

Book these 4 key exams

Stop health problems in their tracks — or catch them early when they're often easier to treat. These four annual exams are the key to doing just that. Need a ride to your appointments? Call our Care Team. They may be able to help.



Annual wellness visit

An annual wellness visit gives you time to talk with your Primary Care Provider (PCP) about ways to stay healthy and prevent illnesses and injuries. Your PCP will review your medications and make sure you're up to date on your screenings and vaccines.



Eye exam

As an Aetna® Assure Premier Plus (HMO D-SNP) member, your vision exams are covered. Annual eye exams help make sure your vision is in good shape. They also look for eye diseases like glaucoma or cataracts.



Dental check-up

Your plan covers two dental exams per year. Your chances of getting cavities, gum disease and tooth loss go up as you get older. Visiting your dentist twice per year can help stop these issues from happening.



Hearing exam

Straining to hear? This can lead to falls, trouble focusing and feelings of isolation. Getting your hearing checked every year is important for avoiding these problems. Call our Care Team at **1-844-362-0934 (TTY: 711)** to take advantage of this covered exam.

Did you know?

You can earn gift cards by using your benefits. Here are ways to get started:

✔ Book your annual wellness visit with your PCP.

✔ Call your Care Manager at **1-844-362-0934 (TTY: 711)** to complete your annual health survey.

To learn more about the Healthy Rewards program, call Member Services at **1-844-362-0934 (TTY: 711)**, from **8 AM – 8 PM, ET, seven days a week.**

Schedule your next health exam. Call our 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.

Find your happy

It's no secret that life is more enjoyable when you're happy. Even better, happiness leads to great health benefits such as low blood pressure, lower risk of heart disease and a healthier weight. But sometimes it takes a little work to keep a smile on your face. Here are expert tips for staying positive every day.



Spend time with happy people

Get together with family, friends and neighbors who are positive. You'll feel a sense of connection and be inspired to feel good yourself.

Bonus:

Connection with upbeat people can lead to improved physical and emotional well-being.

Tune into your senses

Using your five senses can help you stay in the moment. When you focus on the sights and sounds around you, it's harder to get distracted by your thoughts. This can help calm your mind. During the day, pause to ask yourself questions like:

- *What can I hear?*
- *What do I see?*
- *Do I feel, taste or smell anything?*

Practice gratitude

Having an attitude of gratitude can help ease symptoms of depression and give you peace of mind. Keep a journal or make lists of what makes you happy such as:

- *A cozy warm blanket*
- *Bright flowers*
- *Phone calls with family and friends*

Do acts of kindness

Be kind to someone you know or even a stranger. Start with something as simple as a smile. The more positive acts you do for others, the happier you will feel.¹

Get the help you need

Feeling negative or down every day? You might benefit from talking with a mental health professional. They can help you see if your unhappiness is a sign of a condition like anxiety or depression and get you the support you need.

¹ Rowland L and Curry OS. **A range of kindness activities boost happiness.** The Journal of Social Psychology. May 15, 2018, 159(3), pp: 340-343.

5 tips for better dental health

What's the secret to spending less time and money at the dentist's office? Stopping problems before they start. Here are five healthy dental habits to start practicing today.



1 Brush regularly

Brushing your teeth regularly is key to good oral health. It prevents plaque buildup. Aim to brush two times a day — once in the morning and once before bed. And try to clean your teeth and tongue for about 2 minutes each time.

2 Brush the right way

Brushing your teeth is important and so is brushing correctly. Choose a soft toothbrush. Angle it toward your gums in small circular motions. If you have arthritis, ask your dentist about electric toothbrush options that will make brushing easier.

3 Don't forget to floss

Leaving food in between your teeth can lead to gum disease. Some signs of gum disease: red, tender or bleeding gums, a bad taste that won't go away and painful chewing. Aim to floss once per day to clear out particles your toothbrush can't reach.

4 Stop grinding your teeth

Stress can cause you to grind your teeth during the day or even while you're sleeping. This bad habit can lead to tooth decay. Talk with your doctor about ways to stop grinding your teeth, like mouth guards or stress-relief methods.

5 Quit smoking

Chemicals from tobacco can damage your teeth in many ways. Smoking also increases your risk of oral cancer and gum disease. If you're a smoker, make a plan to quit.

Something to smile about:
As a member, your dental check-ups are covered. To learn more, call Member Services at **1-844-362-0934 (TTY: 711), from 8 AM – 8 PM, ET, seven days a week.** Visit **AetnaBetterHealth.com/DSNP** for more information.

Need more support? Our Care Team can connect you with a mental health professional. Call them at **1-844-362-0934 (TTY: 711), from 8 AM – 5 PM, ET, Monday through Friday.** Or visit **AetnaBetterHealth.com/DSNP** for more information.

Get a \$50 gift card when you complete your annual health survey. To learn more, call our Care Team at **1-844-362-0934 (TTY: 711), from 8 AM – 5 PM, ET, Monday through Friday.** You can also 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 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?



Important yearly appointments are covered by your plan.



Our dedicated Care Team is ready to help answer questions about your mental health.



You can get a \$50 gift card when you complete your annual health survey.



Find out more inside

Aetna, CVS Pharmacy[®] and MinuteClinic, LLC (which either operates or provides certain management support services to MinuteClinic-branded walk-in clinics) are part of the CVS Health[®] family of companies.

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Aetna Assure Premier Plus (HMO D-SNP) is a Fully Integrated Dual Eligible Special Needs Plan with a Medicare contract and a contract with the New Jersey Medicaid program. Enrollment in Aetna Assure Premier Plus depends on contract renewal. 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. Earned rewards may not be used on alcohol, tobacco or firearms or be converted to cash.