



Enjoying Life

Aetna Better Health® of New York - Spring 2023

What are Social Determinants of Health?

Social Determinants of Health (SDOH) are the non-medical areas of life that affect health outcomes. They are the conditions in the surroundings where people are born, live, learn, work, play, worship, and age that can affect and shape how a person lives their daily life and the outcome of their life.

Examples of Social Determinants of Health, which can affect your health, well-being, quality of life in positive and negative ways includes:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and reading skills

SDOH plays an important role in how someone may live their life. For example, people who do not have access to grocery stores with healthy foods are less likely to have good nutrition. This may then raise the risk of health conditions like heart disease, diabetes, and obesity. It may even lower the life expectancy compared to people who do have access to healthy foods.

For more information on SDOH and how it is being addressed, visit the links below.

<https://health.gov/healthypeople>

<https://www.cdc.gov/about/sdoh>

[AetnaBetterHealth.com/NewYork](https://www.aetna.com/better-health/new-york)

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2185900-NY-EN

Don't forget your Dental benefits!

Practicing good dental health is important to keeping a healthy mouth, teeth, and gums. It will also affect your ability to eat, speak, smile, and show emotions. As a member dental service is one of your covered benefits. This service is provided by LIBERTY Dental Plan.

Coverage includes:

- 1 exam and cleaning every 6 months
- Diagnostic X-rays
- Restorative dentistry (fillings)
- When medical necessary:
- Oral surgery
- Root Canals (pre-authorization is needed)
- Crowns and Dentures (pre-authorization is needed)

You will need a referral from a general dentist before seeing a specialist.

For more information:

Call: LIBERTY Dental at **1-866-674-0982**
(TTY: 1-877-8039)

Aetna Better Health Member Services at **1-855-456-9126** for assistance.

[Aetnabetterhealth.com/NY/members/mltc/dental](https://www.aetna.com/better-health/new-york/members/mltc/dental)

<https://www.cdc.gov/oralhealth/basics/index.html>



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Advance Care Planning

Advanced Care Planning involves discussing and preparing for future decisions about your medical care if you become seriously ill or unable to speak to your wishes. Here are two examples of Advance Care Planning.

Living Will- A living will is a legal document that tells others your wishes for care that could keep you alive if you were in danger of dying. The document goes into effect once your doctor confirms that you are not able to make your own decisions. There is no standard Living Will form.

Power of Attorney (POA)- Allows you to choose a person to act on your behalf under the conditions that you set. The POA lasts until you cancel the POA or upon your death. The POA generally covers and authorizes the person of your choosing to make decisions for you. This may be related to your property, finance and other non-healthcare decisions.

It is important to know that under New York Health Care Proxy law, **you cannot use these two forms to appoint a Health Care Proxy**. To appoint a Health Care Proxy agent, you must complete a Health Care Proxy form. Talk to your case manager today to learn more about Health Care Proxy.

Visit www.ag.ny.gov for the New York Attorney General Guide: Making Your Wishes Known and Honored or call the Attorney General's Office Health Care Helpline at **1-800-771-7755** to obtain more information on Advance Directives. Visit www.tax.ny.gov/poa for more information on Power of Attorney.

Source: <https://ag.ny.gov/sites/default/files/publications/advancedirectives.pdf>

New York Alert

New Yorkers can now use 'NY-Alert' to receive information on what is happening in your area right away. NY-Alert gives important updates in real time including severe weather warnings, major highway closures, unsafe material spills and other emergency conditions. The information is provided by New York emergency personnel.

- Gives instructions and protective actions in emergency situations
- All areas of New York State are included
- Free to sign up and receive alerts
- Control what kind of emergency updates you wish to receive
- Decide how you want to receive the updates (email, text message, phone, or fax)
- Opt-out at any time

Register today at: alert.ny.gov or call **1-888-697-6972**.

Source: <http://www.alert.ny.gov>

Our Member Service team is here for you. If you have questions, call us at **1-855-456-9126 (TTY: 711)**. We're here 24 hours a day, 7 days a week. You can also go to our website at AetnaBetterHealth.com/NewYork.



Immunity Boosting Smoothie (serves: 3)

Get healthy and stay healthy with this Vitamin C rich smoothie!

Ingredients:

- 2 Whole peeled Oranges
- 2 Whole peeled Bananas
- 1 cup frozen Mango chunks
- 1 tsp Ginger peeled and sliced
- 1 Tbsp Lemon Juice
- 1 Tbsp Honey
- 1 cup Milk (can also replace with Almond, Oat, Coconut, soy)

Instructions:

- Combine oranges, bananas, frozen mango, ginger, lemon juice, honey, and choice of milk in blender
- Blend until fully combined (about 1 minute)
- Add more choice of milk as needed for creamy texture