

wellness & you

Your Aetna® Dual Eligible Special Needs Plan member newsletter

HEALTHY ALL YEAR

Lower your risk of breast cancer

Breast cancer can happen to anyone — even men. You can never get rid of your risk completely. But the good news is you can lower it by getting tested and staying healthy with these everyday tips.

Be active

The American Cancer Society recommends adults get at least 2.5 hours of moderate-intensity exercise each week.¹ Some good options include:

- Brisk walking
- Dancing
- Stretching

Don't smoke

People who smoke are more likely to get breast cancer than those who don't. This is because of the dangerous chemicals in tobacco. If you use tobacco products, talk with your doctor about ways to quit. And try to spend less time around others who are smoking. Second-hand smoke can raise your risk, too.

Lower alcohol use

Even small amounts of alcohol can raise your breast cancer risk. Many providers recommend not drinking alcohol at all. If you do have an occasional drink, women should have no more than one a day. For men, have two drinks or less. 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, like:

- Whole grains like brown rice and oatmeal
- Fiber like beans and broccoli
- Healthy fats like yogurt and tuna



7 signs of breast cancer

When cancer is found early, it's usually easier to treat. Talk to your doctor as soon as possible if you spot any of these symptoms:

- A hard lump in your breast or near your underarm
- Thickening or fullness in one area of the breast
- Skin dimpling or puckering
- Nipple is pushed in (and it wasn't before)
- Redness, warmth, swelling or pain
- Itching, scaling, sores or rashes on the breast
- Bloody nipple discharge

¹ American Cancer Society. American Heart Association recommendations for physical activity in adults and kids. January 19, 2024. Available at: [Heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults](https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults). Accessed May 28, 2024.



Ready to book your mammogram? Your care team can help you schedule this covered screening. Call them at **1-855-463-0933 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday. Se habla español.

Cool off with water moves



Beat the heat by staying active in the water. Your covered SilverSneakers® benefit gives you access to some community pools. There, you can practice exercises that may help make your muscles stronger. If you don't live near a pool, you can try moves like jumping jacks and walking laps outside of the water.

1 Aerobics

Water aerobics is easier on your joints compared to the hard ground. See if your community center has water aerobics classes. Or make up your own routine. Try leg kicks or jumping jacks. You can also try these moves outside of the water. But remember to check with your provider before starting new exercises.

2 Laps

Swimming is great for bettering heart health and lowering blood pressure. Pick your favorite swim stroke and swim laps. Not in the mood for swimming? Walk or jog in the shallow end of the water. This exercise is great for your muscles and bones.¹ Or try a brisk walk around the block or park if a pool is not available to you.

3 Stretching

Water exercises don't have to be hard workouts. They're also great for focusing on flexibility. Head to the shallow end of the pool and get your joints and muscles moving. You can lift your arms up, bend your knees or stretch out your back. If you don't live near a pool, you can practice stretches from the comfort of home.

Stay hydrated

Water is good for your health. And it's even more important in hot or humid weather that can lead to dehydration. Signs of dehydration include dry mouth, dizziness and dark urine. If you see these signs, call the 24-Hour Nurse Line at **1-855-463-0933 (TTY: 711)** to ask about your symptoms. And drink water. You can also eat hydrating foods such as tomatoes, spinach, raspberries, watermelon, oranges and bell peppers. If symptoms continue, call **911**.

¹ Harvard Health Publishing. Simplify your workout with lap swimming. July 1, 2019. Available at: [Health.Harvard.edu/blog/simplify-your-workout-with-lap-swimming-2019070117254#](https://www.health.harvard.edu/blog/simplify-your-workout-with-lap-swimming-2019070117254#). Accessed May 28, 2024.



Get moving. Aetna® members can take fitness classes through their covered SilverSneakers® fitness membership. Go to [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted) to learn more.

BENEFIT SPOTLIGHT

Save money on prescriptions

As an Aetna® member, you have a prescription drug benefit that may help you save money through \$0 copays and a 100-day supply of certain prescription medications. Here's what to know.



Are my prescription medications covered?

You can search your formulary (list of covered drugs) to find out if your prescription medications are covered. To read your formulary, visit [aet.na/3-jul24](https://aetna.com/3-jul24) or scan this QR code with a smartphone. Don't see your prescription? Call your Member Services team at **1-855-463-0933 (TTY: 711)** from 8 AM to 8 PM, seven days a week.



Do I have a copay on my prescriptions?

Aetna D-SNP members can enjoy a \$0 copay on select covered Part D prescription medications at in-network pharmacies. Visit your secure member website to find out if your pharmacy is in network. If you need a new pharmacy, choose "Find a pharmacy." Then, enter your ZIP code to search in your area.

Do I have options when ordering my prescriptions?

For certain medications, you may be able to save yourself a trip to the pharmacy and order by mail if you use the CVS

Caremark® Mail Service Pharmacy. If you use a different pharmacy, ask if this service is available. Search for your prescription in the formulary. Drugs marked "mail order" or "MO" can be shipped to you. Call your care team to sign up.

D-SNP members can get some medications in up to a 100-day supply which may help you save some money. To start, ask your primary care provider (PCP) to write your next prescription for a larger supply.



Buying over-the-counter (OTC) medicine? Read this first!

You can use the monthly benefit amount (allowance) on your Extra Benefits Card to buy select over-the-counter (OTC) health items like pain-relief medicine at approved locations, through the online OTC catalog or by calling a NationsBenefits Member Experience Advisor at **1-877-204-1817 (TTY: 711)**. Visit [aet.na/7-jul24](https://aetna.com/7-jul24) or scan this QR code with your smartphone.



Don't forget to complete your annual health survey. Doing so helps your care team get you the benefits you need. Call them today at **1-855-463-0933 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday. Se habla español.



Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to your D-SNP care team at **1-855-463-0933 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday. Or visit **AetnaBetterHealth.com/MyDSNP** for more information.

Did you know?



There are important tips to follow to help lower your risk of breast cancer.



Beat the heat — and stay active — with three water exercises.



Aetna D-SNP members have benefits that can help with filling prescription medications.



Find out more 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. Participating health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. If your plan's Extra Benefits Card includes roll-over, any unused amount will rollover into the next month. The monthly amount can be rolled over through the end of the plan year but will not carry over into the next plan year. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2024 Tivity Health, Inc. All rights reserved. For mail-order, you can get prescription drugs shipped to your home through the network mail-order delivery program. Typically, mail-order drugs arrive within 10 days. You can call **1-866-409-1221 (TTY: 711)** 8 AM to 8 PM, 7 days a week if you do not receive your mail-order drugs within this timeframe. Aetna and CVS Caremark® Mail Service Pharmacy are part of the CVS Health® family of companies.