

# wellness & you

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

## HEALTHY ALL YEAR

# Healthy weight strategies

Keeping your weight within a healthy range can help lower your risk of heart disease, diabetes, cancer and more. Your doctor can help you figure out a healthy weight for you. And here are five small lifestyle changes that can make a big difference in your health. Start with one and work your way up. Each brings you one step closer to reaching your health goals.

### 1 Sneak in fruits and veggies

It's tough to make every meal perfectly healthy. Small steps make a big difference. Adding tomato to your sandwich or berries to your yogurt counts.

### 2 Choose high-fiber foods

The more fiber you eat, the less hungry you'll be between meals — and the less likely you are to reach for unhealthy snacks. Get fiber from leafy greens, whole grains, avocados and almonds.

### 3 Drink more water

It's no secret that water is an

important part of good health. But what if you don't like the taste? Start with one cup per day and drink more each week. Try retraining your taste buds by adding cucumber or lemon.

### 4 Trick your mind

You might tend to eat everything on your plate even when you're full. That's not a bad thing if your plate has healthy portions. Try using a smaller plate. And match your portions to the size of the plate.

### 5 Stick to a schedule

Your metabolism, gut and blood sugar will regulate when you eat at the same time every



day. And that can have a big impact on your weight. Don't worry about what the clock says. Pick a time to eat your meals or have your snack. And try to stay consistent.

### 6 Keep moving

Adults should get at least 2.5 hours of moderate-intensity activity each week, such as brisk walking or dancing.<sup>1</sup> Aetna Assure Premier Plus (HMO D-SNP) members also have access to both online and in-person fitness classes through their covered SilverSneakers® membership. Go to [SilverSneakers.com/GetStarted](https://www.silversneakers.com/) to learn more. But always talk to your doctor before starting a new exercise program.

<sup>1</sup> American Heart Association. American Heart Association recommendations for physical activity in adults and kids. Last reviewed October 24, 2023. Available at <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults> Accessed June 1, 2023.



Explore your plan. Visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/betterhealth) to learn more about the benefits and services offered by your health plan.

# Your breathe-easy action plan

If you have asthma, chronic obstructive pulmonary disease (COPD) or seasonal allergies, an action plan can help you prepare for a flare-up. Your Primary Care Provider (PCP) can help you develop one. Follow these steps to breathe easier in the meantime.



## Take advantage of telehealth

You can meet with a health professional without leaving the comfort of your home. You and a health care provider can connect by video chat or phone call. Virtual visits are covered by your plan for in-network providers who offer telehealth services.

Telehealth is best for health concerns such as:

- ✓ Allergies or sinus problems
- ✓ Cold and flu symptoms
- ✓ Prescription refills
- ✓ Skin rashes
- ✓ Mental and behavioral health

Not all PCPs offer telehealth services. Find out if yours does and if telehealth is covered by calling Member Services.



### 1. Learn what makes breathing harder

Pay attention to causes that make it harder to breathe. Depending on your condition, symptoms might get worse because of air pollution, tobacco smoke or pollen.



### 2. Plan ahead

Avoid your triggers, whenever possible. Close windows and shower after coming indoors to keep outdoor allergens away. And have your medication and a mask on hand to help manage symptoms whenever you are outside.



### 3. Take your medication

Over-the-counter (OTC) antihistamines and sprays can help with seasonal allergies. Talk to your doctor to see if these are good options for you. As an Aetna Assure Premier Plus (HMO D-SNP) member, you have a monthly benefit amount (allowance) on your Extra Benefits Prepaid Card that you can use to buy approved OTC products like allergy remedies (but not prescription medications).\*

\*Medications for asthma and COPD like inhalers and steroids can be prescribed by your PCP. Call your Care Team to see what options are best for you and what medications you should avoid.

**Have questions about your benefits?** Member Services is here to help. Call them at **1-844-362-0934 (TTY: 711)**, from 8 AM to 8 PM ET, seven days a week. Visit **AetnaBetterHealth.com/DSNP** for more information.

## BENEFIT SPOTLIGHT

# Don't lose your Medicaid coverage

Did you know that the New Jersey Medicaid agency has a renewal process for Medicaid coverage? This is called redetermination, or recertification.

This process helps to make sure you keep your Aetna® Assure Premier Plus Plan (HMO D-SNP). It's usually done every year but was stopped during the COVID-19 pandemic. The process has started again, and you will need to complete your recertification. If you don't complete and return the paperwork, you could lose your Medicaid coverage.

Keep reading to learn more about the Medicaid renewal process and how to keep your Medicaid coverage.

### 1. Keep your contact information up to date

Call the NJ Medicaid agency to make sure your address, phone number and email address are correct. It will help make sure you get messages about the renewal period.

### 2. Know your options

If you don't qualify for Medicaid anymore, you can enroll in

Original Medicare, a Medicare Advantage plan or a Medicare Part D only plan. You'll be able to pick a plan during a special enrollment period (SEP). SEPs are time periods outside of open enrollment where you can start or change your health coverage.

### 3. Call your Member Services team

Member Services can help you with information and counseling about your health insurance options. The State Health Insurance Assistance Program (SHIP) can also help answer questions about your health insurance. Call them at **1-800-792-8820 (TTY: 711)**.

### 4. Appeal, if needed

If you lose coverage during redetermination, you can ask the agency to reconsider (or appeal) the decision. Call the NJ Medicaid agency at **1-800-701-0710 (TTY: 711)** to learn more.



## We're here for you in the tough times

Mental health is important to your overall health. Feelings of depression and loneliness can happen to anyone. But you don't have to deal with these feelings alone. Your Aetna plan offers benefits to support your emotional well-being, such as:

- Covered therapy sessions through telehealth
- \$0 copay on covered prescription medications
- Dedicated Care Team to help you find a licensed provider

To learn more about your mental health coverage, call your Care Team.

**Have you completed your annual health survey?** Doing so helps your Care Team get you the benefits you need. Call them at **1-844-362-0934 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday.

## Health and wellness or prevention information

**Questions or concerns about your health and wellness?** Reach out to your Aetna HMO D-SNP Care Team at **1-844-362-0934 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday. Visit **AetnaBetterHealth.com/DSNP** for more information.

# Did you know?



You have access to both online and in-person fitness classes through your plan.



Your Aetna health plan offers a monthly benefit to buy approved OTC products.



You can support your mental health through covered telehealth therapy sessions.



**Find out more inside**

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