

BENEFIT SPOTLIGHT



Don't risk losing your Medicaid

At the start of the federal COVID-19 Public Health Emergency, Michigan stopped the Medicaid renewal process. But renewals are restarting.

If you have Medicaid, MICHild, or Healthy Michigan Plan you may need to go through the renewal process. This is to find out if you are still eligible for free or low-cost Medicaid coverage.

To keep your Medicaid coverage, you may need to complete a yearly renewal form. If you do, the Michigan Department of Health and Human Services will send one to you. To avoid gaps in Medicaid coverage, please complete and return the form right away.

You can sign up for electronic updates about your letters at **Michigan.gov/MIBridges**.

Here's what you need to do:



Update your contact information

Make sure your contact information is up to date with Michigan. The best way to update contact information is online at **Michigan.gov/MIBridges**. You may also call **1-800-642-3195 (TTY: 1-866-501-5656)**.



Check your mail

You may get a letter about renewing your coverage.



Complete your renewal form

If you get a form, send it back right away. This will help you avoid any gap in your coverage.

Aetna Better Health Premier Plan is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

You can get this document for free in other formats, such as large print, braille, or audio. Call 1-855-676-5772 (TTY: 711), 24 hours a day, 7 days a week. The call is free.

Heart disease 101

Heart disease isn't just one condition. There are many types, including coronary artery disease, congestive heart disease, arrhythmia, heart attack and stroke. But they share a lot of symptoms. Screenings are often the same, too. If you're worried about your heart health, talk to your primary care provider (PCP) about having one of these tests.



CT scan

This looks for calcium in the arteries, which is a sign of plaque buildup. If the test shows plaque buildup, your doctor may recommend medicine to lower your cholesterol levels.

Stress test

This test usually involves walking on a treadmill and monitoring your heart to see how it's working. If you're having chest discomfort, a stress test can help your PCP decide if that's a coronary problem.

Electrocardiogram (EKG)

This simple, painless test involves placing electrodes on your chest to record your heart's electrical activity.

Angiogram

If your other tests are abnormal, or if you're having symptoms, you might get an angiogram. This scan shows blood flow through your arteries and veins to check for blockages.

If you think you may be having a heart attack or stroke, call 911 right away. Getting help fast can save your life and lead to a better recovery.

Symptoms of a heart attack can include:

- Pain or pressure in the chest
- Discomfort in the jaw or neck
- Shortness of breath
- Sweating, nausea or dizziness

Know the signs of preeclampsia

This high blood pressure condition happens during pregnancy. It can be dangerous to both mother and baby. During your prenatal checkups, your care provider will screen for preeclampsia. Call your provider immediately if you have any of these symptoms:

- Severe headaches
- Blurred vision, spots in front of your eyes or sensitivity to light
- Nausea and vomiting
- Swollen hands and feet
- Sudden weight gain of more than a pound a day
- Pain in the upper right side of your abdomen
- Shortness of breath

Depression signs through the ages

Depression can happen to anyone. It's also highly treatable. Since some symptoms vary between age groups, it's important to know what to watch for.

Children

- More argumentative, grouchy or annoyed
- Often tired or agitated
- Problems concentrating in school
- Feeling inadequate, guilty or worthless
- Self-injury or self-destructive behaviors
- Angry outbursts or tantrums

Teenagers

- Doing poorly in school
- Often restless or agitated
- Overreacting to criticism
- Lacking energy, motivation or enthusiasm
- Using substances like alcohol or drugs
- Poor self-esteem
- Not taking care of appearance

Adults

- Often annoyed, frustrated, irritable and/or angry
- Loss of interest in socializing and hobbies
- Restless, agitated or sluggish
- Feeling worthless or very guilty
- Hard time concentrating, remembering and making decisions

- Older adults may also be anxious, confused, helpless or quick to cry

New mothers (called postpartum depression)

- Feeling overwhelmed or "empty"
- Detachment from baby
- Panic attacks
- Tired
- Decreased interest in activities
- Self-doubt, guilt, anger
- Changes in sleep or eating

If you see any of these signs in a loved one or yourself, reach out to your primary care provider (PCP) for help.



4 tips for healthy lungs

Whether you have a chronic lung condition like asthma, or a respiratory infection like a cold, use our tips to breathe easier.



- 1 Take your medicine as directed by your doctor. Also, make sure you are using your inhaler correctly.
- 2 Get a flu shot. Ideally, by the end of October.
- 3 See an allergist if needed. Allergies can trigger an asthma attack.
- 4 If you smoke, quit now. It's the best way to stop more lung damage.

Need a ride to your appointment? You can schedule free transportation with MTM at **1-844-549-8347 (TTY: 711)** Monday to Friday, 6 AM to 10 PM and Saturday 8 AM to 4 PM. You must call to schedule a ride at least 3 days before your appointment.

Aetna Better Health of Michigan covers outpatient visits for behavioral health services. You can call Behavioral Health Services at **1-866-827-8704**. You do not need to call your primary care doctor to get behavioral health services. If you'd like more information, just call Member Services at **1-855-676-5772 (TTY 711)**

Your healthy-all-year secret

Spoiler alert: It's vaccinations. They can help you stay well this winter — and for many seasons to come. Here are six vaccinations to keep on your radar. Go to [Vaccines.gov](https://www.vaccines.gov) for a full list.



Flu (influenza)

When it's given: Everyone should get this shot every year to protect against the seasonal flu virus. It takes a few weeks to become effective, so it's best to get it as soon as it's available — usually in September or October.

COVID-19

When it's given: Everyone over age 6 should get at least one COVID-19 shot. Adults over 65 may get an additional dose four months or more after their first dose.

Pneumococcal

When it's given: All adults ages 65 and older, and some younger people (with certain health conditions), should get a pneumonia vaccine.

Chickenpox and shingles (varicella)

When it's given: If you've never had chicken or been vaccinated, you'll need the vaccine now. Adults over 50 can get a shot to protect against shingles, which is caused by the same virus.

Tetanus, diphtheria and pertussis (Tdap)

When it's given: If you've never gotten this shot, get one as soon as possible. Adults need to get a booster every 10 years.

Meningitis

When it's given: Preteens, teens, and college-age adults are the most susceptible, but folks over 50 may need this shot too. Ask your provider what's best for you.

Antibiotics: Too much of a good thing?

Antibiotic medications can be a powerful treatment for certain illnesses. But using them too often can be harmful.

It's important to know that antibiotics don't treat viruses. Common illnesses like colds, flu, pharyngitis (an inflamed, sore throat) and most bronchitis are almost always caused by a virus. So, antibiotics won't help. You only need antibiotics for a bacterial infection.

Your PCP can help determine the treatment that's right for you. If you are prescribed an antibiotic, be sure to follow all of your doctor's directions.

Changes to your dental program

The Michigan Department of Health and Human Services notified members of important changes to your dental benefits. Here's what you need to know.

If you are in a Medicaid health plan:

- You will get dental care through your health plan's dental provider. Your health plan will send you a letter to tell you more.
- You will need to see a dentist who takes your health plan dental plan. Ask your dentist if they work with your health plan.
- If you already have a MDHHS "Notice of Authorization" letter that has not expired, for dental care that has not been done yet, ask your dentist to talk to your health plan for special arrangements.
- If you need help finding a dentist, call your health plan.
- If you need a ride to your dental care, call your health plan.

If you are not in a Medicaid health plan:

- The way you get your dental care will not change.
- You will need to see a dentist who takes Medicaid. Ask your dentist if they take Medicaid.
- If you need help finding a Medicaid dentist for yourself or a child, go to www.insurekidsnow.gov. You can also call your local health department.

- If you need a ride to your dental care and do not live in Wayne, Oakland, or Macomb County, call your local MDHHS office.
- If you need a ride to your dental care and live in Wayne, Oakland, or Macomb County, call ModivCare at 1-866-569-1902. The call is free.

If you are in a program of all-inclusive care for the elderly (PACE):

- The way you get your dental care will not change.
- Let PACE know if you need to see a dentist.
- The PACE program will arrange your dental care.
- Transportation will be arranged if you need dental care outside of the PACE program.
- Refer to your enrollment agreement for more information.

If you are in a MI Health Link health plan:

- The way you get your dental care will not change. You will continue to receive your dental care through your MI Health Link health plan's dental provider, and you will have access to the new services listed above. Your health plan will send you a letter to tell you more.



Your dental program covers these services:

- Teeth cleanings
- X-rays
- Cavity fillings
- Extractions (pulling teeth)
- Dentures
- Deep teeth cleanings (NEW!)
- Sealants (NEW!)
- Root canals (NEW!)
- Crowns (NEW!)
- Care to keep your gums healthy (NEW!)

- You will need to see a dentist who takes your MI Health Link health plan. Ask your dentist if they work with your health plan.
- If you need help finding a dentist, call your MI Health Link health plan.
- If you need a ride to your dental care, call your MI Health Link health plan.

Take care of your eyes. VSP is the vision care provider for Aetna Better Health of Michigan beneficiaries. If you need glasses or an eye exam, just call **1-800-877-7195 (TTY: 711)**. You can also call a provider from our list of vision providers.



Have questions about your dental benefits?

Call the Beneficiary Help Line at **1-800-642-3195 (TTY: 1-866-501-5656)**. You can call Monday through Friday, 8 AM to 7 PM. The call is free.

Budget-friendly healthy snacks you'll crave

Handing out the right snacks can do double duty: It can fuel good energy and health now, and boost immunity to help fight off illness as we enter cold and flu season. But common go-tos like packaged chips, cookies and candy can be pricey and harm your health over time. Instead, try these easy, low-cost snacks. They're good for your health and kind to your wallet.



Greek yogurt

It's thick and creamy, and loaded with calcium and protein. Throw in some banana slices for potassium. Or add berries (fresh or frozen) for vitamin C and antioxidants.



Apple slices and peanut butter

Together, they serve up healthy fats, protein and important vitamins and minerals like vitamin E and potassium.



Glass of milk

A cold glass — or a warm mug — is an easy way to satisfy hunger. Plus you're drinking up immune-boosting minerals like calcium, and vitamins A and D.



Fresh veggies and hummus

Made of pureed chickpeas, hummus is a great source of plant-based protein. Pair it with raw veggies like carrot sticks, bell pepper slices, or cucumbers.

Need more ideas? Nuts like almonds and walnuts, air-popped popcorn with a shake of salt, frozen grapes, oatmeal and fruit are all great options.



Fun, easy ways to get moving, together

One fun, everyday way to boost your body's defenses against illness: Exercise. Plus, physical activity can be a fun way to spend time with friends, family and coworkers.

Try these activities to get your heart pumping while catching up with loved ones (or making new friends):

- ✓ **Make the dog walk a family affair**
- ✓ **Schedule walking meetings with coworkers**
- ✓ **Join a recreational sports league like pickleball or kickball**
- ✓ **Put on some music for a mini dance party**
- ✓ **Swap dinner and a movie for something active like a hike in the woods or bowling**

Doing activities like these several days a week can help you meet your fitness goals.

Don't forget this appointment

Have you seen your primary care provider (PCP) yet this year? If not, now is a great time to schedule your annual checkup.

While you're there, be sure to:

- Get key numbers checked. That includes your blood pressure, cholesterol and blood sugar levels.
- Find out if you're due for any preventive screenings like for colon or breast cancer.
- Ask if you need any vaccinations such as the COVID-19 vaccine series or boosters.

Need help scheduling your visit? Call Member Services at **1-855-676-5772 (TTY: 711)**. They can help make the appointment and answer your questions. If you need a ride to your appointment, call **1-844-549-8347 (TTY: 711)** Monday to Friday, 6 AM to 10 PM and Saturday, 8 AM to 4 PM.



Beyond the annual physical

Ask your doctor if you're due for any of these 4 lifesaving screenings.



Body mass index (BMI)

BMI is based on your weight and height. It can help show if you're at a higher risk for some health conditions such as type 2 diabetes or heart disease.

Lead screenings

Lead poisoning can lead to brain and kidney damage over time. Your doctor will check your child's risk for lead poisoning and test if needed during your child's well visits.

Sexually transmitted infections (STIs)

All sexually active young people and older adults with multiple sexual partners should be screened for STIs. On the list: chlamydia, gonorrhea, herpes, HIV, HPV and syphilis.

Hepatitis C

Hepatitis C is a virus that causes liver infection. All adults over 18 and pregnant women should get a blood test to screen for hepatitis C.

Specialty Drug Program

Aetna Better Health specialty drugs may be filled by CVS Health Specialty Pharmacy. Other services provided include:

- Talk to a pharmacist 24/7
- Disease-specific education and counseling
- Care coordination for you and your doctor
- Delivery of specialty drugs to your home and/or your doctor's office

Call CVS Specialty Pharmacy at **1-800-237-2767 (TTY: 1-800-863-5488)** Mon-Fri, 7:30 AM (EST) to 9:00 PM (EST)

Have a health question? Call our FREE 24-Hour Nurse Line at **1-866-711-6664**.

A registered nurse can help you decide what to do next: see your doctor, go to the emergency room or help you treat the problem at home.



Aetna Better Health® of Michigan
PO Box 30017
Pittsburgh, PA 15222-0330

<Recipient's Name>
<Mailing Address>

2536191-17-01-FA (10/23)

Health and wellness or prevention information

HEALTHY EATING

Turkey tacos

Leftovers from your Thanksgiving feast taste twice as delicious mixed with warm cranberry salsa.

- 2 Tbsp olive oil
 - ½ red onion, diced
 - 1 cup corn
 - 1 cup cranberries
 - 1 clove garlic, minced
 - ¼ cup orange juice
 - 1 tsp honey
 - 1 cup shredded cooked turkey
 - 4 corn tortillas
1. Heat oil a medium-size pan over medium heat. Add onion and sauté for about 3 minutes.
 2. Add corn, cranberries, garlic and orange juice, and cook for 3 to 5 minutes, stirring often, until the juice is reduced (almost gone).
 3. Add the turkey to the salsa and heat through.
 4. Divide the turkey-salsa mixture evenly between the 4 tortillas.
 5. Top with garnishes, such as cilantro, green onions or pomegranate seeds, if you'd like.

