

wellness & you

Your Aetna® Assure Premier Plus (HMO D-SNP) member newsletter

HEALTHY ALL YEAR

Your diabetes checkup checklist

At-home care and regular checkups can help prevent health problems that can come with diabetes. Use this checklist to keep track of the self-checks and screenings you need every day, every 6 months and every year to stay on top of your health.



Every day

✓ Foot check
 Certain foot problems are common for those with diabetes. They include open sores, numbness or swelling. It's important to look for any changes to your feet. Call your doctor if something isn't right.

✓ Blood sugar
 Monitoring your blood sugar once per day will help you make sure your levels are in the best range. This number can tell you if you need to eat a certain food or take your medicine. You can check your blood sugar levels at home by using a meter. Remember to track your results and bring them to your doctor's appointments.

Every six months

✓ A1C
 Your A1C is the average of your blood sugar levels over time. It's a good idea to get this test at least twice a year, or more often if your doctor recommends it.

✓ Dental visit
 High glucose, or blood sugar, helps harmful bacteria grow in your mouth. The bacteria mix with the food you eat to form sticky plaque on your teeth and gums. This can lead to gum disease, which might make your diabetes worse. It's important to have your teeth checked twice a year.

Every year

✓ Cholesterol test/ Lipid panel
 People with diabetes often have lower levels of "good" cholesterol, or HDL, which helps remove cholesterol from the blood. And they tend to have higher LDL, or "bad" cholesterol. LDL can build up in arteries and cause heart problems. To stay on top of your heart health, get a yearly blood cholesterol test.

✓ Dilated eye exam
 People with diabetes can develop eye problems like diabetic retinopathy and cataracts that can cause vision loss. So it's important for people with diabetes to get their eyes checked every year.

Stay healthy and save money? Yes!

You can use the allowance on your Extra Benefits Card to buy healthy foods or over-the-counter health items at approved in-store locations. Allowances are available on the first day of each month and expire on the last day. Be sure to select credit, not debit, at checkout — no PIN is required.

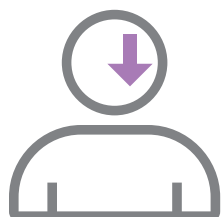
Check your welcome kit for more ways to use your allowance. It will arrive in the mail with your card inside after your plan begins. Didn't get your card, or need a replacement? Call NationsBenefits at **1-877-204-1817** from **8 AM-8 PM ET**, seven days a week.

What covered screenings do you need? Need help booking your covered screenings? Your Care Team can help. Call them at **1-844-362-0934 (TTY: 711)** from **8 AM-5 PM ET**, Monday through Friday.

How to respond to a stroke FAST

Strokes are a leading cause of death and disability in the United States. Luckily, the chances of recovery are higher if treatment is given in time. Use the FAST method to recognize the signs of a stroke so you can react quickly.

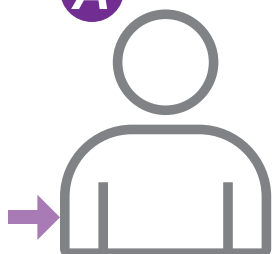
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Face drooping

Does one side of your face droop, or is one side numb?

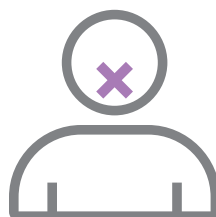
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Arm weakness

Does one arm feel weak? Can you raise both arms? Or does one drop down?

S



Speech difficulty

Are you slurring your words? Can you repeat a simple sentence?

T



Time

Time is critical. If you or someone else answered yes to these questions, call **911** immediately.

3 ways to lower your risk of any stroke

There are steps you can take to lower your risk of any type of stroke. These include:



Get active.

Aim to get at least 150 minutes of physical activity every week.¹ Do activities you love like brisk walking or dancing.



Control your blood pressure and cholesterol.

If needed, make a plan with your primary care provider (PCP) to get your numbers lower.



Choose heart-healthy foods.

Focus on plant-based foods such as fruits, veggies, whole grains and beans.

¹ U.S. Department of Health and Human Services. **Physical Activity Guidelines for Americans, 2nd Edition.** September 1, 2022. https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf Accessed September 21, 2023.

Ready to stop smoking? Aetna can help you quit through counseling services and covered nicotine replacement therapy. Call Member Services at **1-844-362-0934 (TTY: 711)** from 8 AM–8 PM ET, seven days a week to learn more.

BENEFIT SPOTLIGHT

How to lower your fall risk

One out of four adults aged 65 and older falls every year. Falling can lead to serious injuries like broken bones and concussions. As an Aetna® Assure Premier Plus member, your plan has benefits that can help you stay safe on your feet.



1 Risk assessment

Your annual wellness visit (AWV) is a covered exam where you can talk with your Primary Care Provider (PCP) about fall prevention. They can do a fall risk assessment and share ways to lower your risk of falling. Your Care Team can help schedule your next AWV. Call them at **1-844-362-0934 (TTY: 711)** from 8 AM–5 PM, ET, Monday through Friday.

2 Vision tests

You're more likely to fall if you have trouble seeing people and objects around you. And because eyesight tends to weaken as you get older, it's important to stay up to date on your annual vision exams. As an Aetna member, you are covered for one eye exam per year.

3 Blood pressure check

Too high or too low blood pressure levels can cause dizziness, weakness and confusion. These symptoms might cause you to lose your balance. Get your blood pressure checked during your AWV to make sure it's at a healthy level.

4 Hearing tests

Hearing loss impacts more than just your ears — it can also raise your risk of falling. This is because your inner ear helps you balance. Plus, when you're struggling to hear what's going on around you, you may bump into others or have an accident. Annual hearing exams are covered by your Aetna plan and can help spot problems before they get worse.

5 Medication review

Certain medications may cause side effects that raise your risk of falling. Aetna's covered Medication Therapy Management (MTM) program helps you and your doctor manage your medications. Understanding your prescriptions and their side effects can help you safely stay on your feet. Call Member Services to see if you qualify for this program.

Don't forget your fall prevention allowance

As an Aetna member, you have an annual \$150 fall prevention allowance. You can use it to buy approved safety devices like shower grab bars and canes.

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](https://www.aetna.com/DSNP)** for more information.

Take advantage of your covered hearing test. Call NationsHearing at **1-877-225-0137 (TTY: 711)** to get started. They can test your hearing and work with your provider to find the best hearing aid for you.



Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to your Aetna D-SNP 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?



A dedicated Care Team is available to help you schedule your covered appointments and screenings.



You can lower your risk of stroke by following three tips.



You have a \$150 annual fall prevention allowance for approved safety items like shower grab bars and canes.



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. 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. 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.