



Watch Your Mailbox!

Some COVA Care and COVA HDHP members may be getting a MyHealth Note like this one in the mail soon. What is a MyHealth Note? It's a personal reminder about your health. For example, you may be overdue for tests or screenings, or have potential drug interactions that you should know about.

The MyHealth Note is provided by your health plan at no additional cost and can help you stay on track. So be sure to keep it on hand. You may want to discuss this information with your doctor.



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