

wellness & you

Your Aetna Better Health® Premier Plan MMAI (Medicare-Medicaid Plan) member newsletter

HEALTHY ALL YEAR

Lower your risk of cancer

Cancer can happen to anyone at any time. The good news is you can lower your risk of cancers like breast and colon cancer by getting tested. And by staying healthy with these everyday tips.

Be active

Try to exercise at least 2.5 hours per week. Some good options include walking, dancing and stretching.

Don't smoke

Toxic chemicals in tobacco raise your risk of cancer. If you use tobacco products, talk with your doctor about ways to quit.

Eat healthy

Swap processed foods, red meat and sugary drinks with

whole grains, fiber and healthy fats.

Get regular screenings

The American Cancer Society advises getting a colonoscopy every five to 10 years starting at age 45.¹ And they recommend women get a mammogram every one to two years starting at age 45.² Screenings like these can help catch problems earlier when they're often easier to treat.

¹ American Cancer Society. American Cancer Society Guideline for Colorectal Cancer Screening. Last revised November 17, 2020. Accessed November 20, 2023.

² American Cancer Society. American Cancer Society Recommendations for the Early Detection of Breast Cancer. Last revised December 19, 2023. Accessed March 7, 2024.



Find helpful information

Check your member handbook or visit **AetnaBetterHealth.com/Illinois** to learn about:

- ✔ Covered benefits
- ✔ Pharmaceutical management procedures
- ✔ Copayments
- ✔ Benefit restrictions outside Aetna's service area
- ✔ Language assistance
- ✔ How to submit a claim
- ✔ In-network doctors
- ✔ Primary care, emergency care, specialty care, behavioral health and hospital care
- ✔ Care and coverage outside of Aetna's service area
- ✔ Care after normal business hours
- ✔ How to submit a complaint and appeal a decision
- ✔ How Aetna evaluates new technology to include in coverage

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



Ready to book your mammogram or colonoscopy?

Your Case manager can help you schedule these covered screenings. Call them at **1-866-600-2139 (TTY: 711)** from 8 AM to 8 PM CT, Monday through Friday.

4 important vaccines to consider

Now's the time to think about vaccinations that can help you stay well as the weather turns colder. If you are 65 and older or have an underlying health condition, it's important to ask your doctor about these four vaccines.



Vaccine	Who needs it	When to consider it
Flu	Everyone, but especially if you're 65 years and older or if you have another health condition. If so, you are more at risk of getting the flu and having complications. ³	Doctors recommended getting your flu shot in the fall, before the flu season gets into full swing.
COVID-19 (or COVID-19 booster)	Everyone 6 months or older. The Centers for Disease Control and Prevention recommends a second dose for some adults.	If you haven't received the vaccine yet. Already vaccinated? Talk to your doctor to see if you're eligible for a booster shot.
RSV (Respiratory syncytial virus)	Adults 60 years and older and some younger adults with certain health conditions can get an RSV vaccine.	Before RSV season begins, which is typically in the fall.
Pneumococcal (Pneumonia)	Pneumonia is a serious lung disease. Adults over age 65 years or those with some underlying health conditions should be vaccinated.	Most adults need one dose of two different vaccine types, a year apart.

³Centers for Disease Control and Prevention. People 65 years and older need a flu shot. Last updated February 13, 2023. Accessed January 26, 2023.

Buying health and wellness items? Read this first!

You can use the monthly benefit amount (allowance) on your Aetna Medicare Extra Benefits Card to buy approved healthy foods and select health and wellness items.

Select credit, not debit, at checkout. No PIN needed.

Call your Member Services team at **1-866-600-2139 (TTY: 711)** 24 hours a day, seven days a week to learn more.



Your plan web page has information about your coverage for the flu vaccine and other preventive services. Visit [AetnaBetterHealth.com/Illinois](https://www.aetna.com/betterhealth/illinois).

BENEFIT SPOTLIGHT

Take charge of your diabetes

Managing your diabetes today can lower your risk of more serious health problems in the future. Your plan benefits can help you handle your day-to-day diabetes care. They include your Aetna® Medicare Extra Benefits Card, Care manager support, SilverSneakers® fitness membership and more.

1 Monthly allowance

You can use the monthly benefit amount (allowance) on your Aetna Medicare Extra Benefits Card to buy approved healthy foods and select health and wellness items.

2 Case manager support

You have a Case manager that can help create a diabetes care plan for you. Call them today at **1-866-600-2139 (TTY: 711)** to learn how they can help.

3 SilverSneakers® benefits

Aetna members have access to online and in-person fitness classes through their covered SilverSneakers® membership. There are options like walking and stretching. To learn more, visit **SilverSneakers.com/GetStarted**. Always talk to your doctor before starting new exercises.

4 Covered screenings

Annual checkups, hearing exams and vision tests are all available to you at no added cost. These exams can help you safely manage your diabetes.

5 \$0 copays

You can get your covered prescriptions at no cost. Stop by an in-network pharmacy to get your covered diabetes medicines.



We work with you to get the right care

Our utilization management (UM) team makes sure you get the right care when you need it. UM staff can help you and your Providers make decisions about your health care.

- We make decisions by looking at your benefits and clinical guidelines for the most appropriate care and services.
- We consider your needs, evidenced-based practices and availability of care.
- You must have active coverage.
- We don't reward doctors or UM staff for denying coverage or care or reducing your services.

Have questions? Call Member Services at **1-866-600-2139 (TTY: 711)** 24 hours a day, seven days a week to learn more.

Ready to quit smoking? Your plan covers a smoking cessation program that includes counseling sessions. To learn more, call your Case manager at **1-866-600-2139 (TTY: 711)** from 8 AM to 8 PM CT, Monday through Friday.



Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to your Aetna® Case manager at **1-866-600-2139 (TTY: 711)** from 8 AM to 8 PM CT, Monday through Friday. Visit **AetnaBetterHealth.com/Illinois** for more information.

Did you know?



You can lower your risk of breast and colon cancer by following everyday lifestyle tips.



You can prepare for fall by making sure you're up to date on four vaccinations.



Aetna plans offer covered benefits and services that can help you manage your diabetes.



Find out more inside

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. Nations OTC is not a product or service of The Bancorp Bank, N.A. or Mastercard. The Bancorp Bank, N.A., is issuer of the card only and not responsible for other products, information or recommendations provided on this site. Please visit AetnaMMP.NationsBenefits.com for more information. ©2024 NationsBenefits, LLC. And NationsOTC, LLC. NationsOTC is a registered trademark of NationsOTC, LLC. All other marks are property of their respective owners. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved.