



Summer fun



[AetnaBetterHealth.com/Kansas](https://www.aetna.com/better-health/kansas)

Aetna Better Health® of Kansas

COVID-19 vaccines: Why you shouldn't wait.

Millions of people in the U.S. have had their COVID-19 shots. But we still have a long way to go. And it's important that you get a vaccine as soon as you can.

If you've been taking a "wait and see" approach, there are good reasons you can be confident in getting the vaccines now.

They're safe and they work

The vaccines are very good at preventing COVID-19. Even if you do get sick, your illness may be less severe if you've had your shots.

The vaccines have been studied in thousands of people. Those studies showed that they are safe and cause few side effects. Experts will continue to keep a close watch for any problems.

We still have things to learn about the long-term effects of the vaccines. But there's no reason to think they're any less safe than other vaccines. On the other hand, the dangers of getting COVID-19 are very real.

3 more reasons to roll up your sleeve

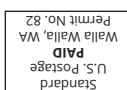
Vaccines lower your risk of getting COVID-19. But there are other reasons to get a vaccine now. For starters, you can help:

1. **Bring an end to the pandemic.** When enough people are immunized against COVID-19, the virus will be less able to spread around.

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- 2. Protect the health care system.** You've heard about the strain COVID-19 has placed on hospitals. Staying healthy helps ensure that those who need care can get it.
- 3. Safeguard those around you.** Getting your shots as soon as you can may make it less likely that you will spread COVID-19 to your inner circle. This could include your loved ones who may not be able to get the vaccine yet.

It's worth doing. Do it for yourself and your community.

Source: Centers for Disease Control and Prevention

Explore the mind-body connection with MyActiveHealth.

Our secure member portal has many tools to help you get the most out of your health plan. The portal includes great resources for helping you get healthy — in your mind and body.

Meet your health goals

First, sign up for an account at [AetnaBetterHealth.com/Kansas/members/portal](https://www.aetna.com/betterhealth/kansas/members/portal). Then you'll get secure access to all MyActiveHealth services. For help with your mental health, you'll find:

A digital coach. Even if you're pretty healthy, there are always ways to improve. In the Digital Coach Health Goals section, an interactive "chatbot" helps you focus on your goals. Being more active, losing weight and eating better can all help with your mental health.

The library. Tired of hunting for health answers? Just head

to the library. You can look up symptoms or find healthy recipes. Or you can browse health topics, including how to help your mental health.

Social communities.

Sometimes it helps to talk to people who truly get it. Our social communities let you connect with other people who have the same health challenges you do. It's a safe, secure, private place to chat. You can discuss topics like depression, cancer, diabetes and more.

You can also browse MyActiveHealth with your smartphone.

Don't have Internet access? You can call MyActiveHealth at **1-855-231-3716**. Ask what they can provide for you as a member of Aetna Better Health of Kansas.

After-School Engagement Program for kids.

Did you know that Aetna Better Health of Kansas offers a great benefit for your kids?

It is the After-School Engagement Program. It's for members ages 5 to 18. Aetna Better Health of Kansas members can get up

to \$50 per year for activities at participating:

- YMCAs
- Boys and Girls Clubs
- Boy Scouts
- Girl Scouts

To get the benefit, just call Member Services at

1-855-221-5656 (TTY: 711).

Ask for an application to take into the group you choose. Once you get it, take it and your member ID card into the group's office to show that you qualify for the benefit. It's that easy!



Aetna Better Health of Kansas, you get it at no cost to you.

Some tools you can use:

Health Assessment. This tool can help you decide which health goals to focus on first. It only takes about 10 minutes to complete. Then you'll get a detailed report of your results. You can download it, share it with your doctor and update it at any time.

Records. Looking for a single place to keep your health information? We'll fill in everything we know, from Health Assessment and lab results to claims details. Then you can enter what you know. The more you add, the easier we can spot possible drug interactions or family risk factors. And we'll suggest personalized health actions you can take.

There are so many tools to explore! Get started at **AetnaBetterHealth.com/Kansas/members/portal**.

Why register for our secure member portal?

Managing your health can be a challenge. But the tools that help you don't have to be. That's why we've made it easy to track your activity, get wellness advice, find healthy recipes — whatever gets you closer to achieving your health goals.

Manage your benefits

When you log in or create an account, you unlock the ability to do so much more with your health plan. You can manage


your Aetna Better Health of Kansas plan benefits and your health goals from anywhere.

On our secure site, you can:

- Review your claims or authorizations
- Validate your eligibility
- Submit requests

Find healthy ideas

On the member portal, you can also use MyActiveHealth. It's an easy way to take charge of your health. And as a member of

Contact us  Aetna Better Health® of Kansas
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 Overland Park, KS 66210
AetnaBetterHealth.com/Kansas

Member Services: **1-855-221-5656 (TTY: 711)**
 24 hours a day, 7 days a week
 Nurse Line: **1-855-221-5656 (TTY: 711)**
 Transportation: **1-866-252-5634 (TTY: 711)**

This newsletter is published as a community service for the friends and members of Aetna Better Health® of Kansas. This newsletter contains general health information that should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. Models may be used in photos and illustrations.

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Nondiscrimination notice.

Aetna complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Aetna does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Aetna:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card or **1-800-385-4104**.

If you believe that Aetna has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with our Civil Rights Coordinator at:

Address: Attn: Civil Rights Coordinator
4500 East Cotton Center Boulevard
Phoenix, AZ 85040

Telephone: 1-888-234-7358 (TTY: 711)

Email: MedicaidCRCoordinator@Aetna.com

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at **<https://OCRPortal.HHS.gov/ocr/portal/lobby.jsf>**, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, **1-800-368-1019, 1-800-537-7697** (TDD).

Complaint forms are available at **<http://www.HHS.gov/OCR/Office/File/Index.html>**.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company, and its affiliates.

Aviso sobre la no discriminación.

Aetna cumple con las leyes de derechos civiles federales aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad, orientación sexual, identidad de género o sexo. Tampoco excluye a las personas ni las trata de forma diferente por motivos de raza, color, nacionalidad, edad, discapacidad, orientación sexual, identidad de género o sexo.

Aetna brinda lo siguiente:

- Asistencia y servicios gratuitos a personas con discapacidad para que puedan comunicarse con nosotros de manera eficaz, como los siguientes:
 - Intérpretes del lenguaje de señas calificados.
 - Información escrita en otros formatos (en letra grande, audio, formatos electrónicos accesibles, etc.).
- Servicios de idiomas gratuitos a personas cuyo idioma primario no es el inglés, como los siguientes:
 - Intérpretes calificados.
 - Información escrita en otros idiomas.

Si necesita un intérprete calificado, información escrita en otros formatos, traducciones u otros servicios, llame al número de teléfono que figura en su tarjeta de identificación o al **1-800-385-4104**.

Si cree que Aetna no le ha brindado estos servicios o lo ha discriminado de alguna otra forma por motivos de raza, color, nacionalidad, edad, discapacidad, orientación sexual, identidad de género o sexo, puede presentar una reclamación a nuestro coordinador de derechos civiles a la siguiente dirección:

Dirección: Attn: Civil Rights Coordinator

4500 East Cotton Center Boulevard, Phoenix, AZ 85040

Teléfono: 1-888-234-7358 (TTY: 711)

Correo electrónico: MedicaidCRCoordinator@Aetna.com

Usted puede presentar una reclamación personalmente, por correo postal o correo electrónico. Si necesita ayuda para presentar una reclamación, nuestro coordinador de derechos civiles está disponible para ayudarlo.

También puede presentar una queja sobre derechos civiles en el portal para quejas de la Oficina de Derechos Civiles del Departamento de Salud y Servicios Humanos de los Estados Unidos ingresando en **<https://OCRPortal.HHS.gov/ocr/portal/lobby.jsf>**. Además, puede hacerlo por correo postal o por teléfono: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201; **1-800-368-1019, 1-800-537-7697** (TDD). Los formularios de quejas se encuentran disponibles en **<http://www.HHS.gov/OCR/Office/File/Index.html>**.

“Aetna” es el nombre comercial que se utiliza en los productos y servicios proporcionados por una o más de las compañías subsidiarias del grupo Aetna, entre las que se incluyen Aetna Life Insurance Company y sus filiales.

English	To access language services at no cost to you, call the number on your ID card.
Spanish	Para acceder a los servicios lingüísticos sin costo alguno, llame al número que figura en su tarjeta de identificación.
Vietnamese	Để sử dụng các dịch vụ ngôn ngữ miễn phí, vui lòng gọi số điện thoại ghi trên thẻ ID của quý vị.
Chinese Traditional	如欲使用免費語言服務，請撥打您健康保險卡上所列的電話號碼
German	Um auf den für Sie kostenlosen Sprachservice auf Deutsch zuzugreifen, rufen Sie die Nummer auf Ihrer ID-Karte an.
Korean	무료 다국어 서비스를 이용하려면 보험 ID 카드에 수록된 번호로 전화해 주십시오.
Lao	ເພື່ອເຂົ້າເຖິງບໍລິການພາສາທີ່ບໍ່ເສຍຄ່າ, ໃຫ້ໂທຫາເບີໂທຢູ່ໃນບັດປະຈຳຕົວຂອງທ່ານ.
Arabic	للحصول على الخدمات اللغوية دون أي تكلفة، الرجاء الاتصال على الرقم الموجود على بطاقة اشتراكك.
Tagalog	Upang ma-access ang mga serbisyo sa wika nang walang bayad, tawagan ang numero sa iyong ID card.
Burmese	သင့်အနေဖြင့် အခကြေးငွေ မပေးရပဲ ဘာသာစကားဝန်ဆောင်မှုများ ရရှိနိုင်ရန်၊ သင့် ID ကတ်ပေါ်တွင်ရှိသော ဖုန်းနံပါတ်အား ခေါ်ဆိုပါ။
French	Pour accéder gratuitement aux services linguistiques, veuillez composer le numéro indiqué sur votre carte d'assurance santé.
Japanese	無料の言語サービスは、IDカードにある番号にお電話ください。
Russian	Для того чтобы бесплатно получить помощь переводчика, позвоните по телефону, приведенному на вашей идентификационной карте.
Hmong	Yuav kom tau kev pab txhais lus tsis muaj nqi them rau koj, hu tus naj npawb ntawm koj daim npav ID.
Persian Farsi	برای دسترسی به خدمات زبان به طور رایگان، با شماره قید شده روی کارت شناسایی خود تماس بگیرید.
Swahili	Kupata huduma za lugha bila malipo kwako, piga nambari iliyo kwenye kadi yako ya kitambulisho.