

Your Daily Action Plan



Green Zone

You are doing well. This is where you want to be.

- Your weight is stable, neither going up or down
- You breathe easily
- You are sleeping well
- You are able to lie flat without shortness of breath
- You can do your usual activities

Yellow Zone

Call your doctor. Your symptoms are changing.

- Pain, the one or both shoulders or arms
- Light-headedness or sudden weakness
- A fast or irregular heartbeat

Managing an ongoing medical condition sometimes takes an extra hand.

The MVP Health Management programs offer help to members who need guidance and support to improve their chronic health conditions. These programs offer innovative solutions to help get chronic health conditions under control and on track for improvement. Working in partnership with doctors, we help members get the care they need and make the most of their benefits.

Contact MVP to learn more about the MVP Health Management programs.



Call 1-866-942-7966
(TTY: 1-800-662-1220)



Or visit mvphealthcare.com

If you have symptoms of a heart attack, after you call 911, the operator may tell you to chew one adult-strength or 2–4 low-dose aspirin. Wait for an ambulance. Do not try to drive yourself.

Heart Failure Program

The MVP Heart Failure Program

was created for members who have heart failure. The program