POPULATION HEALTH MANAGEMENT PROGRAMS

Living well sometimes takes an extra helping hand. That's why MVP Health Care has a team of nurses, respiratory therapists, social workers and other health care professionals to help you.

If you are living with a physical or mental health concern, we can match you with one of our free health management programs or connect you with other wellness resources that can help.

Call MVP for help and support 1-866-942-7966.

WHAT OUR PROGRAMS INCLUDE

By participating in one of our programs, you can get the help you need to better understand your condition and treatment, and better manage your care. There is no cost to you and no obligation. Our personalized support and information comes to you by phone, online and in the mail for your convenience. We are here to help!

Education and Support

Program participants can talk with an MVP clinician who can answer your questions and help you find community-based resources and health care solutions.

Our clinicians can offer information about healthy eating, medication management, symptom monitoring and management, weight monitoring and fitness activities. We'll also supply you with personalized mailings and newsletters with the latest health information.

Health Coaching

If you need extra help to work through a health concern or mental health issue, you may be matched with a personal health coach. Your health coach will work with you and your doctor to help you set and reach goals that are important to your treatment plan.

HOW MVP CAN HELP

When you are faced with a health issue, one call to MVP can point you to programs and resources that can help you manage or improve a medical condition, guide you through a medical event, and learn how to take the best care of yourself.

We offer condition health management programs for members living with:

- Asthma
- Cancer (Oncology)
- Chronic Obstructive Pulmonary Disorder (COPD)
- Depression (managed by ValueOptions®)
- Diabetes
- Dialysis
- Heart Events (heart attack or blockages)
- Heart Failure
- Low Back Pain

We also offer services to help members whose needs require different resources than those provided through the condition-specific programs listed above.

- Acute Case Management for members who have complications or other serious health concerns
- Little Footprints℠ for high-risk pregnancies
- The Option Case Management Program for Medicaid members
- Social work services that help connect members to community resources and services

HEALTH PROMOTION ACTIVITIES

MVP offers classes and programs throughout our service area that are designed to help you be active, follow healthy nutritional guidelines and learn prevention techniques so that you can lead a healthier life.

Many employers even offer health promotion activities at work through MVP's *Work Well, Live Well*℠ program.

HOW TO FIND OUT MORE

Visit **www.mvphealthcare.com**, choose the *Live Healthy* option and click on *Health Promotion Activities* for more information.

Not all resources are available to all MVP members. Call us at **1-866-942-7966** to see if you qualify. We are committed to connecting you with the help you need to live well!

HERE'S WHAT PARTICIPANTS ARE SAYING ABOUT OUR PROGRAMS:

"Not only did my coach give me direction in dealing with my medical issues, she also made me feel as though **she personally cared about me** *as a person and not just a client!"*

"My health coach was very pleasant and professional. I've had asthma for many years but was able to **learn some new techniques** *that have helped me deal with this condition."*

"My health coach was a wonderful supporting person. **She gave me encouragement when I had none.**"

"I really appreciated this program and (my case manager's) help. **It got me on track** *and helped me to meet goals."*

"I appreciate the kindness and efficacy of my Case Manager. My Case Manager **consistently goes above and beyond** *what anyone could expect in order to help me and let me know I am not alone. MVP is fortunate to employ such high-quality professionals."*

"My Case Manager returned my calls in a very timely fashion. **My Case Manager has a gift for relating to patients** *in such a nice calm way and gave such helpful service whenever I had a concern."*

"My Case Manager was an **excellent source of encouragement and education**."

"This MVP service seems to be a **quick and efficient way to get answers** *to our questions. My Case Manager was very knowledgeable and pleasant!"*

"MVP Health Care" is the parent company of MVP Health Insurance Company; MVP Health Plan, Inc.; MVP Health Insurance Company of New Hampshire, Inc.; MVP Health Plan of New Hampshire, Inc.; MVP Select Care, Inc.; Preferred Administrative Services, Inc.; and Preferred Assurance Company, Inc., which issue or administer health benefit plans. Not all plans available in all states.