



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 congestive heart failure 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.
- 3) If you smoke, stop smoking.
- 4) Avoid or limit food and drinks that contain caffeine.
- 5) Eat a low sodium diet.
- 6) Discuss exercise with your physician and follow his advice.
- 7) Discuss advanced care planning with your physician.

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.