

Core Health and Wellness Features

No matter which of our health plans you choose, we are there with wellness features that matter. We want to help all of our members take on life and live well!

Personalized Support for Health Issues

Condition Health and Case Management Programs

Members who are living with a physical or mental health concern can call **1-866-942-7966** for help and support. Working in partnership with doctors, we help participating members get the care they need, understand their full range of treatment options, and make the most of their benefits when they are living with:

- Asthma
- Cancer (Oncology)
- Chronic Obstructive Pulmonary Disorder (COPD)
- Depression
- 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 our condition-specific programs.

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

Powerful Tools for Reaching Important Goals

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/member and click the *Wellness Tools & Activities* button:

- 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.

Exclusive Member Discounts

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.

These benefits are offered or administered by MVP Health Plan, Inc., MVP Health Insurance Company, MVP Health Insurance Company of New Hampshire, Inc., MVP Select Care, Inc., Preferred Assurance Company, Inc., and Preferred Administrative Services, Inc.

ChooseHealthy is a discount product of American Specialty Health Networks, Inc. The program provides discounted complementary health care services from participating providers. You are required to pay for all services in full but will receive a discount from contracted providers. You should check any insurance benefits you have before using this affinity program, as those benefits may result in lower cost to you than using this program.

The ChooseHealthy™ Discount Network

Members can visit our Web site for:

Chiropractic and Acupuncture Care, Massage Therapy and Dietetic Counseling

Access to more than 20,000 credentialed providers who offer a 25% 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 herbal, homeopathic, vitamin, fitness products, and more from the ChooseHealthy online store, with free shipping on 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