



VIVA MEDICARE *Plus*
A Member of the **UAB** Health System

Dear Member,

Thank you for allowing VIVA MEDICARE *Plus* to be a member of your healthcare team. Based on the information that you provided about your cancer diagnosis, we have a few recommendations which may assist you in improving your health:

- 1) You may need a vaccination against pneumonia.
- 2) You should have a flu shot yearly. Avoid contact whenever possible with others who have a respiratory infection (cold) in order to remain healthy during your care processes.
- 3) If you smoke, stop smoking.
- 4) Discuss diet and exercise with your physician.
- 5) Discuss changes in your bowel habits with your physician.
- 6) You may have emotional changes. If so let your physician know.
- 7) If you are using oxygen, DO NOT smoke and DO NOT use petroleum based lotions.
- 8) You may be weak and may be at risk for falling. Take your time getting up and down from sitting and standing positions.
- 9) Get adequate rest.
- 10) Protect yourself from the sun, wear a hat, use an umbrella, and wear sunscreen.
- 11) It may be a good idea to keep a medical binder for your appointments and medication lists so you and your family will have this information available.

Take this letter to your physician to discuss these recommendations. Take an active role in the management of your healthcare. After all, you are the most important member of this team!

VIVA MEDICARE *Plus* cares about you! VIVA's Care Management Team has nurses and social workers dedicated to members of our Special Needs Plans. To reach a member of the Care Management Team, Call Customer Services at 205.918.2067 or 1.800.633.1542 and ask to be connected to a Care Manager.

Sincerely,

VIVA MEDICARE Plus
Care Management

Disclaimer: This information is not intended as a substitute for professional care. Your physician should be consulted for personalized information.