

Smart swaps to eat less sugar

Sugar can hide in surprising places. Here are a few sneaky sugar sources to steer clear of and healthy alternatives. Remember: You have a quarterly allowance amount that you can use to buy healthy foods. It expires at the end of each quarter and doesn't roll over. To learn more, call a NationsBenefits advisor at **1-877-204-1817 (TTY: 711)**.

Ketchup

It may not taste as sweet as your favorite dessert, but one tablespoon of ketchup has a lot of added sugar. The next time you have a burger, try swapping ketchup with extra tomato slices or fresh salsa.

Salad dressing

Store-bought salad dressings are high in added sugar and sodium. The good news is it's easy to make your own. A simple combination of oil and vinegar is healthy and tasty. Use three parts oil and one part vinegar.

Add your favorite spices for extra flavor.

Granola bars

Looking for a midday snack? Skip the chewy granola bars, which often have more added sugar. Choose a crunchy one instead. Also, avoid bars with chocolate, yogurt or nut butter coatings. They have added sugar, too.

Flavored yogurt

Yogurt is already sweet thanks to the natural sugars in milk. But many flavored yogurts add more sugar than you need.



Fill your fridge with yogurts labeled “low-sugar” or “no-sugar.”

Bonus: These often have more protein, too.

It's time for Medicaid renewals!

Renewing your Medicaid coverage will help you stay enrolled in your plan. To learn about the renewal period, contact your county Medicaid agency to make sure your address, phone number and email address are up to date. Head to <https://NJ.gov/humanservices/njsnap/home/cbss.shtml> to find your county's information.

Look for a notice from your NJ County Eligibility Agency with the due date and instructions on how to submit your renewal. Take action as soon as possible. Then watch for letters from your Medicaid agency and Aetna letting you know about your eligibility, coverage and next steps.

Go to AetnaBetterHealth.com/newjersey/medicaid-renewal.html to learn more. Need help? Call us at **1-844-362-0934 (TTY: 711)** to talk to a Member Advocate.

Calling all members! The health plan needs your help. We hold quarterly meetings where you can share feedback and advice on a variety of health plan areas and topics. Help make your health plan the best that it can be! If you are interested in learning more or participating in the Member Advisory Committee, talk to your Care Manager today.

5 vaccines to ask your doctor about

What's a small thing you can do to help protect your health this fall and beyond? Get up to date on your vaccinations. You know that you need a flu shot every fall. And don't forget your COVID-19 shot (or boosters, if you've already been vaccinated). Here are five other covered vaccines you may need and when. Call your Primary Care Provider (PCP) to find out if you're due for these or other shots.



Vaccine	Who Needs It	When To Get It
1 Tdap or Td Booster	Everyone	As soon as possible. If you've had a Tdap shot before, get a Td booster every 10 years.
2 MMR	Anyone who didn't receive an MMR shot as a child	Need to travel soon? You might need a second dose. Check with your doctor to be sure.
3 Shingles	Adults 50 years or older need two doses of Shingrix. Had a different vaccine? Talk to your PCP — you may need another shot.	As soon as possible
4 Pneumonia	Adults 65 years or older and younger people with certain health conditions like lung or heart disease	Most adults over 65 need one dose of two different vaccine types a year apart.
5 Meningitis	Adults aged 50 or older	As soon as possible, especially if you've been exposed to meningitis

Did you know that you can get care from the comfort of home through our Healthy Home Visit program?

You can invite one of our trusted licensed clinicians over for a private visit — or connect with them online (telehealth) instead. All at no cost to you. We're offering you a \$50 reward in return! Just follow these simple steps:

1. Call your Care Team to learn more and to schedule a Healthy Home Visit.
2. After you've had your home visit, you will receive a \$50 CVS gift card. Please allow 6-8 weeks for gift cards to arrive in the mail.

Give your Care Team a call at **1-844-362-0934 (TTY: 711)** from 8 AM–5 PM ET, Monday–Friday to learn more!

Beware these blood pressure boosters

Feel a headache coming on? Stuffy nose? Heartburn? Your first thought may be to head to your medicine cabinet. But if you have high blood pressure (BP), those remedies could put you at risk. Here are a few medications to look out for.



1 Non-steroidal anti-inflammatories (NSAIDs)

NSAIDs such as ibuprofen and naproxen may cause your body to hold onto water. This means your heart must work harder. The drugs can also stop your vessels from working properly. Both can raise your BP. **Alternative:** The next time you have a headache, try acetaminophen instead.

2 Cold and flu medicine

These medicines often have NSAIDs in them to ease aches and pain. They also often contain ingredients that dry up mucus and squeeze blood vessels, which can raise blood pressure. **Alternative:** Use a saline spray to loosen mucus. Hot tea and warm showers can also give you relief.

3 Antacids

Antacids help ease heartburn and indigestion. But they tend to be high in sodium, which causes your body to retain water. This leads to extra fluid that can push blood pressure up. **Alternative:** Fried foods and fatty meats can all lead to heartburn. So changing your diet may help ease symptoms. Better options are oatmeal and water-rich fruits and veggies, which help reduce stomach acid and heartburn.

4 Certain supplements

Some supplements can contain caffeine or other ingredients that can raise blood pressure to dangerous levels. **Alternative:** If you have high blood pressure, talk to our Care Team for a plan to lose weight or help ease symptoms you may use supplements for.

Live well with a disability

When you're living with a disability, you may have some unique health challenges. Here are some tips that can help.*

Get checkups with your PCP. They will let you know when to get screenings, answer your questions and help you stay on your medication schedule.

Make healthy choices. Eat healthy foods in the right amounts, be active each day and avoid too much sun. Don't smoke or use drugs. And cut back on alcohol or stop drinking if your Provider recommends it.

Stay in touch with family and friends. Social support is key to well-being.

*Source: Centers for Disease Control and Prevention

Have questions about your benefits? Member Services is here to help. Call them 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/betterhealth/dsnp) for more information.

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

<Return Address>

<Recipient's Name>

<Mailing Address>

Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to our 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?



You have a quarterly allowance that can be used to buy healthy foods.



Your Care Team can help you schedule important medical appointments.



Completing your annual health survey can help your Care Team make sure you get the benefits you need.



Find out more inside

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