

wellness & you

Easy ways to stay active

Exercise has almost endless benefits. It can lower your risk for some health problems, like heart disease. It can ease stress and boost your mood. The list goes on. One of the best ways to meet your exercise goals? Walking. It doesn't require any special equipment, and nearly everyone can do it. But it's not always easy to find time to go on a walk every day. Here are four easy ways to sneak in your steps.



Whistle — and walk — while you clean

Tidying up at home? Add extra movement. For example, make multiple trips between rooms to put items away. Or march in place while you wash dishes or dust. You will cross some chores off your to-do list and get a fitness burst, too.



Make your calls mobile

Every time your phone rings or you make a call, stand up and march in place or walk around while you chat. Think the call will be long? Head outside and walk around the block while you talk.



Get your steps in while you shop

Everyday errands are an opportunity to move more. If you go grocery shopping, take a lap or two around the outer aisles of the store before you fill your cart or basket.



Make some inside moves

Try walking in your living room for 10 to 15 minutes while listening to music. Or walk in place during TV commercial breaks.

As an Aetna® Assure Premier Plus (HMO D-SNP) Plan member, you also have access to the SilverSneakers® fitness program benefit. You can join online classes and workshops or watch on-demand video classes, workouts and how-to videos. Learn more at [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted).

Calling all members! Did you know that the health plan needs your help? We hold quarterly meetings where you can share feedback and advice on a variety of health plan areas and topics. Help make your health plan the best that it can be! If you are interested in learning more or participating in the Member Advisory Committee, talk to your Care Manager today.

Lower your risk of falling

Did you know that one of every five seniors who fall wind up in the hospital? In fact, more than 300,000 older adults take a spill that ends with a broken hip each year.¹ Here are a few ways to help you stay steady on your feet and prevent falls.



Don't risk a gap in your Medicaid coverage.

Be sure to update your contact info with the New Jersey Medicaid agency. This way, they'll be able to reach you to renew your Medicaid coverage. To confirm/update your contact information, which includes your address, email and phone number, call the State of New Jersey Medicaid agency at **1-800-701-0710 (TTY: 711)**. Or reach out to your Care Team.

1 Get your eyes checked regularly.

For older adults, poor vision doubles the risk of falling.² Seeing your eye doctor for an annual eye exam can help you catch and address any new or changing vision issues. And as a D-SNP member, you get an annual allowance for eyewear.

¹Centers for Disease Control and Prevention. **Hip fractures among older adults.** September 20, 2016. Available at: <https://www.cdc.gov/falls/hip-fractures.html>. Accessed <September 6, 2022.

²Centers for Disease Control and Prevention. **Vision impairment and older adult falls.** August 10, 2021. Available at: <https://www.cdc.gov/visionhealth/resources/features/vision-loss-falls.html#ftn3>. Accessed <September 6, 2022.

2 Check your blood pressure.

Low blood pressure means there may not be enough blood getting to your brain. When you stand up from sitting in a chair or get out of bed, you might feel dizzy. And if you feel dizzy, you are more likely to fall.

3 Pay attention to your hearing.

Good hearing can help you tune in to obstacles you might trip over, like pets or small children. It also helps you keep your balance. If a hearing exam shows you would benefit from hearing aids, don't forget you get yearly hearing allowance for hearing aids, which are also available at a reduced cost.

Are your shots up to date?

Staying up to date on your vaccines is one of the best ways to stay healthy. You can get many vaccinations at no extra cost at your Provider's office or a CVS® pharmacy, Minute Clinic or other pharmacy. Here are three key vaccines to ask your Provider about this fall:

Vaccine	Who needs it	When to get it
FLU	Everyone, but especially if you're 65 years or older or have a health condition.	It's best to get your flu shot in the fall before the flu season starts in the winter.
SHINGLES	Adults 50 years or older need two doses of Shingrix. Had a different vaccine? Talk to your doctor – you may need another shot.	As soon as possible
PNEUMOCOCCAL (pneumonia, meningitis, sepsis)	Adults 65 years or older and some younger people with health conditions.	Talk to your Provider. Most adults need one dose of two different vaccine types a year apart.

Eat well — no matter your ability

Whether it's a cognitive issue, you have a hard time moving around or you find swallowing to be difficult, eating healthfully can be a challenge. But you can eat healthy and safely — even if you're living with a disability. Here's how.

- ✔ **Choose soft foods**
Yogurt, applesauce, mashed potatoes or soup are good options for nutritional snacks and meals.
- ✔ **Eat smaller, more frequent meals**
Avoid getting too hungry. That can lead to eating too quickly, which raises the risk of choking.
- ✔ **Cut your food into bite-size pieces**
That way, there is less of a chance of choking.
- ✔ **Look into local services**
Need help with meal preparation? Home health aides or services may be able to deliver prepared meals.
- ✔ **Avoid foods that might cause choking**
Steer clear of nuts, grapes, popcorn or raw carrots.
- ✔ **Choose finger foods**
If using a fork is difficult, sandwiches are always a good option.
- ✔ **Talk to your health care Provider**
If you are having a difficult time preparing or swallowing food, discuss it with your Doctor. This is especially important if you've lost weight and aren't sure why. They can help you find solutions.

Questions about your health and wellness? 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).

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<Return Address>

<Recipient's Name>

<Mailing Address>

Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to your D-SNP care team at **1-844-362-0934 (TTY: 711)**. They're available from **8 AM – 5 PM ET, Monday through Friday**. Visit **AetnaBetterHealth.com/DSNP** for more information.

Did you know?



- ✓ A few tricks make it easier to sneak more walking into your daily routine.



- ✓ Staying up to date on your immunizations can keep you well.



- ✓ Certain medications can raise your risk of falling.



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. SilverSneakers[®] is a registered trademark of Tivity Health, Inc. © 2021 Tivity Health, Inc. .