

We are your partners
in health and wellness



Voluntary Alignment

Introduction

In an effort to have better coordination between all of your healthcare providers, (CMS) is now allowing patients to self-align with their primary doctor or medical group. **This process is called Voluntary Alignment.**

This allows you, the patient, to play a bigger role in your own health. It also encourages doctors to help manage their patients more effectively and bridge the gaps between all of your other providers.

The Benefits Of Self Aligning

As a patient, you can:

- Take control of your care by deciding your provider of choice.
- Build a close relationship with your provider and share in health care decisions.
- Have better satisfaction with your care.

If you have any questions, or need assistance with Voluntary Alignment, please reach out to your doctor's office.

Note

- There are **NO** changes to your Medicare benefits
- You can still have access to all Medicare covered services even if you choose not to complete and sign the form.
- You can change your mind anytime to choose another provider or to disenroll from the program.



Primary Care Provider (PCP)

Primary Care Providers are healthcare professionals who serve as your main point of contact for your overall health and medical needs.

Below are 5 reasons to have a PCP.



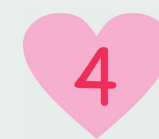
CONNECT with your provider



KNOWLEDGE of all your medical history



COSTS are reduced



REFERRALS to other providers



ROUTINE screenings for prevention

Heart-Healthy Diet: 8 Steps to Prevent Heart Disease



1. Control Portion Sizes
2. Eat More Vegetables and Fruits
3. Choose Whole Grains
4. Limit Unhealthy Fats
5. Choose Low-Fat Protein Sources
6. Limit and Reduce Sodium and Salt
7. Plan Ahead: Create Daily Menus
8. Have a Treat Once in a While

Heart-Healthy Garlic Herb Oven Roasted Chicken

Ingredients

- **4 to 5 pounds** – Whole Chicken (cut into parts)
- **3/4 teaspoon** – Salt
- **1/4 teaspoon** – Black Pepper (freshly ground)
- **20 Cloves** – Fresh Garlic (peeled)
- **2 teaspoons** – Fresh Rosemary, Thyme, Parsley, and Sage
- **1** – Medium Lemon

For the full recipe, visit:

- <https://www.tasteofhome.com/recipes/garlic-herb-roasted-chicken/>

Fit and Fall Proof™

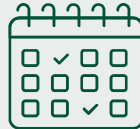
Fit and Fall Proof Class

Location: 535 West 21st Street, Idaho Falls, ID

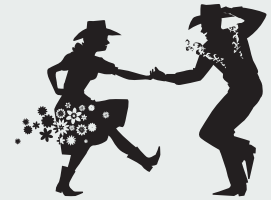
Date: Tuesday & Thursday 10:15–11:00 am

For more information, please follow the link below for class times and locations:

<https://eiph.id.gov/healthy-living/fit-and-fall-proof/class-schedule/>



Community Events



Beginning Square Dance Lessons

Location: 1900 Grand View Drive, Idaho Falls, ID

Date: February 4–April 29, 2025



IDAHO HEART FOUNDATION

Idaho Heart Foundation Heart Ball

Location: 777 Bannock, Avenue, Pocatello, ID

Date: February 22, 2025

Please use the link below to purchase a ticket for this event:

<https://idahoheartfoundation.org/heart-ball-2025>



Beating the Winter Blues

Location: 2030 Jennie Lee Dr, Idaho Falls, ID

Date: February 12, 2025 1–2 pm in Studio 2



5K Walk in the Cold

Location: Idaho Falls, ID

Date: March 15, 2025

Ready for your Yearly Preventative Exam?



Get yours done and confirm with us by email at mvnforhealth@mvhospital.net to be entered to **win a free 1 month membership to BODIFY!**

*For assistance finding a Primary Care Provider, call the Referral Coordinator number below or email us at mvnforhealth@mvhospital.net



Contact Us

Referral Coordinators
(208) 542-7032

Practice Transformation
(208) 542-7307

mvnforhealth@mvhospital.net