

wellness & you

Your Aetna® Assure Premier Plus (HMO D-SNP) member newsletter

Outsmart holiday health challenges

Even the biggest fans of the holiday season must admit that this time of year has its health challenges. Flu bugs and sugary temptations are everywhere. Good news: You can be merry *and* stick to your health goals. Outsmart these common obstacles with our smart tips.

Dessert overload

What's a holiday get-together without sweets? A plain old gathering. So go ahead and treat yourself — just make “one and done” your mantra. Pick your favorite treat and take your time eating it so you can fully enjoy it.

No time to exercise

A little exercise is better than none. Even a 10-minute walk can make a big

difference. Walking around the mall while you window shop or dancing in front of the television both count as exercise.

Trouble sleeping

Getting enough sleep may be the last thing on your mind during the busy holiday season. But lack of sleep can make you more likely to get sick. Turn off your phone and TV at least an hour before bedtime. Then do something relaxing like taking a warm bath.



It's time for Medicaid renewals!

Renewing your Medicaid coverage will help you stay enrolled in your plan. To learn about the renewal period, contact your county Medicaid agency to make sure your contact information is up to date. Head to nj.gov/humanservices/njsnap/home/cbss.shtml to find your county's information.

Look for a notice from your NJ County Eligibility Agency with the due date and instructions on how to submit your renewal. Take action as soon as possible. Then, watch for letters from your NJ County Eligibility agency and Aetna letting you know about your eligibility, coverage and next steps.

Go to AetnaBetterHealth.com/newjersey/medicaid-renewal.html to learn more. Need help? Call **1-844-362-0934 (TTY: 711)** to talk to a Member Advocate.

¹U.S. Department of Agriculture. Dietary guidelines for Americans 2015-2020. Available at <https://health.gov/dietaryguidelines/2015/guidelines/appendix-9/> Accessed June 20, 2023.

Calling all members! 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 breast cancer risk

Breast cancer affects both women and men. And while you can never get rid of your risk completely, you can lower it by staying healthy and following these tips every day.



Be active

The American Cancer Society recommends adults get at least 150 minutes of moderate-intensity activity each week.² While you move, you should be able to talk but not sing. Some good exercise options include:

- Brisk walking
- Dancing
- Gardening



Don't smoke

People who smoke or used to smoke are more likely to get breast cancer than those who don't or never did. This is because of the dangerous chemicals in tobacco. If you use tobacco products, talk with your doctor about quitting.



Aim for a healthy weight

Too much body fat can increase your breast cancer risk, especially after menopause. Talk to your health care provider about safe ways to reach the healthiest weight for you.



Limit alcohol

Even small amounts of alcohol can increase your breast cancer risk. It is best not to drink alcohol at all. But if you do have an occasional drink, have no more than one a day. One drink is 12 ounces of beer, 5 ounces of wine or 1.5 ounces of hard liquor.



Eat a healthy diet

Swap processed foods, red meat and sugary drinks with foods that can help lower the risk of breast cancer, such as:

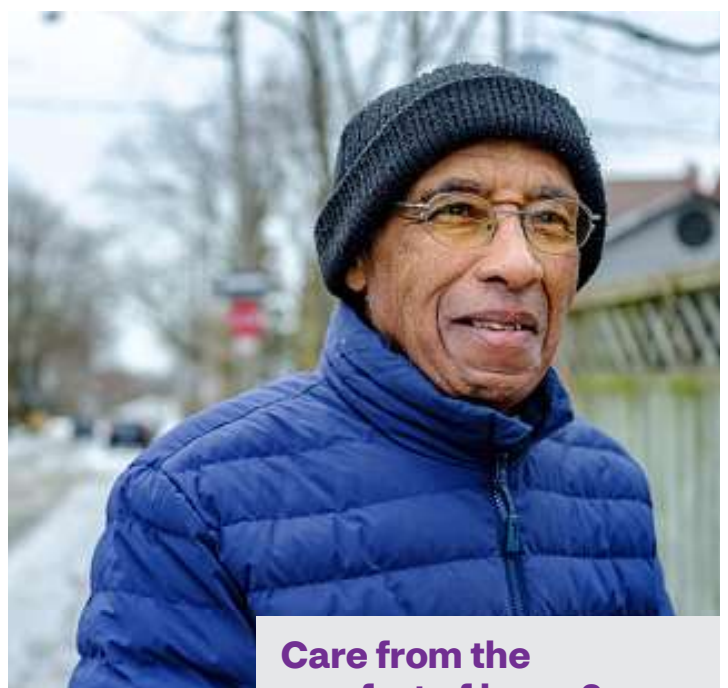
- Whole grains like brown rice and oatmeal
- High-fiber foods like beans and berries
- Healthy fats like salmon, tuna or nuts

² American Cancer Society. American Heart Association Recommendations for Physical Activity in Adults and Kids. Available at <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults> Accessed June 1, 2023.

Have you completed your annual health survey? Doing so helps our Care Team get you the benefits you need. To complete your survey, call them at **1-844-362-0934 (TTY: 711)** from 8 AM–8 PM ET, Monday through Friday.

Stay steady on your feet

Falls are a worry year-round. But simple things like walking to the mailbox or stepping out of your car are even riskier during icy or snowy weather. They can easily lead to broken bones and other injuries. Stay safe — and steady — with this winter guide to fall prevention.



1 Choose the right shoes

Wear boots or other well-fitting shoes to help keep your balance. Walking shoes, trainers and hiking boots are all great options. Whatever shoes you choose, make sure they check these boxes:

- Comfortable
- Well-fit
- Good grip in the sole
- Plenty of cushioning to support your joints

2 Keep an eye on the ground

Watch out for ice, slippery snow or anything you can trip over like rocks and sticks. Walk on salted or shoveled sidewalks and marked trails whenever possible. And stay up to date on your eye appointments to help make sure your vision is at its best.

3 Take your time

Always walk slow and steady. This will help you keep your balance, especially if you're on slick ground. Try to leave early so you're not rushing, which might cause you to walk faster.

4 Bring your phone

Even if you're just headed to your mailbox, it's important to bring your phone with you. This way, you'll be able to call for help if you do fall. Going for a longer walk? Bring a friend, neighbor or family member with you.

Remember: You're covered for a Personal Emergency Response System (PERS) device to call for help in an emergency. Call Lifestation at **1-855-798-9948** to sign up.

Care from the comfort of home?

Yes! As an Aetna member, you have access to the Healthy Home Visit program, where a trusted licensed clinician will come to your home for a private visit. Or connect with a clinician online via a telehealth appointment instead. It's a no-cost benefit, plus you'll get a \$50 reward in return for completing the visit. Just follow these simple steps:

- 1.** Call our Care Team to learn more and schedule a Healthy Home Visit.
- 2.** After you've had your appointment, you will receive a \$50 CVS gift card. Please allow 6–8 weeks for gift cards to arrive in the mail.

Ready to book your visit? Give our Care Team a call at **1-844-362-0934 (TTY: 711)** from 8 AM–5 PM, Monday through Friday.

Have questions about your benefits? Member Services is here to help. Call them at **1-844-362-0934 (TTY: 711)** from 8 AM–8 PM ET, seven days a week. Visit **AetnaBetterHealth.com/DSNP** for more information.

<Return Address>

<Recipient's Name>
<Mailing Address>

Health and wellness or prevention information

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

Did you know?



It's time to renew your Medicaid so you can continue getting the health benefits you need.



You can share feedback with us to help improve your health plan.



Completing your annual health survey can help your Care Team make sure you get the benefits you need



Find out more inside

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