



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 high blood pressure, 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.
- 3) If you smoke, stop smoking.
- 4) Discuss a routine exercise program with your physician.
- 5) Eat a low sodium diet.
- 6) Discuss kidney health with your doctor.
- 7) See your physician every 3 to 6 months.

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.