

HEALTHY ALL YEAR

Stay safe at home

Hello

Falls are a common cause of injury, especially for older adults. Sometimes it can feel harder to move around or feel confident about daily activities after taking a fall. But with a few simple changes, you can make your home much safer and keep doing the things you enjoy.



Room	Fall-prevention tips	
Living room	Lay down non-slip rugs: Make sure rugs are secure or non-slip.	Use supportive furniture: Chairs with sturdy armrests can help you stand.
Bedroom	Clear the floors: Remove clutter and keep pathways open.	Use bright lighting: Use nightlights and make sure rooms are well-lit.
Bathroom	Install grab bars: Place near the toilet and inside the shower.	Use non-slip mats: Put non-skid mats in the shower and on the floor.
Kitchen	Organize your cabinets: Keep everyday items on lower shelves.	Use a sturdy step stool: Use a stable step stool with a handle if you need to reach high shelves.
Stairs & hallways	Install good lighting: Motion-sensor lights make for easier navigation.	Mark the steps: Use bright tape on stair edges for visibility.

Benefit spotlight

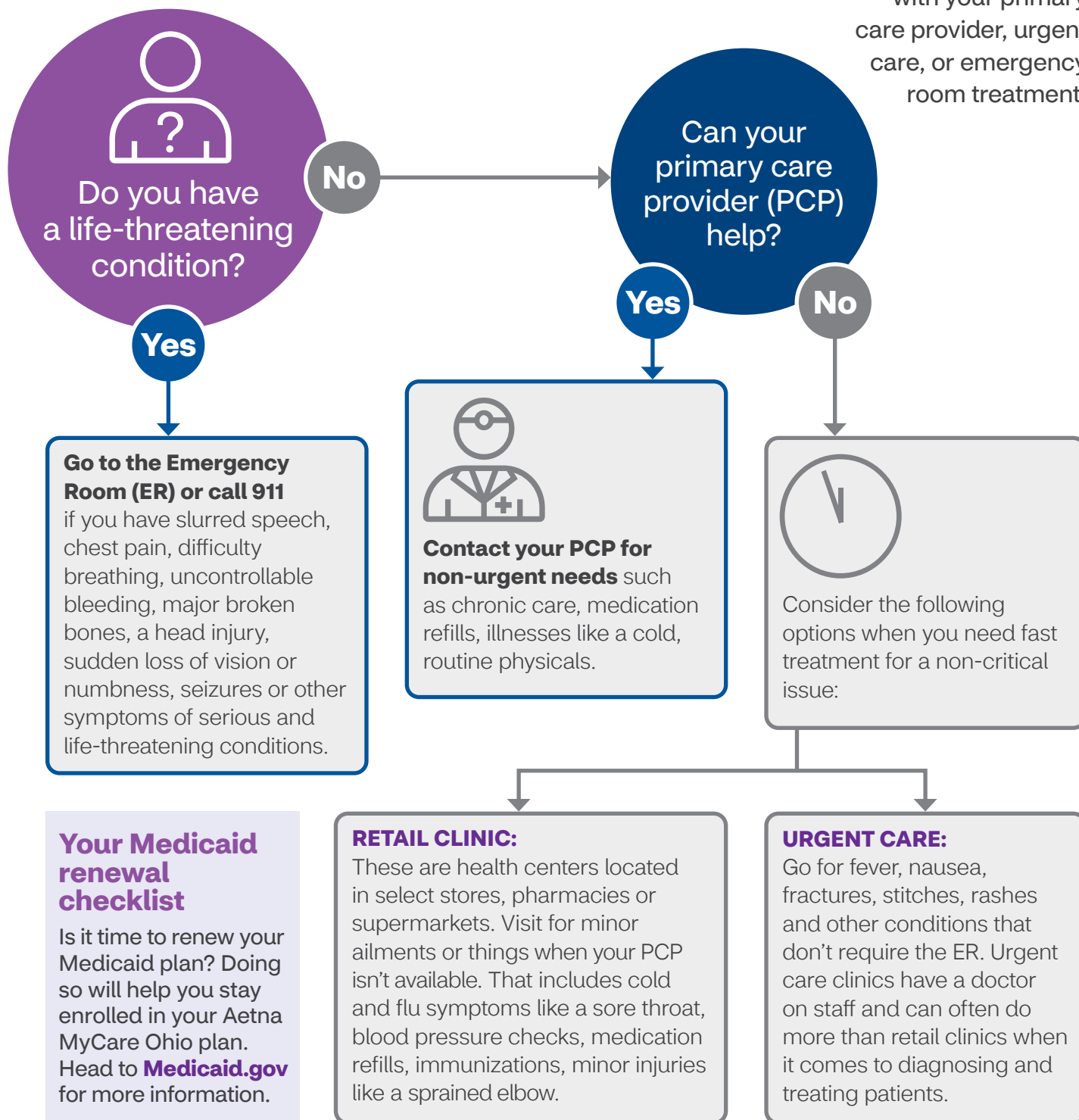


Have you scheduled your Annual Wellness Visit (AWV)?

This covered exam is a chance to discuss health concerns and even get a fall risk assessment. Your care manager can help you schedule your AWV. Call them at **1-855-364-0974 (TTY: 711)** 24 hours a day, 7 days a week.

Find the right care fast

Use this simple flowchart to quickly decide if you need a visit with your primary care provider, urgent care, or emergency room treatment.



MAXIMIZE YOUR PLAN

Ways to save with your Aetna plan

Make sure you use all the valuable benefits and services your Aetna plan has to offer. Here are three that are at your fingertips right now.



1. Use your Aetna Medicare Extra Benefits Card

If you qualify, you can get help paying for healthy foods with your Aetna Medicare Extra Benefits Card.* Call Member Services to learn more.

2. Save on prescription drugs

With your Aetna plan you have \$0 copay on covered Part D prescription medications at in-network pharmacies.

3. Enjoy no-cost fitness classes

Aetna members have a no-cost SilverSneakers® fitness benefit to use for in-person and online fitness classes, online life skills courses and more. Visit **SilverSneakers.com** today.

Resource spotlight



Take advantage of this federal program

You have access to the federal no-cost cell phone program. This means you'll get a cell phone at no cost to you.

Spend your over-the-counter (OTC) allowance

You have \$35 per month to help pay for select OTC health and wellness items. Call Member Services to learn more.

Schedule a ride

Having a reliable ride to and from your medical appointments is important. If you qualify, your plan will include 30 one-way trips per year for health-related appointments.

*The benefit mentioned is a part of a special supplemental program for the chronically ill.

Find helpful information

Check your Summary of Benefits or visit **AetnaBetterHealth.com/Ohio** to learn about:

- Covered benefits
- Language assistance
- How to submit a claim for reimbursement
- In-network doctors
- Primary care, emergency care, specialty care, behavioral health and hospital care
- Care, coverage and benefit restrictions outside of Aetna's service area
- Care after normal business hours
- How to submit a complaint and appeal a decision

For a printed copy of this information, call Member Services at **1-855-364-0974 (TTY: 711)**, 24 hours a day, 7 days a week.



Quick tip: Remember to have your current address, phone number and email address on file. Call Member Services at **1-855-364-0974 (TTY: 711)** 24 hours a day, 7 days a week to make sure this info is correct.



Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to your care manager at **1-855-364-0974 (TTY: 711)** 24 hours a day, 7 days a week. Or visit **AetnaBetterHealth.com/Ohio** for more information.

Did you know?



There are simple home changes to help prevent falls and stay independent.



You can find out where to go for care based on your symptoms.



Your Aetna® plan offers benefits that can help you save money.

Aetna Better Health of Ohio is a health plan that contracts with both Medicare and Ohio Medicaid to provide benefits of both programs to enrollees. The benefits mentioned are a part of a special supplemental program for the chronically ill. Not all members qualify. See Member Handbook for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. The Benefits Mastercard® Prepaid Card is issued by The Bancorp Bank, N.A., Member FDIC, pursuant to license by Mastercard International Incorporated. Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. This is a benefits card that can only be used at certain Mastercard merchants participating in this program and will be authorized for qualified purchases as set forth in your Cardholder Agreement. Valid only in the U.S. No cash access. Certain of these materials may be available in additional languages upon request. This is not a gift card or gift certificate. You have received this card as a gratuity without the payment of any monetary value of consideration. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved.