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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.



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Comments: Send an email to livingwell@mvphealthcare.com or write to us at *Living Well: MVP Health Care, P.O. Box 2207, Schenectady, NY 12301-2207*. 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*.



POWER OF PREVENTION

One important way to be smart about your health care is by visiting your doctor for regular check-ups and routine preventive health care screenings. Your Kodak medical plan includes preventive care services covered in full (100 percent).

Many people wait to see their doctor until they are sick. Preventive health care can alert your doctor to a serious health condition at the earliest possible stage, when there's the best chance to do something about it. You can be more successful at being healthy and minimizing health care costs by taking advantage of the preventive care services covered by your Kodak medical plan!

Preventive services that are covered in full (subject to MVP's age and frequency guidelines) include:

- Adult routine physical exams
- Adult immunizations
- Well-child visits, including immunizations (through age 18)
- Routine gynecological exams
- Mammography screening
- Cholesterol screening
- Colon screenings and colonoscopies
- Prostate cancer screenings
- Routine hearing exams

How do you know which preventive health screenings or tests may be right for you? It's important to talk with your doctor, but MVP also offers some handy resources to help you prepare for that discussion. Log in at www.mvphealthcare.com/kodak to utilize interactive preventive care tools, walk step-by-step through a series of questions to get a list of recommended tests and screenings to discuss with your doctor and view a handy chart of recommended preventive care screenings for adults of all ages that you can print and save!

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 Coordinator 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 at www.mvphealthcare.com under *Find a Doctor*.
- **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.

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



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.

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.



YOUR CARE ADVANTAGE NURSE

Advice and assistance from a Registered Nurse (RN) is just a phone call away. Every active Kodak employee and covered dependents 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!



WELLNESS TIPS FOR A HEALTHIER YOU

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 three-five 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.





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HAVE YOU TRIED OUR MOBILE APP?

We know you want to connect with your health plan when and where you need it. With the myMVP mobile application ("app"), you'll always have fast and free access to your health plan information—no matter where you go.

The myMVP mobile app functions include:

View ID Cards: You can view your health plan ID card, order replacement cards and email or fax a copy of your card to your health care provider.

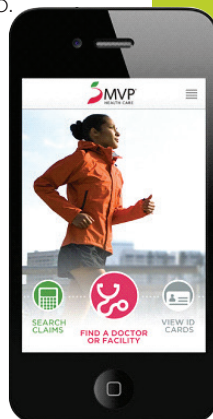
Find a Doctor or Facility: Find the nearest MVP-participating hospital, doctor's office or urgent care center by zip code or city. You also can use your phone's GPS location search. myMVP will even give you driving directions.

NEW! Search Claims: View claim details and payment status.

Contact MVP: A built-in contact feature allows you to quickly call or email MVP's Customer Care Center.

Download the myMVP mobile app today—for FREE! Go to your mobile device app store and search for myMVP.

Note: MSG and data rates may apply.



"My teenagers now have myMVP on their smartphones. They travel for sports all year round and if they are injured, I want them be able to provide their ID card to those who take care of them until I arrive. It's great peace of mind." – Lory P.

"I love the myMVP app. I practically do everything electronically (shopping, financials, etc.) so to be able to view your ID cards and claims when you need them is great." – Sharon F.

"Love it! I used it to show my ID card at the doctor's office. They were impressed, also." – Cheryl C.