

# living well



Spring 2010

**Inside:**

10 Ways to Live Well

Tools to Reach Your Wellness Goals

The Latest Prescription Changes



# 10 ways to Live Well *this Spring*

- 1 JOIN AN EXERCISE PROGRAM.** Not only will you look better, more importantly you will feel better.
- 2 STIMULATE YOUR MIND MORE OFTEN.** Join a book club or create a reading list for yourself.
- 3 DO YOUR SPRING CLEANING.** Donate the useful stuff to a shelter, church, or Goodwill.
- 4 IMPROVE YOUR MOOD!** Think positive thoughts. Meditate.
- 5 FOCUS ON BETTER NUTRITION.** Your body will thank you!
- 6 CREATE A GARDEN.** It's great exercise for the body and spirit!
- 7 REDUCE STRESS.** Spend 30 minutes a day doing something you like.
- 8 GET YOUR BODY MOVING!** Find a local park where you can walk or jog or take a bike ride along a trail.
- 9 TAKE PHOTOS OF NATURE** while you hike, or action shots of kids playing. Use your photos to create scrapbooks.
- 10 SLEEP IS IMPORTANT!** Read a book or listen to soothing music before bedtime to help you relax.



For more ideas to help you live well, visit  
**[www.mvphealthcare.com](http://www.mvphealthcare.com)**



# Take on life and live well



David W. Olikar  
President and CEO

*At MVP Health Care, we strive to have a positive impact on our members' health and wellness.*

*In this issue, check out our Wellness Center's latest class offerings, learn about the benefits of using an urgent care center and learn what a Personal Health Assessment means to you.*

*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.*



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### HOW TO CONTACT MVP HEALTH CARE

Contact **Member Services** at **(585) 325-3113** or **(800) 950-3224** from 7 a.m. to 8 p.m. (Eastern Time), Monday through Friday. TTY users may call **(585) 325-2629** or **(800) 252-2452**. You also may e-mail [memberservices@mvphealthcare.com](mailto:memberservices@mvphealthcare.com) or visit [www.mvphealthcare.com](http://www.mvphealthcare.com) and click on *Contact Us*.

**Comments:** Send an e-mail to [livingwell@mvphealthcare.com](mailto:livingwell@mvphealthcare.com) or write to us at *Living Well*: MVP Health Care, 220 Alexander Street, Rochester, NY 14607. Material presented in this magazine is not intended to replace medical advice, which should be obtained from a qualified physician. In the event that any information in *Living Well* conflicts with provisions of your subscriber, group, or individual MVP Health Care contract, the provisions of your contract take precedence over *Living Well*.

# Emergency and Urgent Care

## *Which is best for you?*



### Emergency Care

*Your MVP Health Care Plan provides coverage for emergency care if you have an emergency medical condition, no matter where you are.*

- Emergency care does not need to be pre-approved.
- If you are faced with a situation you think is an emergency, go to the emergency room right away. You should follow up with your PCP within 48 hours (or as soon as reasonably possible) after receiving emergency care.
- If you go to the emergency room while outside our service area, your care will be covered until you no longer need emergency care. Any non-emergency treatment you receive will be considered an out-of-area service and benefits may be denied.
- Remember, you will only be covered for non-emergency care received from an MVP Health Care participating provider. (If your MVP Health Care health plan has an out-of-network benefit, services received from a non-participating provider will be covered.) To search for doctors in our network, visit the MVP Health Care Web site at [www.mvphealthcare.com](http://www.mvphealthcare.com).

### Keep your PCP informed

*When you receive emergency care, your PCP needs to be kept up-to-date on your health status.*

- It's very important that your PCP and the doctor providing you with emergency care share your information.
  - Your PCP will need to participate in any necessary follow-up treatment (for example, if referrals are needed). MVP Health Care encourages you to call your PCP within 48 hours (or as soon as reasonably possible) after receiving emergency care.
  - If you have questions, please call Member Services at (585) 325-3113 or (800) 950-3224. TTY users may call (585) 325-2629 or (800) 252-2452.

### Urgent Care

*Many health care professionals report that a significant number of people in ER waiting rooms could be better and more quickly cared for in a doctor's office or an urgent care center. That is why an urgent care center may be a convenient, appropriate, and lower-cost option to emergency room care when your doctor is unavailable.*

- Urgent care is not designed to treat sudden, serious health problems. Rather, urgent care is designed to treat minor illnesses or injuries such as sprains, strains, minor cuts or burns, or the flu.
- All members should follow up with their PCP within 48 hours after receiving urgent care.
- For a list of urgent care centers near you visit [www.mvphealthcare.com](http://www.mvphealthcare.com) or call Member Services at (585) 325-3113 or (800) 950-3224. TTY users may call (585) 325-2629 or (800) 252-2452.

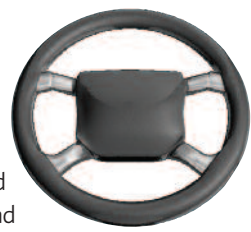
# Wellness CENTER CLASSES

## 2010 Spring Classes

MVP Health Care wants you to take on life and live well! Our health education programs and support services can help you get started and keep on track when it comes to taking charge of your health. Classes are free or discounted for all MVP Health Care members. Some programs are open to non-members for a fee. Seating is limited, so register today to reserve your spot. Unless otherwise noted, all classes meet at the MVP Health Care Wellness Center, 220 Alexander Street on the second floor.

### Safe Driver NY

Reduce your New York auto insurance premiums by approximately 10 percent and remove up to four points from your NY driver's record after completion of this *Safe Driver NY* program. Peg Barto, owner of *Safe Driver NY*, has taught defensive driving courses for more than 22 years. She will review accident prevention, traffic laws and regulations, and discuss how to handle unusual situations such as aggressive drivers or road rage. The program cost is \$22 for MVP Health Care members with proof of membership and \$32 for all others. Checks are payable to *Safe Driver NY* the day of the program.



### Yoga

Take a break from stress with an introduction to yoga. Learn classic yoga postures, breath work, and relaxation. No prior experience needed. People at all levels of fitness are welcome. Wear loose, comfortable clothes, and bring a mat and pillow.



**TO REGISTER**

1. Complete and **MAIL** in the registration form below; OR
2. Register **ONLINE** at [www.mvphealthcare.com](http://www.mvphealthcare.com); OR
3. **CALL** one of these numbers:  
 Member (585) 325-3113  
 Non-members (585) 327-2221  
 TTY users (585) 325-2629  
 (800) 252-2452

For information on class cancellations due to bad weather or other reasons, call the Class Cancellation Hotline at (585) 258-8057.

## Wellness Center Program Registration Form

PROGRAM NAME	DATE(S)	TIME	PROGRAM CODE
<input type="checkbox"/> <i>Safe Driver NY</i>	Saturday, April 17 Tuesday and Thursday, May 18 and 20	9:00 am - 3:00 pm 6:00 - 9:00 pm	DRV 10012 DRV 10013
<input type="checkbox"/> <i>Yoga</i>	Session 3 Wednesdays, April 14 through May 26 Wednesdays, April 14 through May 26	5:30 - 6:30 pm 6:45 - 7:45 p.m.	CYG 10004 CYG 10005
	Session 4 Wednesdays, June 2 through July 7 Wednesdays, June 2 through July 7	5:30 - 6:30 pm 6:45 - 7:45 pm	CYG 10006 CYG 10007

Are you a **NEW** participant in MVP Health Care's Wellness Center programs?  Yes  No

NAME \_\_\_\_\_ MEMBER # \_\_\_\_\_ PHONE ( \_\_\_\_\_ ) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ NY \_\_\_\_\_ ZIP \_\_\_\_\_

**Thank you! You will receive a reminder card in the mail 3 - 4 days before the first day of class.**

**PLEASE RETURN TO:** MVP Health Care, 220 Alexander St., Rochester, NY 14607, Attn: MVP Health Care Wellness Center  
**OR CALL MEMBER SERVICES:** Monday - Friday, 7 a.m. to 8 p.m. Eastern Time  
 (585) 325-3113 or (800) 950-3224 / TTY users may call (585) 325-2629 or (800) 252-2452  
**OR REGISTER ONLINE AT:** [www.mvphealthcare.com/live\\_healthy/signup.html](http://www.mvphealthcare.com/live_healthy/signup.html)





# Wellness for everybody

## Powerful tools

MVP Health Care wants to help all our members take on life and live well. That's why we offer amazing wellness features that can really make a difference when it comes to living healthier and having fun!

### Online Wellness Tools and Activities

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.

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



*Log on to the MVP Web site at [www.mvphealthcare.com](http://www.mvphealthcare.com) to:*

- Complete an interactive Personal Health Assessment to get a customized report on your current health status.
- Take online health improvement classes to get you started on the road to better health.
- Track your progress online with quick and easy tools.
- Find information and ideas that will help you take care of yourself, and inspire you to make healthy changes.

### Easy Access to Answers and Advice 24/7 Nurse Advice Line

Expert advice is just a phone call away, even on weekends, when you call our 24/7 Nurse Advice Line with any non-emergency questions. Talk with a registered nurse for:

- Help with a health problem in the middle of the night.
- Answers to your "what to do if" health questions.
- Guidance in preparing for doctor visits.
- Help finding information and resources about prevention and wellness, treatments, chronic conditions, and other health topics and concerns.

Call the nurse advice line phone number at **(800) 204-4712**, 24 hours a day, 7 days a week.



# for reaching important goals

## The ChooseHealthy™ Discount Network

Visit the MVP Web site at [www.mvphealthcare.com](http://www.mvphealthcare.com) and click the *ChooseHealthy* link for:

### CHIROPRACTIC AND ACUPUNCTURE CARE, MASSAGE THERAPY, AND DIETETIC COUNSELING

Access to more than 20,000 credentialed providers who offer a 25 percent discount as part of the ChooseHealthy discount network.

### FITNESS CLUBS AND EXERCISE CENTERS

Get "best pricing" on membership and a free trial offer at 15,000 facilities participating in the ChooseHealthy discount network.

### PRODUCT STORE

Receive up to 40 percent off suggested manufacturer's retail pricing on vitamins, fitness gear, and more from the ChooseHealthy online store, including free shipping for most items.

### TAKING ADVANTAGE OF THESE DISCOUNTS IS SIMPLE

Present your MVP member ID card (or print and present the discount/program certificate shown with a ChooseHealthy discount provider's listing online) and ask for the discount at any participating location. A complete list of member discounts is available on our Web site at [www.mvphealthcare.com](http://www.mvphealthcare.com).



## Personalized Support for Complex Health Issues

### CARE MANAGEMENT PROGRAMS

Whether starting a family, looking to improve health habits, or facing complex or chronic conditions, our members can receive the compassionate support and expert assistance of our Care Management programs. Working in partnership with doctors, our Care Management specialists can help you get the care you need, understand your full range of treatment options, and make the most of your benefits. We provide Care Management for:

- Acute Conditions
- Asthma
- Cancer
- Cardiac Conditions
- Depression
- Diabetes
- Kidney Dialysis Support
- Low Back Pain
- Maternity
- Mental Health\*
- Prenatal Care
- Prenatal Care for High-risk Pregnancies
- Smoking Cessation
- Substance Abuse

For more information about MVP's free Care Management programs or to see if you qualify, call **(866) 942-7966**.

\*Mental health and substance abuse benefit management is provided by ValueOptions®, Inc.



## Exclusive Member Discounts from Chiropractors to Fitness Gear

MVP members enjoy savings on a wide range of health and wellness products and services that inform and inspire a healthy lifestyle. Some of our most popular discounts include:

### NUTRITION & WEIGHT LOSS PROGRAMS

Including special offers from Jenny Craig® and Jazzercise®.

### FUN ACTIVITIES FOR THE WHOLE FAMILY

Get out there and be active with savings on boating, ice skating and more!

### EYEWEAR AND VISION IMPROVEMENT

Special Lenscrafters® discounts and savings on Lasik laser eye surgery from participating health care professionals.

### TEETH WHITENING

Area dental practices offer special smile-brightening discounts on whitening procedures.







# Changes to our Drug Formulary and



Your physician is the person best suited to help you make decisions about prescription drugs. The prescription drug information below is intended for consumer guidance only. This information relates to the Prescription Drug Formulary, generally, and may not describe your particular coverage. Your Certificate of Coverage or Summary Plan Description determines your benefits, limitations and exclusions.

Your employer may have limited your coverage of certain prescription drugs. In the case of some drugs, the plan limits coverage to a specific quantity or a specific treatment course. The plan may also require prior authorization for some covered drugs. If you need more information about policies regarding a specific drug, consult your physician or contact Member Services.

## BELOW ARE THE LATEST ADDITIONS AND/OR CHANGES TO THE FORMULARY/TIER STATUS:

### Formulary Generic, Tier 1:

This is the **lowest copay choice** and **includes generic** drugs.

apraclonidine	levonorgestrel
bicalutamide	malathion lotion
buprenorphine	nateglinide
clinda/benzoyl peroxide	perindopril
clonidine patch	sulfacetamide topical 10%
fexofenadine/pseudo	tacrolimus
ketorolac ophthalmic	tramadol ext-rel
lansoprazole	

### Formulary, Tier 2:

This is the **mid-range copay choice** and **includes covered brand name** drugs because of their overall value.

Humira\*†

### Non-Formulary, Tier 3:

The **highest copay choice** and **includes all other covered brand name** drugs. Prior authorization is required for 2 tier riders.

Acuvail*	Kuvan*	Sumavel DosePro* <sup>QL</sup>
Adcirca*†	Metozolv ODT*	Twynsta*
Bepreve*	Multaq*	Tyvaso*†
Colcrys*	Onglyza*D	Valturna*
Effient*	Onsolis*	Votrient*
Embeda*	Plan B One Step	Welchol Powder*
Extavia*†	Provigil <sup>QL</sup>	Zenpep*
Fanapt*	Sabril*†	Zipsor*
Fibricor*	Saphris*	
Intuniv*	Somatuline Depot*	

### The following drugs have moved from Formulary, Tier 2 to Non-Formulary, Tier 3:

Aldara	Foltx	Prevacid*
Altace	Lupron 1mg*	Prograf
Benicar/HCT*	Myfortic	Pulmicort Respules
Casodex	Naftin	Soriatane/CK
Fluoroplex	Plan B	Starlix

### The following drugs no longer require prior authorization:

Besivance	Lamictal XR	Savella
Cetraxal	Nucynta	Uloric
Edluar* <sup>QL</sup>	Nuvigil <sup>QL</sup>	Vectical
Gelnique	Rapaflo	Vimpat

### The following drugs are covered under the medical benefit:

Agriflu	Firmagon	Nplate*
Arzerra*	Folotyn*	Prolastin-C*
Beriner*†	Ilaris*	Stelara*†
Cervarix	Invega Sustenna*	Vibativ*
Cinryze*	Ixempra*	Zyprexa Relpevv*
Dysport*	Kalbitor*	

\*Requires prior authorization

†Must be obtained from CuraScript

<sup>QL</sup>Quantity limits apply

<sup>D</sup>Diabetic copayment





# what they mean to you

## Provigil and Nuvigil Changes

Provigil and Nuvigil are subject to quantity limits of 30 tablets per month. In addition, these medications are no longer covered for more than a 30-day supply at a time. They must be obtained at a retail pharmacy only. A prior authorization is required for MVP to cover more than 30 tablets per month.

## Generic Prevacid is now available

Lansoprazole capsules (generic Prevacid) are now available and covered at the lowest tier on the MVP Formulary. Brand name Prevacid capsules (only) requires prior authorization and when approved, is covered at Tier 3. All other Prevacid dosage forms do not require prior authorization and are covered at Tier 3. In addition to lansoprazole, omeprazole and Nexium are also covered proton pump inhibitors.

## Benicar and Benicar HCT Changes

Benicar and Benicar HCT require prior authorization and when approved, are covered at Tier 3. The generic forms or Cozaar and Hyzaar are expected to be on the market soon. When they become available, they will be covered at Tier 1. Step therapy as listed in MVP policy will still apply. Other formulary brand medications in this class include Avapro, Avalide, Diovan and Diovan HCT.

## Important facts about prescription drug abuse

### DID YOU KNOW THAT

The **NUMBER** of Americans **ABUSING** prescription drugs is approaching **7 MILLION**

Only **MARIJUANA IS ABUSED MORE** than prescription drugs **BY YOUNG PEOPLE** between the ages of 12 to 17

**PRESCRIPTION DRUG ABUSE** is **NOW MORE COMMON** than the combined number of people who abuse cocaine, heroin, hallucinogens, Ecstasy, and inhalants.

People between the **AGES OF 18 AND 25** are **MOST LIKELY TO ABUSE PRESCRIPTION DRUGS**, although the young and elderly are not immune

**OPIATES** are the most **POPULAR DRUGS ABUSED** by adolescents

People who **ABUSE PRESCRIPTION DRUGS** obtain them in several ways including by **"DOCTOR SHOPPING,"** by **STEALING** them from pharmacies or directly from family members and **BUYING** them on the **INTERNET**

*More information about this growing national health concern can be found online at [www.drugabuse.gov/DrugPages/prescription.html](http://www.drugabuse.gov/DrugPages/prescription.html)*





# Patient-centered MEDICAL HOME

The **Patient-Centered Medical Home (PCMH)** is a team-based model of care from childhood through adulthood that is focused on maximizing the person's health.

PCMH is not another "home" like a nursing home but rather a team of health care professionals who work together to provide easy access to well-coordinated care with a whole person approach.

### What does it mean for you?

The PCMH will provide better and more personal care to our members. MVP Health Care is currently involved in several Patient-Centered Medical Home pilot projects throughout our coverage area. The team of health professionals providing care is led by your personal health care provider, who manages and coordinates your care, including primary, specialty or lab, and imaging services. Your team can also help you with questions regarding insurance or medical costs. If you need to see another doctor, they can help you find the doctor who's right for you.

### How do they do it?

Often your health professional team will use Electronic Health Records (EHRs) to coordinate your care so it's easier for you to receive treatment. You may even be able to receive care without visiting your doctor's office since many doctors will even communicate with you via e-mails or other electronic means.

The patient centered medical home is not just about getting care when you need it but also for getting timely care in order to prevent problems in the future. The team of health professionals will keep on top of any immunizations, screenings or other preventive services that you might need in order to keep you healthy and also send you reminders so that you can schedule your appointments.



### MVP HEALTH CARE IS CURRENTLY INVOLVED WITH THE FOLLOWING PATIENT-CENTERED MEDICAL HOME PILOT PROJECTS:

1. The Adirondack Park Medical Home Pilot
2. The Vermont Blueprint
3. New Hampshire Multi-Stakeholder Pilot
4. Rochester Medical Home Pilot
5. Mid-Hudson Valley Medical Home Pilot
6. Syracuse/Onondaga County Medical Home Pilot

The NCQA - PHYSICIAN PRACTICE CONNECTIONS PATIENT CENTERED MEDICAL HOME (PPCCMH) recognizes physician practices functioning as medical homes by using systematic, patient-centered, and coordinated care management processes.

To find information on NCQA accreditation, perform a doctor search at [www.mvphealthcare.com](http://www.mvphealthcare.com) and look for the NCQA recognition icon to the right of the doctor's name.

*MVP is committed to providing better access, quality, and coordinated care to its members in order to help them live healthy lives.*



# In the doctor's office Communication counts

Communication among your doctor, specialists, and other practitioners helps them provide more effective follow-up care for you and your family.



**MEDICAL ERRORS ARE MUCH LESS LIKELY** to occur when your doctors share information with each other about your medications, treatment plans, laboratory tests, and results from X-rays and scans.

**MVP ANNUALLY REVIEWS MEDICAL RECORDS** at physicians' offices to determine whether they are receiving communication from hospitals and other specialists.

The results of this review are available online at [www.mvphealthcare.com](http://www.mvphealthcare.com). Click on *Members*, *Learn More*, and then *Continuity of Care*.

**AS A RULE, YOUR DOCTOR KNOWS** when you are being seen by a specialist, had a recent hospitalization, or underwent surgery and has received a copy of the results. However, this is not always so. Help keep your doctor in the loop by carrying his/her name and contact information in your purse or wallet. Ask your health care providers to send important information to your doctor.

*When you are seeing more than one doctor, keep copies of the following and bring them with you:*

- *A medication list*
- *A copy of your most recent physical exam*
- *Important tests or X-ray results*



## MVP QUALITY IMPROVEMENT PROGRAM

MVP is dedicated to providing members with quality health care and services. Our Quality Improvement (QI) program sets standards for the care and services provided to our members by MVP and participating providers.

MVP reports its progress toward achieving QI program goals in an annual Quality Improvement Evaluation. You are welcome to participate in the development, implementation, or evaluation of the QI system, and/or comment on MVP's QI process.

If you are interested in participating, or would like a summary of the QI program description and the *Executive Summary of the Annual Evaluation*, please call the QI department at (800) 777-4793, ext. 2602.

To ensure your child's health and well-being, be certain to

# schedule regular checkups



Routine doctor visits help keep your child, 'tween, or teen healthy. If there is any health problem, these checkups help the doctor detect them early before they become serious. As an MVP member, your child's checkups are a covered benefit. Here is a guide, by age, for when your child should go for a checkup:

<b>UNDER 1 YEAR OLD</b>	At 2-4 weeks, then at 2, 4, 6, and 9 months
<b>AGES 1 - 5</b>	At 1 year, then at 15 and 18 months, and annually beginning at age 2
<b>AGES 6 - 12</b>	Every 1 to 2 years
<b>AGES 13 - 17</b>	Annually

## Before a checkup, explain to your child what to expect during the doctor's examination:

**A GENERAL SCREENING** - to check your child's overall health. The doctor or nurse will measure height, weight, heart rate, and blood pressure.

**EYE AND EAR EXAMS** - to test for sight and hearing problems that may affect learning.

**A DENTAL CHECK** - to make sure teeth are healthy and strong and coming in on schedule.

**LAB TESTS** - to check for conditions like lead poisoning, sickle cell anemia, and tuberculosis.

**SHOTS** - to protect against disease.

**COUNSELING** - on healthy eating, safety, and other health-related topics. Older children and teens will learn about the dangers of smoking, drugs and alcohol, and unsafe sex.





## Special screening for adolescents

MVP recommends routinely screening adolescents in the primary care setting for alcohol and substance abuse, risky behaviors and depression, beginning at age 12. Your child's physician can help identify current or potential problems that might otherwise go undetected, and provide appropriate education, treatment or referrals that might help.

This screening is one of the most important aspects of a routine well visit for your teen that can lay the foundation for a lifetime of healthy decision making. An annual visit is recommended for ages 13 to 17, even when your child is healthy.

## Don't neglect your own health. Get your checkups, too!

The general guideline for an adult preventive health care checkup includes family health history, physical exam, height, weight, blood pressure, hearing, and vision.

Depending on your age and if you have a pre-existing condition, your health exam schedule and extensiveness will vary. Check with your physician regarding how often you should have checkups.

Find out more about adult preventive care guidelines and schedules by visiting [www.mvphealthcare.com](http://www.mvphealthcare.com), click on Members, then click on Live Healthy at the top of the page, and then select Preventive Care.



## Attention Deficit Hyperactivity Disorder (ADHD)

### What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a condition that causes people to have problems paying attention and focusing on tasks. This common disorder starts in early childhood and may continue into adulthood. It can cause problems at home, school or work, and with relationships.

### What causes ADHD?

The exact cause is unknown, but ADHD tends to run in families. The condition affects about 3 to 7 percent of all school-age children in the United States. Boys are diagnosed with ADHD more often than girls.

### What should parents look for?

Symptoms of ADHD can range in severity and vary by age. School teachers may be the first to notice a problem because of the demands placed on students to sit still, pay attention, listen, and follow rules.

Teens may start to fall behind in schoolwork, especially if they face major changes such as transferring to a new school or going away to college. Adults can also have undiagnosed and untreated ADHD.

### You may notice some or all of the following signs:

- Your child is distracted easily and has problems focusing on tasks (inattentiveness)
- Your child is restless and fidgety, or cannot sit still (hyperactivity)
- Your child reacts more quickly, loudly or with more anger than appropriate for a situation, or is more impatient than others (impulsivity)

Call the doctor if your child shows symptoms of ADHD before age 7, or if your child is showing signs of ADHD that are causing problems at home or school.

### How is ADHD diagnosed?

An evaluation by your child's doctor is the first step, including a thorough medical exam to rule out other things. A child's behavior as reported by parents, teachers, and others who have regular contact with him or her, is evaluated too.

### How is it treated?

Although ADHD is not curable, treatment with medicines and/or behavioral therapy can help control the symptoms. Your child's doctor will work with you to develop a plan that is right for your child. If medication is prescribed it is very important that your child be closely followed by a doctor after beginning treatment.

Learning about ADHD will help you better understand how to help your child. For more information, click on the *Members Home* page of MVP's Web site ([www.mvphealthcare.com](http://www.mvphealthcare.com)) and select the *Health Encyclopedia*.

## 2010 Arthritis Walk Rochester, NY

SATURDAY, MAY 8, 2010

REGISTRATION TIME 9:30 a.m. START TIME 10:30 a.m.  
SENECA PARK Longhouse Shelter, 2222 St. Paul Blvd.; Rochester, NY

MVP Health Care is a **PREMIER SPONSOR**. Last year's turnout for the **ARTHRITIS WALK AT SENECA PARK** was the greatest number of participants since the event began. More than 300 people came out in support of the Arthritis Foundation's mission. Along with the food and music, participants visited many on-site booths to receive health and educational information regarding arthritis, our nation's number one cause of disability.

**THE GOAL** for the 2010 Arthritis Walk on May 8 at Seneca Park is **TO SURPASS LAST YEAR'S EVENT!** Every year the enthusiasm and support for the walk has increased. Come join us! For details, visit the 2009 Rochester Arthritis Walk Web site at <http://10walkrochny.kintera.org>.

## RPO Symphony Showcase Rochester, NY

MAY 22 TO JUNE 13, 2010

MVP Health Care is the **PRESENTING SPONSOR**. A \$3 discount each, for up to four guests will be made available to those who show their MVP Health Care membership card at the door!

A duet of cottages—the "Philharmonics" House and the "Pops" House—will **SHOWCASE THE WORK OF 30 AREA DESIGNERS** putting their artistic stamp on a total of 8,500 square feet of living space in the RPO's sixth biennial fundraising event.

Located next door to one another at Thornell Road and Route 64 in Pittsford and built by Ketmar Development, the two houses will **PAY HOMAGE TO THE RPO'S MUSICAL HEART**. Each designer will decorate a room or space corresponding to the type of music they have chosen from 50 selections on the RPO 2008-09 and 2009-10 seasons.

## Young@Heart is Alive & Well Rochester, NY

THURSDAY, JULY 8, 2010

MVP Health Care is the **PRESENTING SPONSOR**. Don't miss the chance to see **YOUNG@HEART IS ALIVE & WELL** in Rochester on July 8, presented by Geva Theatre Center at the Auditorium Theatre.

A chorus of performers ranging in age from 70 to 89, and a repertoire steeped in Nirvana, Jimi Hendrix, Jefferson Airplane and more, *Young@Heart* **BRIDGES THE GAP BETWEEN MODERN AND OLD SCHOOL, BRINGING GENERATIONS TOGETHER**. *Young@Heart* has crafted surprising and hilarious work that is not about old people performing, but rather a performance that happens to feature older people.

Patron tickets including premium seating and a reception with the cast are available at the Geva Theatre Center box office at (585) 232-4382. Performance only tickets are available through TicketMaster® by going to [www.ticketmaster.com](http://www.ticketmaster.com).

## Get ready for the MVP Health Care Rochester Marathon

SEPTEMBER 12, 2010

### ROCHESTERMARATHON.COM

The MVP Health Care Rochester Marathon is **ROCHESTER'S SIGNATURE RUNNING EVENT**. In 2009, the event's fifth year, nearly 3,000 runners registered for the **FULL MARATHON, HALF MARATHON, AND RELAY**. The 3,000 runners were in addition to more than 500 volunteers and thousands of spectators who participated in a truly special day.

The unique course winds through the Downtown Rochester area and along the scenic paths of the historic Erie Canal and Genesee River.

This is the **LARGEST ANNUAL FUNDRAISING EVENT** for the Arthritis Foundation, Upstate New York Chapter. Proceeds support the chapter in its mission to help the 1.5 million people in Upstate New York who suffer from arthritis. Arthritis, which can affect all ages, is the nation's leading cause of disability.



**MVP HEALTH CARE  
ROCHESTER  
MARATHON • 10**  
To benefit the Arthritis Foundation

# events



## ANNUAL NOTICES

# Important MVP Policies

Important information and updates are available on the MVP Web site.

MVP HMO and POS plan members can view or download our latest *Annual Notices* from the MVP Web site ([www.mvphealthcare.com](http://www.mvphealthcare.com)). Go to the *Members Home* page, click on *Compliance* at the bottom of the screen and select *Member* from the *Required Annual Notices* menu.

IF YOU DO NOT HAVE INTERNET ACCESS, please call Member Services at (585) 325-3113 or (800) 950-3224 to request a paper copy of these notices. TTY users may call (585) 325-2629 or (800) 252-2452.

## EXAMPLES OF MVP'S ANNUAL NOTICES INCLUDE:

- *Rights and Responsibilities of MVP Members*
- *Transition of Care*
- *MVP Emergency Care Policy*
- *Information on Member Complaints, Appeals and Grievances*

Whether you cook your chicken on a grill or in the oven, for a change try this recipe featuring jerk seasonings from the Recipe Corner at [www.aicr.org](http://www.aicr.org)

# RECIPE

## Jerk Chicken

### INGREDIENTS *Makes 4 servings*

- 1 cup diced onions
- 3 scallions, green and white parts, chopped
- 2 Tbsp. fresh thyme leaves or 2 tsp. dried
- 1 Tbsp. chopped fresh gingerroot
- 1 - 3 Scotch bonnet or habanera peppers, according to taste
- 1 Tbsp. canola oil
- 1 tsp. ground allspice
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. ground cinnamon
- 1/4 tsp. freshly ground nutmeg
- 1/2 tsp. salt
- 1 lb. skinless and boneless chicken breasts (about 2 halves)

In a blender or food processor, combine onions, scallions, thyme, ginger, peppers, oil, allspice, pepper, cinnamon, nutmeg and salt. Purée to a pulpy paste. (There will be about 1 cup.)

Spread the paste liberally over the chicken breasts. Arrange chicken on a plate. Cover with plastic wrap and marinate in the refrigerator 2 to 3 hours or overnight.

When ready to cook, remove chicken from marinade and wipe with a paper towel to remove most of the paste. Light the grill or, if cooking indoors, pre-heat broiler or heat a pan. Grill or broil chicken, turning pieces once, until juices run clear.

### NUTRITIONAL INFORMATION

**Per serving:** 175 calories, 5 g. total fat (less than 1 g. saturated fat), 4 g. carbohydrate, 27 g. protein, 1 g. dietary fiber, 184 mg. sodium



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# MVP KidPower uncovers the *fun* on Facebook® *KidPower*™

At MVP Health Care, we believe all kids have the power to make healthy decisions. That's why MVP KidPower was created.

MVP KidPower isn't only about eating right and exercising. It's also about building confidence, doing what's good for your body, balancing school, play, and fitness and listening to parents, teachers, and coaches.

***But mostly, it's about having fun!***



Visit our new Facebook page where you'll find all sorts of interactive activities.

Watch videos from our "KIDPOWER STARS" - top athletes like **OLYMPIC SOCCER CHAMPION ABBY WAMBACH** and **LACROSSE MASTER GARY GAIT**. Tune in for expert advice, learn some new techniques, and pick up a few healthy tips along the way! You can even learn about upcoming clinics and events near you.

**Want to learn more about what's going in your area?**

Just join us on Facebook! Become a KidPower fan and discover everything we're doing to help families get up, out, and active... while having fun doing it.

To find us on Facebook, visit  
**[MVPkidpower.com!](http://MVPkidpower.com)**