

## HEALTHY ALL YEAR

# Stay safe at home

## Hello

Falls are a common cause of injury, especially for older adults. Sometimes it can feel harder to move around or feel confident about daily activities after taking a fall. But with a few simple changes, you can make your home much safer and keep doing the things you enjoy.



Room	Fall-prevention tips	
Living room	<b>Lay down non-slip rugs:</b> Make sure rugs are secure or non-slip.	<b>Use supportive furniture:</b> Chairs with sturdy armrests can help you stand.
Bedroom	<b>Clear the floors:</b> Remove clutter and keep pathways open.	<b>Use bright lighting:</b> Use nightlights and make sure rooms are well-lit.
Bathroom	<b>Install grab bars:</b> Place near the toilet and inside the shower.	<b>Use non-slip mats:</b> Put non-skid mats in the shower and on the floor.
Kitchen	<b>Organize your cabinets:</b> Keep everyday items on lower shelves.	<b>Use a sturdy step stool:</b> Use a stable step stool with a handle if you need to reach high shelves.
Stairs & hallways	<b>Install good lighting:</b> Motion-sensor lights make for easier navigation.	<b>Mark the steps:</b> Use bright tape on stair edges for visibility.

## Benefit spotlight

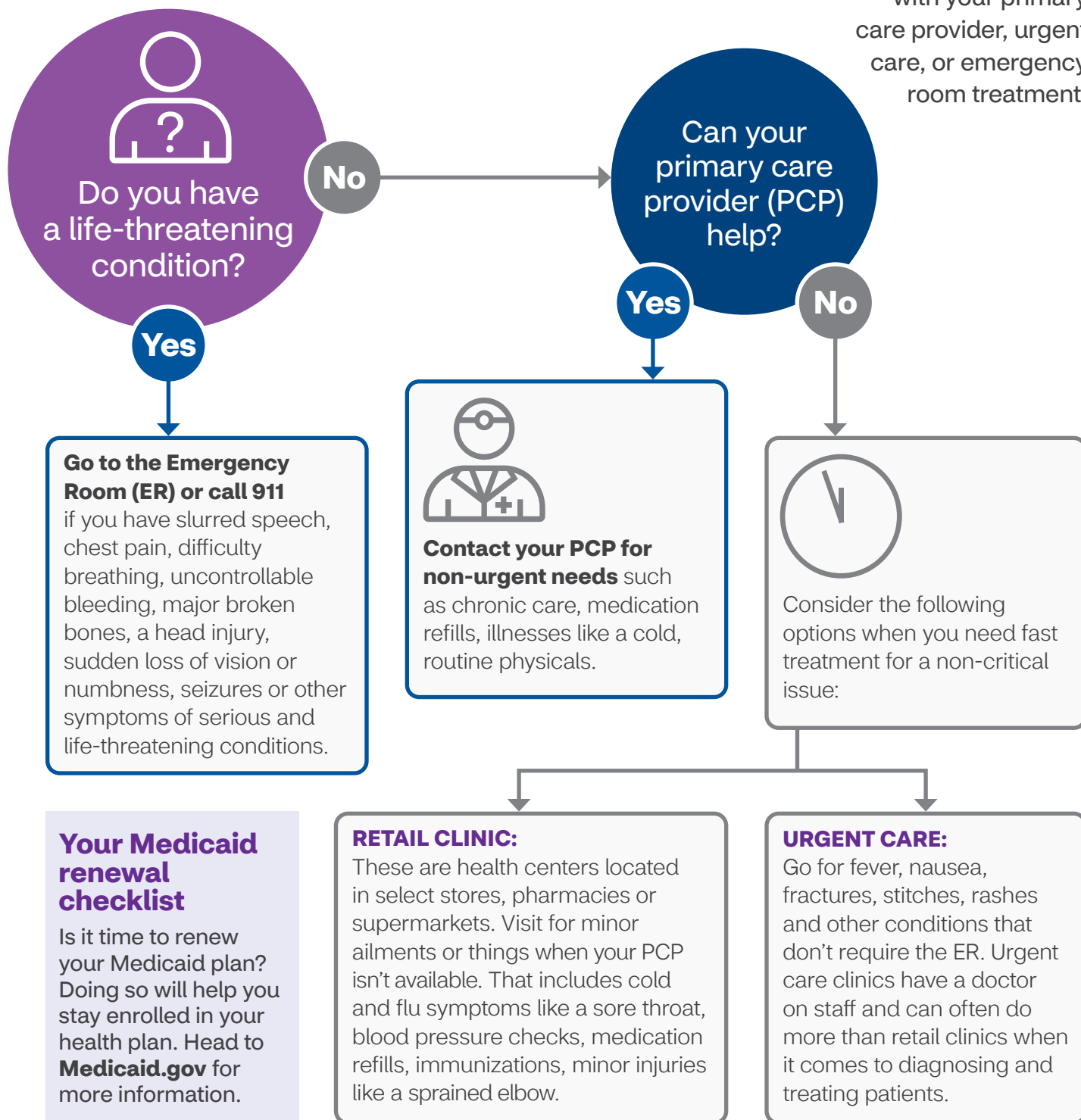


## Have you scheduled your Annual Wellness Visit (AWV)?

This covered exam is a chance to discuss health concerns and even get a fall risk assessment. Your case manager can help you schedule your AWV. Call them at **1-866-600-2139 (TTY: 711)** from 8 AM to 8 PM CT.

# Find the right care fast

Use this simple flowchart to quickly decide if you need a visit with your primary care provider, urgent care, or emergency room treatment.



## MAXIMIZE YOUR PLAN

# Ways to save with your Aetna plan

Make sure you use all the valuable benefits and services your Aetna plan has to offer. Here are five that are at your fingertips right now.

### 1. Use your Aetna Medicare Extra Benefits Card

Get help paying for things to help you stay well with your Aetna Medicare Extra Benefits Card. You get a monthly allowance you can use to help pay for certain everyday expenses.\* Call Member Services to learn more.

### 2. Save on prescription drugs

With your Aetna plan you have \$0 copay on covered Part D prescription medications at in-network pharmacies.

### 3. Enjoy no-cost fitness classes

Aetna members have a no-cost SilverSneakers® fitness benefit to use for in-person and online fitness classes, online life skills courses and more. Visit **SilverSneakers.com** today.

### 4. Take advantage of covered annual exams

Your Aetna plan offers covered \$0 copay annual exams. Your health is our top priority. And we don't want you to stress out about additional expenses. Be sure to take advantage of your preventive yearly exams such as your Annual Wellness Visit, plus your hearing and vision appointments — all at no added cost to you.

### 5. Schedule a ride

Having a reliable ride to and from your medical appointments is important. If you qualify, you can schedule transportation to and from approved locations such as:

- Your primary care provider
- Pharmacies
- Hospitals
- Participating SilverSneaker's gyms
- Senior centers

\*The benefit mentioned is a part of a special supplemental program for the chronically ill.

#### Resource spotlight



#### Find helpful information

Check your Summary of Benefits or visit **AetnaBetterHealth.com/Illinois** to learn about:

- Covered benefits
- Language assistance
- How to submit a claim for reimbursement
- In-network doctors
- Primary care, emergency care, specialty care, behavioral health and hospital care
- Care, coverage and benefit restrictions outside of Aetna's service area
- Care after normal business hours
- How to submit a complaint and appeal a decision

For a printed copy of this information, call Member Services at **1-866-600-2139 (TTY: 711)**, 24 hours a day, 7 days a week.



**Quick tip:** Remember to have your current address, phone number and email address on file. Call Member Services at **1-866-600-2139 (TTY: 711)**, 24 hours a day, 7 days a week to make sure this info is correct.



### Health and wellness or prevention information

**Questions or concerns about your health and wellness?** Reach out to your case manager at **1-866-600-2139 (TTY: 711)**, 8 AM to 8 PM CT, Monday through Friday. Or visit **[AetnaBetterHealth.com/Illinois](https://www.aetna.com/betterhealth/illinois)** for more information.

## Did you know?



There are simple home changes to help prevent falls and stay independent.



You can find out where to go for care based on your symptoms.



Your Aetna® plan offers benefits that can help you save money.

Aetna Better Health Premier Plan MMAI is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees. See Member Handbook for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. The provider network may change at any time. You will receive notice when necessary. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna Better Health. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. All other trademarks are property of their respective owners. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved.