

wellness & you

HEALTHY LIVING



NEED TO RENEW?

You must renew your coverage every year. Visit aetna.com/la23q4-1 or scan the QR code below to learn more.



Eat healthy during the holidays

With seasonal sweets and treats everywhere, it can be tough to stick to a healthy diet. Use these tips to make smart choices — without sacrificing flavor.

Choose lighter festive foods

Who says holiday foods have to be heavy? Simply enjoy lighter desserts, like pumpkin pie or angel food cake with fruit, rather than higher-calorie options like fudge cake or pecan pie.

Follow the plate method

Use this trick to fill your plate with a balanced meal: Fill half your plate with good-for-you vegetables, a quarter with protein (like turkey or ham) and the last quarter with starch (like mashed potatoes or a dinner roll).

Keep healthy snacks handy

Carry snacks like carrot sticks, nuts or fresh fruit with you for between-meal munchies. When you aren't hungry, you're less likely to indulge in extra treats.

Get moving

Don't settle in for a nap after a big meal. Do something active as a family instead. Moving after a meal can help digestion and lower blood sugar. Bundle up for a quick after-dinner walk and enjoy the festive decorations while you stroll!

3 ways to ease seasonal depression

Did your mood drop right along with the temperature this winter? If so, you don't have to grin and bear it until spring. Here's how to feel better.

If you notice that the blues sink in as summer turns to fall and winter, you may have a condition called major depressive disorder (MDD) with a seasonal pattern. (This used to be called seasonal affective disorder, or SAD.)

This form of depression is triggered by the seasons, and up to 3 percent of people go through it. Experts don't know exactly what causes it. But it may have to do with changes to the sunlight in winter.

All of the things that normally work to lift mood can help ease symptoms of seasonal depression. That includes exercise, socializing and eating well.

But there are a few treatments that are specifically helpful for MDD with a seasonal pattern.

1. Light therapy

With light therapy, you sit a few feet away from a special light box within the first hour of waking up. Being exposed to bright light early in the day affects brain hormones linked to mood.

Can't get a light box? Seek out more sunlight during your day. Open your blinds and sit near a sunny window, especially first thing in the morning.

2. Talk therapy

Talking with a mental health care professional can help. They can help you:

- Identify and change negative thoughts and behaviors that may make you feel worse
- Learn healthy ways to cope
- Learn how to manage stress

3. Medications

Antidepressants can help if your symptoms are severe. Your doctor may recommend starting one before your symptoms begin each year because they can take several weeks to kick in.

Help when you need it

Don't go through life's challenges alone. Our friendly robot Pyxir and the compassionate humans at Pyx Health are here to help you:

- Find resources to support your physical and mental health
- Make the most of what your health plan offers
- Feel better each day with companionship and humor

Sign up today! Go to aet.na/la23q4-3 or scan the QR code to get started. Call Pyx Health at **1-855-499-4777** for a helping hand.



Help your child through their next doctor visit

A visit to the doctor can be nerve-racking for anyone. But kids may have an even harder time. Here's how to make the visit a little easier.

- 1 Talk with your child beforehand.** Let them know about the appointment well in advance. And explain why they have to go to the doctor.
- 2 Be honest.** Describe what will happen at the appointment. You can use a doll to show what the doctor will look at. Knowing what to expect can help your child cope and build trust with their doctor.
- 3 Stay positive.** Talk about the visit in a positive way. If they're going because of a health problem, explain that the doctor is there to help them get better.
- 4 Stay calm.** Your emotional cues play a

big part in how your child handles doctor's visits. So, try to model the behavior you want to see in them. When you have a relaxed and upbeat attitude, it can help reassure your child that there's nothing to worry about.

- 5 Get them involved.** They can help you write down symptoms or any other details about how they've been feeling lately. Ask if they have any questions they want to ask the doctor, and write them down.
- 6 Praise them for being brave.** You can even offer them a small reward for making it through this important milestone, such as a sticker, crayons or a trip to the park.

Schedule your annual checkup



Get a head start on the new year! Schedule annual checkups for you and your family with your primary care provider (PCP) now. While you're there, be sure to:

- Get key numbers checked, like blood pressure, blood sugar and cholesterol.
- Find out if you're due for any preventive screenings.
- Ask if you need any vaccines, like flu or COVID-19 shots.

Need help scheduling your appointment or finding a PCP? Call Member Services at **1-855-242-0802 (TTY: 711)** for help.

A better way to quit. The Pivot Tobacco Cessation program offers a better way to quit smoking through your smart phone. As an Aetna Better Health of Louisiana member, you can access this program at no cost to you. Visit pivot.co/aetnabetterhealthLA to register.



Schedule your flu shot now!

You can get your flu shot at your family doctor's office or a local CVS pharmacy. To schedule a flu shot for you and your family, go to aet.na/la23q4-2 or scan the QR code.



Flu myths and facts

A flu shot can help keep you and your family healthy this winter. Let's separate flu facts from fiction.

MYTH	FACT
I'm not at risk of the flu.	Everyone is at risk of the flu. But some factors do increase your risk, including: <ul style="list-style-type: none"> • Asthma • Diabetes • Heart disease • Cancer • History of stroke
The flu is no big deal.	The flu virus is different than a cold and often more severe. The flu can also come with serious complications, like pneumonia, inflammation of the heart or brain, organ failure and, in rare cases, even death. Flu symptoms often come on suddenly and can include: <ul style="list-style-type: none"> • Cough • Fever • Sore throat • Runny or stuffy nose • Headache • Body aches
The flu shot will make me sick.	Researchers have compared people given flu shots with people given saline (saltwater) shots. The only difference: a little more soreness at the injection site for people who got the flu shot. Any slight reaction is simply your body's immune response kicking in.
It's too late to get a flu shot in January.	It's best to get a flu shot sooner rather than later. But you may still benefit from getting one in late January or early February. While flu season peaks in January and February, you can still get the flu as late as March or April.

MyActiveHealth: An easy-to-use wellness tool for a healthier you



You deserve to live a healthy life. And we can help. MyActiveHealth is an easy way to take charge of your health so you can feel better, for good. And as a member of Aetna Better Health of Louisiana, you can use MyActiveHealth at no cost to you.

Once you have an account, you'll get secure access to all of the MyActiveHealth services. You'll find:

- **Health surveys and records.** Keep track of your medical history. You'll get healthy living suggestions based upon your answers. And this information can be used to improve your overall health.
- **Videos and podcasts.** Learn more about your health and other wellness topics. And get information about the resources offered by your health plan.
- **Healthy lifestyle programs.** Get help to meet your goals. Programs include: quitting smoking, healthy eating, managing stress and more.

If you don't have access to a computer, you can call MyActiveHealth at **1-855-231-3716** to request a printed copy of the health survey. They can also provide printed information on health conditions and wellness topics.

To learn more, call Member Services at **1-855-242-0802 (TTY: 711)**.

No smart phone? No problem

We know how important it is to stay connected. That's why Aetna Better Health of Louisiana is partnering with Assurance Wireless Lifeline service.

Eligible Assurance Wireless customers receive an Andriod™ Smartphone, plus monthly data, unlimited texts and voice minutes. All at no cost to you.

To apply or learn more, visit AetnaBetterHealth.com/Louisiana or call Member Services at **1-855-242-0802 (TTY: 711)**, 24 hours a day, 7 days a week.

Getting started is easy

Visit aet.na/la23q4-4 or scan the QR code.



You can also sign into the "Member Portal" section of AetnaBetterHealth.com/louisiana. Once you're signed in, go to "Tasks" and choose "Manage My Health." From this page, you'll be able to access the MyActiveHealth tools and sign up for a new account.



We speak your language. If you speak a language other than English, we can help. Call us at **1-855-242-0802 (TTY: 711)**. Then ask for an interpreter. You'll get this service at no cost to you.

Nondiscrimination Notice

Aetna complies with applicable federal civil rights laws and does not discriminate based on race, color, national origin, age, disability or sex. Aetna does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Aetna:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card or **1-800-385-4104**.

If you believe that Aetna has failed to provide these services or discriminated in another way based on race, color, national origin, age, disability or sex, you can file a grievance with our Civil Rights Coordinator at:

Address: Attn: Civil Rights Coordinator
4500 East Cotton Center Boulevard
Phoenix, AZ 85040
Telephone: **1-888-234-7358 (TTY: 711)**
Email: MedicaidCRCoordinator@aetna.com

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 1-800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company, and its affiliates.

Multi-language Interpreter Services

ENGLISH: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

SPANISH: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

FRENCH: ATTENTION: si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro indiqué au verso de votre carte d'identité ou le **1-800-385-4104 (ATS : 711)**.

VIETNAMESE: CHÚ Ý: nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số có ở mặt sau thẻ id của bạn hoặc **1-800-385-4104 (TTY: 711)**.

CHINESE: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104 (TTY: 711)**。

ARABIC: ملحوظة: إذا كنت تتحدث باللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل على الرقم الموجود خلف بطاقتك الشخصية أو على **1-800-385-4104 (للصم والبكم: 711)**.

TAGALOG: PAUNAWA: Kung nagsasalita ka ng wikang Tagalog, mayroon kang magagamit na mga libreng serbisyo para sa tulong sa wika. Tumawag sa numero na nasa likod ng iyong ID card o sa **1-800-385-4104 (TTY: 711)**.

KOREAN: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 ID 카드 뒷면에 있는 번호로나 **1-800-385-4104 (TTY: 711)** 번으로 연락해 주십시오.

PORTUGUESE: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número que se encontra na parte de trás do seu cartão de identificação ou **1-800-385-4104 (TTY: 711)**.

LAOTIAN: ເຊີນຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຫາເບີໂທທີ່ຢູ່ດ້ານຫຼັງຂັດປະຈຳຕົວຂອງທ່ານ ຫຼື **1-800-385-4104 (TTY: 711)**.

JAPANESE: 注意事項:日本語をお話になる方は、無料で言語サポートのサービスをご利用いただけます。IDカード裏面の電話番号、または**1-800-385-4104 (TTY: 711)**までご連絡ください。

URDU: توجہ دیں: اگر آپ اردو زبان بولتے ہیں، تو زبان سے متعلق مدد کی خدمات آپ کے لئے مفت دستیاب ہیں - اپنے شناختی کارڈ کے پیچھے موجود نمبر پر یا **1-800-385-4104 (TTY: 711)** پر رابطہ کریں۔

GERMAN: ACHTUNG: Wenn Sie deutschen sprechen, können Sie unseren kostenlosen Sprachservice nutzen. Rufen Sie die Nummer auf der Rückseite Ihrer ID-Karte oder **1-800-385-4104 (TTY: 711)** an.

PERSIAN: اگر به زبان فارسی صحبت می کنید، به صورت رایگان می توانید به خدمات کمک زبانی دسترسی داشته باشید. با شماره درج شده در پشت کارت شناسایی یا با شماره **1-800-385-4104 (TTY: 711)** تماس بگیرید.

RUSSIAN: ВНИМАНИЕ: если вы говорите на русском языке, вам могут предоставить бесплатные услуги перевода. Позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки, или по номеру **1-800-385-4104 (TTY: 711)**.

THAI: ข้อควรระวัง: ถ้าคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทรติดต่อหมายเลขที่อยู่ด้านหลังบัตร ID ของคุณ หรือหมายเลข **1-800-385-4104 (TTY: 711)**.



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<Recipient's Name>
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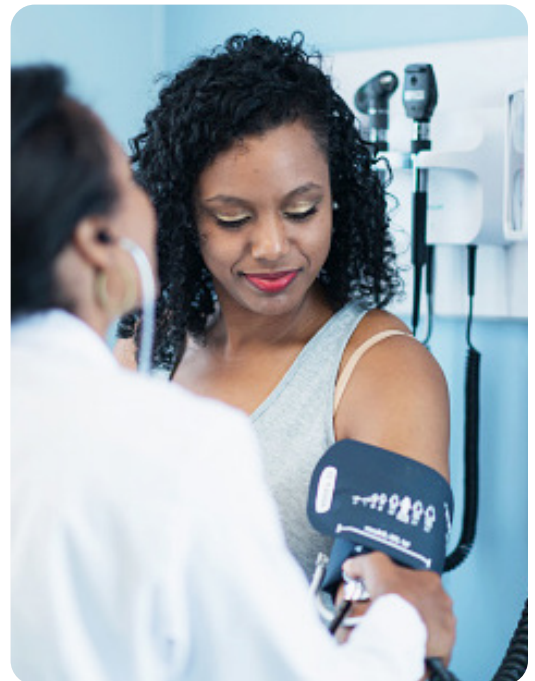
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HEALTHY LIVING

Get screened

Ask your doctor if you're due for any of these key health screenings at your next checkup.

- ✔ **Breast cancer.** Women should get a mammogram (a breast X-ray) every 1 to 2 years starting at age 40. If you're at high risk, you may want to start sooner.
- ✔ **Cervical cancer.** Women should get a Pap test or HPV test every 3 to 5 years.
- ✔ **Diabetes.** Get your blood sugar checked at age 35, or sooner if you are at high risk.
- ✔ **Heart health.** Every adult should get their blood pressure and cholesterol checked.
- ✔ **Sexually transmitted infections (STIs).** If you are sexually active, ask your doctor about STI testing.



Don't lose your health benefits. You must renew your Medicaid benefits every year. Watch for a Healthy Louisiana renewal notice in the mail. For more information, go to aetna.com/la23q4-1 or call Healthy Louisiana at **1-888-342-6207 (TTY: 1-800-220-5404)**.