

wellness & you

How to stick to your medication schedule

Do you sometimes forget a dose or have trouble getting pills down? These tips can help you stay on track with your treatment.



✔ Have a medication review.

During your annual visit, your provider will review your medications to see if you need all your current prescriptions.

✔ Pick up a weekly pill organizer. Try one with multiple sections for each day. It can help you stay organized, especially if you take many medications at different times of day.

✔ Stock up. You may be able to get up to a three-month supply of medications

you take to help manage conditions. This can mean less trips to the pharmacy for refills. Many prescriptions are also available by mail order. Learn more at [AetnaBetterHealth.com/DSNP](https://www.aetna.com/betterhealth/dsnp).

✔ Choose the easiest form of medication. Are you among the 40 percent of adults who find it hard to swallow pills? If so, ask your pharmacist or provider if there's a liquid version you can try. Or ask if you can crush or split pills to make them easier to swallow.

Need a pill organizer or tablet cutter?

You can get these and other approved health and wellness items with your over-the-counter or OTC allowance. To learn more about using your OTC benefit, call your Care Team at **1-844-362-0934 (TTY: 711)**. They're available **8 AM — 5 PM ET, Monday through Friday**.

Have questions about your medications? Your Care Team is here to help. Call them at **1-844-362-0934 (TTY: 711)**. They're available from 8 AM — 5 PM ET, Monday through Friday. For more information, visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/betterhealth/dsnp).

Primary care, urgent care or ER?

When a health issue pops up, you might wonder: Can it wait until you can see your provider? Or do you need help right away? For guidance, here are some examples of common issues and where you should go for care.



Problem:	Where to get care:
You've sliced your hand and may need stitches.	Head to urgent care.* They can check to make sure there's no nerve or tendon damage and stitch you up, if needed.
You've spotted a strange freckle.	Your provider. They can determine whether the mark is a problem and refer you to a dermatologist (if needed).
You slipped and fell on your arm, and you're worried it's broken.	Urgent care.* Many centers can give you an x-ray and cast (if it's broken). Plus, you can get a prescription for pain medicine if you need it.
You banged your head and lost consciousness.	The ER. You may need a PET or CT scan to check for serious injury, and the doctors there can prescribe you medication if necessary.
You're having sudden confusion and weakness in your face, arm or leg.	These could be signs of a stroke. Call 911 immediately.

Remember to take your Aetna ID card and Medicaid card (if you have one) whenever you need care or visit a pharmacy.

As an Aetna® Assure Premier Plus (HMO D-SNP) Plan member, you have a Care Team to help you get the ongoing care and benefits you need. You can reach them at **1-844-362-0934 (TTY: 711)**. They're available from **8 AM to 5 PM ET, Monday through Friday**.

To learn more about your benefits, visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/betterhealth/DSNP).

*Not all urgent care clinics are open 24 hours a day. If it's after hours, call the 24/7 Nurse Line at **1-844-362-0934 (TTY: 711)**. A nurse can help you decide if you should go to the ER right away or wait until the urgent care reopens.



Don't forget this appointment

Have you seen your primary care physician (PCP) yet this year? If not, now is a great time to schedule your annual checkup.

While you're there, be sure to:

- Get key numbers checked. That includes your blood pressure, cholesterol and blood sugar levels.
- Find out if you're due for any preventive screenings like for colon or breast cancer.
- Ask if you need any vaccinations such as the COVID-19 vaccine series or boosters.

Need help scheduling your visit? Call your Care Team. They can help make the appointment and answer your questions.

Remember: Your Care Team is there to make it easier to get the care you need.



5 ways to get the most out of a health care visit

Use these tips for remembering details, bringing up awkward topics and getting the best preventive care and treatment.

- 1 Make a list** Before your appointment, write down your health concerns and questions. That way you won't forget anything when you meet with your provider.
- 2 Know your family's medical history** It can offer clues about health issues you might come up against. If you have a family history of heart disease, for example, it can help guide your provider on which health screenings you might need and when.
- 3 Speak up** Talking about certain health issues can be uncomfortable. But don't let that stop you from bringing it up. Remember: Your provider has heard it all before, and they want to help you. To do that, they need complete and correct information.
- 4 Bring along a loved one** Having a friend or family member by your side can be very helpful. They can be a second set of eyes and ears to help remember details of your visit and to ask questions.
- 5 Record your conversation** Whether or not you have a buddy with you, you might also want to record your visit. It can help you recall and understand the information your provider gave you. Ask for your provider's okay before you record.

Questions about your health? Your Care Team is here to help.

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<Return Address>

<Recipient's Name>

<Mailing Address>

Health and wellness or prevention information

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Did you know?



✓ A few simple steps can make it easier to remember your medications.



✓ It's important to get your annual check-up and vaccines. Your Care Team can help.



✓ Learn five ways to get the most out of your health care visits.



Find all the details inside!

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. This material is for informational purposes only and is not medical advice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Contact a health care professional with any questions or concerns about specific health care needs. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna is not a provider of health care services and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to our website. The <formulary, provider and/or pharmacy network> may change at any time. You will receive notice when necessary. Aetna and CVS Pharmacy[®] are part of the CVS Health[®] family of companies.