

# wellness & you

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

## HEALTHY ALL YEAR

# Lower your risk of cancer

Cancer can happen to anyone at any time. The good news is you can lower your risk of cancers like breast and colon cancer by getting tested. And by staying healthy with these everyday tips.

### Be active

Try to exercise at least 2.5 hours per week. Some good options include walking, dancing and stretching.

### Don't smoke

Toxic chemicals in tobacco raise your risk of cancer. If you use tobacco products, talk with your doctor about ways to quit.

### Eat healthy

Swap processed foods, red meat and sugary drinks with

whole grains, fiber and healthy fats.

### Get regular screenings

The U.S. Preventive Services Task Force advises getting a colonoscopy every 10 years starting at age 45.<sup>1</sup> And they recommend women get a mammogram every two years starting at age 40.<sup>2</sup> Screenings like these can help catch problems earlier when they're often easier to treat.

<sup>1</sup>U.S. Preventive Services Task Force. Screening for Colorectal Cancer. May 2021. Accessed May 9, 2024.

<sup>2</sup>U.S. Preventive Services Task Force. Breast Cancer: Screening. April 30, 2024. Accessed May 9, 2024.



## Find helpful information

Check your evidence of coverage (EOC) or visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/betterhealth) to learn about:

- ✓ Covered benefits
- ✓ Language assistance
- ✓ How to submit a claim for reimbursements
- ✓ In-network doctors
- ✓ Primary care, emergency care, specialty care, behavioral health and hospital care
- ✓ Care, coverage and benefit restrictions outside of Aetna's service area
- ✓ Care after normal business hours
- ✓ How to submit a complaint and appeal a decision
- ✓ How Aetna evaluates new technology to include in coverage

For a printed copy of this information, call Member Services at **1-844-362-0934 (TTY:711)**.



**Ready to book your mammogram or colonoscopy?** Your Care Manager can help you schedule these covered screenings. Call them at **1-844-362-0934 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday.

# 4 important vaccines to consider

Now's the time to think about vaccinations that can help you stay well as the weather turns colder. If you are 65 and older or have an underlying health condition, it's important to ask your doctor about these four vaccines.



Vaccine	Who needs it	When to consider it
<b>Flu</b>	Everyone, but especially if you're 65 years and older or if you have another health condition. If so, you are more at risk of getting the flu and having complications. <sup>3</sup>	Doctors recommended getting your flu shot in the fall, before the flu season gets into full swing.
<b>COVID-19 (or COVID-19 booster)</b>	Everyone 6 months or older. The Centers for Disease Control and Prevention recommends a second dose for some adults.	If you haven't received the vaccine yet. Already vaccinated? Talk to your doctor to see if you're eligible for a booster shot.
<b>RSV (Respiratory syncytial virus)</b>	RSV is a respiratory virus. It causes cold-like symptoms. Adults 60 years and older and some younger adults can get a vaccine.	Before RSV season begins, which is typically in the fall.
<b>Pneumococcal (Pneumonia)</b>	Pneumonia is a serious lung disease. Adults over age 65 years or those with some underlying health conditions should be vaccinated.	Most adults need one dose of two different vaccine types, a year apart.

<sup>3</sup>Centers for Disease Control and Prevention. People 65 years and older need a flu shot. Last updated February 13, 2023. Accessed January 26, 2023.

**Buying health and wellness items? Read this first!**

You can use the monthly benefit amount (allowance) on your Aetna Medicare Extra Benefits Card to buy approved healthy foods and select health and wellness items.

Select credit, not debit, at checkout. No PIN needed.

Call your Member Services team at **1-844-362-0934 (TTY: 711)** from 8 AM to 8 PM ET, seven days a week to learn more.



**Your plan web page has information** about your coverage for the flu vaccine and other preventive services. Visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/BetterHealth/DSP).

## BENEFIT SPOTLIGHT

# Take charge of your diabetes

Managing your diabetes today can lower your risk of more serious health problems in the future. Your plan benefits can help you handle your day-to-day diabetes care. They include your Aetna® Medicare Extra Benefits Card, Care Manager, covered screenings, \$0 copay and more.

### 1 Covered screenings

Annual checkups, hearing exams and vision tests are all available to you at no cost. These exams can help you safely manage your diabetes.

### 2 \$0 copay

You can get your covered prescriptions at no cost. Stop by an in-network pharmacy to get your covered diabetes medicines.

### 3 Monthly allowance

You can use the monthly benefit amount (allowance) on your Aetna Medicare Extra Benefits Card to buy approved healthy foods and select health and wellness items.

### 4 Care Manager

You have a Care Manager that can help create a diabetes care plan for you. Call them today at **1-844-362-0934 (TTY: 711)** to learn how they can help.

### 5 SilverSneakers® benefits

Aetna members have access to online and in-person fitness classes through their covered SilverSneakers membership. There are options like walking and stretching. To learn more, visit [SilverSneakers.com/GetStarted](https://www.aetna.com/SilverSneakers.com/GetStarted). Always talk to your provider before starting new exercises.



## We work with you to get the right care

Our utilization management (UM) team makes sure you get the right care when you need it.

- We make decisions by looking at your benefits and clinical guidelines for the most appropriate care and services.
- We consider your needs, evidenced-based practices and availability of care.
- We don't reward doctors or UM staff for denying coverage or care or reducing your services.

Have questions? Call Member Services at **1-844-362-0934 (TTY: 711)** from 8 AM to 8 PM ET, seven days a week to learn more.

**Ready to quit smoking?** Your plan covers a smoking cessation program that includes counseling sessions. To learn more, call your Care Manager 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® Care Manager 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 can lower your risk of cancer by following everyday lifestyle tips.



You can prepare for fall by making sure you're up to date on four vaccinations.



Aetna plans offer covered benefits and services that can help you manage your diabetes.



**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.