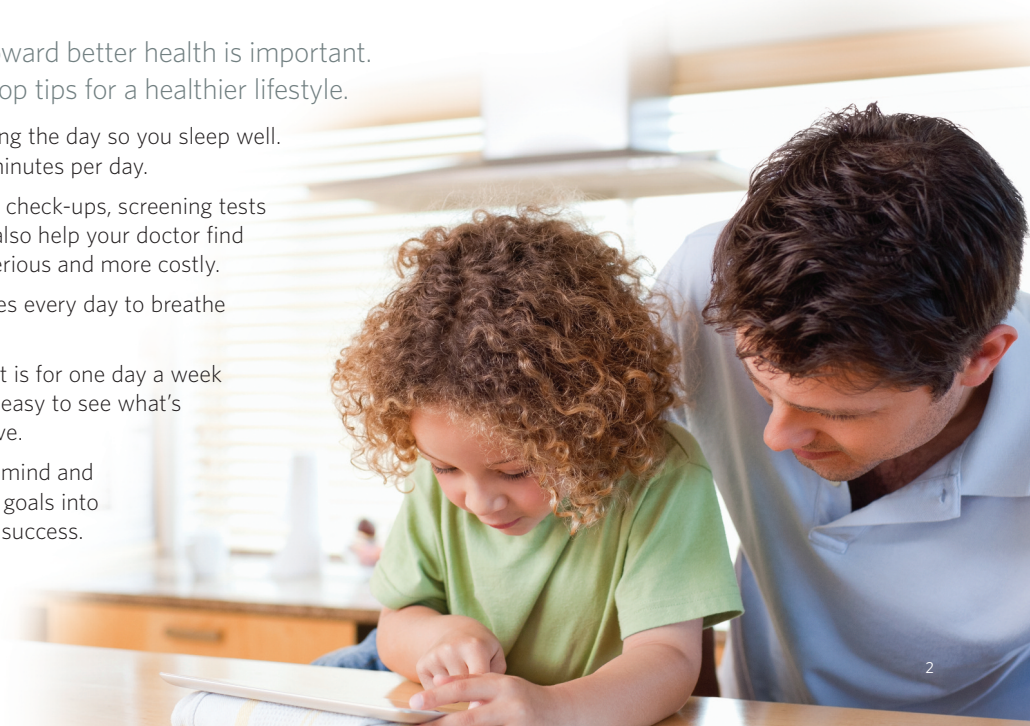
*Discounts may not apply to services that are covered under the Kodak CDHP. Contact MVP Health Care if you have questions.



about wellness

Every small, sensible step you take toward better health is important. Here are the MVP Wellness Team's top tips for a healthier lifestyle.

- **GET ENOUGH PHYSICAL ACTIVITY** during the day so you sleep well. For most people, that means at least 30 minutes per day.
- **KEEP UP WITH DOCTOR VISITS.** Regular check-ups, screening tests and shots can help keep you healthy and also help your doctor find and treat problems before they become serious and more costly.
- **BREATHE.** Sit in silence for just 3-5 minutes every day to breathe and clear your mind.
- **WRITE DOWN WHAT YOU EAT.** Even if it is for one day a week or one day a month, a food diary makes it easy to see what's working for you and where you can improve.
- **HAVE A GOAL.** The challenge keeps your mind and body sharp. Remember to break down big goals into smaller steps, to keep you moving toward success.





Your Care Advantage Nurse

Advice and assistance from a registered nurse (RN) is just a phone call away! Every active Kodak employee, non-Medicare retiree and their families has an assigned nurse care coordinator.

Your care coordinator can be your single point of contact with MVP, helping you get the answers and information you need. To speak with your care coordinator, or if you're not sure who your assigned care coordinator is, call **1-800-683-6144**, Monday - Friday, 8:30 am - 5 pm (Eastern Time).

Enhancing your everyday wellness

When it comes to living well every day, you and your covered dependents can call your Care Coordinator for:

- advice and answers to your health questions;
- recommendations on diet, exercise, and health management programs that may be right for you;
- help in understanding the results of health screenings, tests and assessments, as well as coaching and goal-setting to help improve those results;
- help finding the right specialists and other health care providers;
- guidance on how to best utilize your health benefits, understanding what's covered and how to obtain approvals when necessary.

Help managing a health issue or medical situation

When you or a family member faces a health issue or medical situation, your Care Coordinator is ready to help — a constant source of information and assistance, every step of the way. Some of the ways your Care Coordinator can help include:

- help in understanding the results of health screenings, tests and assessments as well as coaching and goal-setting assistance to improve those results;
- information about managing a medical condition, illness, or injury;
- assistance in understanding your treatment options;
- guidance to help you prepare for and get the most out of visits with your doctor; and
- discharge planning for your care after a hospital stay.

Talking with your Care Coordinator is not intended to replace your relationship with your doctor, but it can help you achieve your best possible health, so you can take on life and live well!

What are your goals for living well?

MVP's online wellness tools and activities can help you set, track and succeed at reaching the health improvement goals that are important to you. To access the tools mentioned here, log in at www.mvphealthcare.com/kodak and click the *Wellness Tools and Activities* button.

"I'm pretty healthy and actively work to keep myself well."

These resources can help you maintain your healthy lifestyle, with a focus on wellness and disease prevention. Complete or update the confidential online *Personal Health Assessment (PHA)*. You'll get a health status score from 1-100 and a complete health status report. It's a great way to confirm that you're on track with healthy habits! You'll also find online trackers to help you plan - and stick to - healthy eating and activity plans. Or, take a quick online class on low-stress living to bring more calm and cool to your busy day!

"I have some health-related issues to work on."

Get information, tools and support to help you make healthy behavior changes when you're ready. Start by completing or updating your PHA. Next, try an online health improvement program to get you thinking and moving in healthier directions.

- Improve your diet
- Include more physical activity in your life
- Manage stress
- Quit tobacco

MVP's online wellness tools can also help you track your progress toward meeting your goals!

"I am living with a serious health condition"

MVP can help you better manage your condition.

Complete or update your PHA. It is important to work with your doctor on nutrition and activity plans that are right for your specific needs. You can use MVP's online tools and trackers to help you stick with them!



Gear up for Spring walking!

The perfect cure for cabin fever is a brisk walk, inside or out! Whether you choose to hit the just-thawed pavement or the treadmill, all you really need is a good pair of shoes, a pedometer and a sunny outlook to get stepping in a healthy new direction.

CHOOSE THE RIGHT SHOES

Old, tired shoes don't help your feet or your attitude. Step out in a new pair of shoes designed for walking.

- Make sure your shoes fit properly; get fitted at your local sporting goods store.
- Choose comfortable, lightweight shoes with shock absorbers in the heel and in the ball of the shoe.
- The widest part of the shoe, toward the front, should be flexible.
- The back of the shoe should be soft and contoured to help your foot roll forward.
- Buy new shoes often. If you walk regularly, replace shoes every three to six months.

WEAR A PEDOMETER

Keep track of how many steps you take and aim for more steps each day - it's an easy, instant fitness program! Pedometers are simple to use. The biggest problem most people have is knowing how to wear it.

- Put on your pedometer in the morning and wear it until it's time for bed (record your steps for the day when you take it off).
- Position your pedometer on the waistband of your clothing, as close to the hipbone as possible, facing straight up and down and not tilted to the side.
- Don't keep your pedometer in your pants pocket or clipped to the side pocket of your pants; it won't give you an accurate step count.

