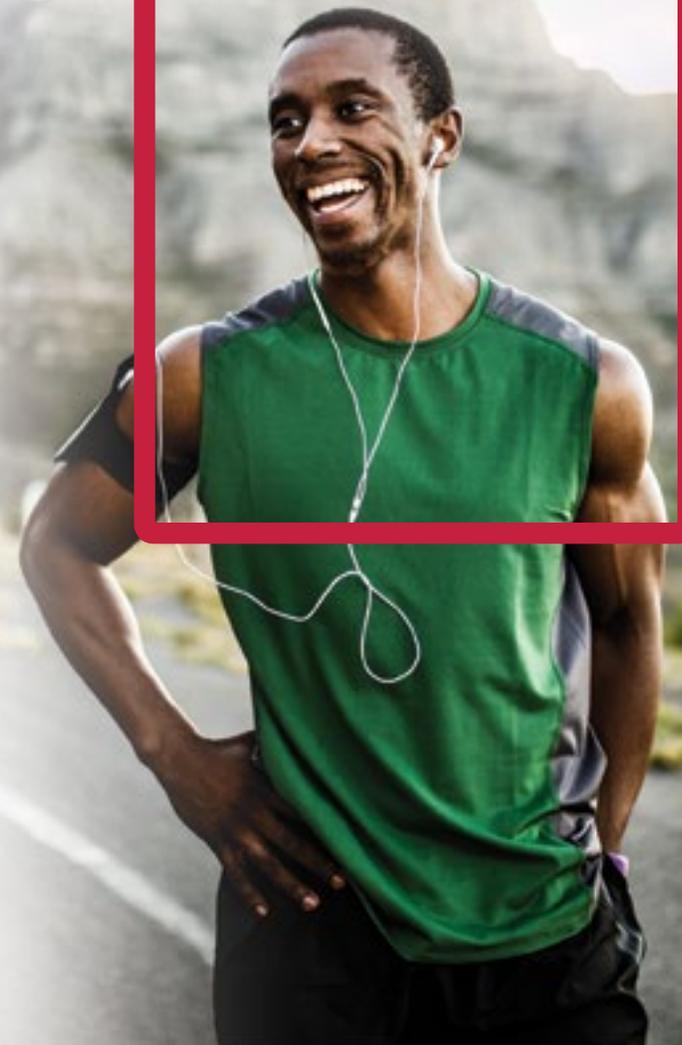


MVP Health Care® offers a variety of health and wellness resources to ensure you get the support, tools, and information you need—when you need them.



**Committed to  
Helping You  
Stay Healthy**



 [mvphealthcare.com](http://mvphealthcare.com)

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

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## Online Wellness Tools and Activities



Whether you're looking to improve your diet, manage stress, or quit tobacco, MVP's online resources can help you set, track, and succeed at reaching your health improvement goal.

Visit [mvphealthcare.com](http://mvphealthcare.com), Sign In to your online account, and select the *Your Wellness Starts Here* icon to take advantage of these great resources.



### Complete an Interactive Personal Health Assessment

In about 10 minutes, you'll get a customized scorecard showing how you stack up in health areas like Biometrics, Lifestyle, Health Conditions, and Preventive Health. This report features a personalized action plan with recommended steps you could take to improve your health.

### Self-Guided Online Classes

MVP offers hundreds of classes that you can view whenever and wherever it's convenient for you.

#### Choose from these categories:

- Chronic Health Conditions
- Exercise and Fitness
- Healthy Living
- Healthy Aging
- Life Skills
- Nutrition
- Pain Center
- Quitting Tobacco
- Stress
- Sleep
- Weight Management

### More Tools To Help You Live Well

After identifying areas of your life you want to improve, use these online tools to reach your health goals.

- Articles about health and prevention topics at each stage of life
- A database with information to learn about herbs, supplements, and prescription medications, and how these interact with each other
- Health Condition Centers that include fact sheets, in-depth reports, and articles on the most widely found chronic illnesses and health problems

## Additional Health and Wellness Features

### Easy Access to Answers and Advice

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.

**Call 1-888-MVP-MBRS (687-6277) to talk with a registered nurse for:**

- Help with a health problem day or 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

### Health Management Programs

Our care managers offer personal guidance and support for members living with a physical or mental health concern. Call **1-866-942-7966** for help and support.

### Exclusive Member Discounts

With ChooseHealthy™, MVP members can enjoy savings on a wide range of health and wellness products and services—from fitness clubs and vitamins to acupuncture and massage therapy. There are even discount offers for physical therapy and podiatric medicine.

