

# wellness & you

Your Aetna Better Health of Ohio (Medicare-Medicaid Plan)

## HEALTHY ALL YEAR

# How to keep your heart strong

Dear <First name>,

Your heart is one of the most important parts of your body. It pumps blood to all your organs and keeps you alive and active. But just like any other part of your body, your heart needs special care to stay healthy. Here's a guide to some common heart problems. Plus, tests to take care of your heart and what to do if something feels off.

## Common heart problems

### High blood pressure (BP).

This happens when the force of your blood pushing against the walls of your arteries is too strong. It can make your heart work harder than it needs to.

**Heart Disease.** This can mean many different problems like blocked arteries, an irregular heartbeat and heart attacks.

**High Cholesterol.** Cholesterol is a fat that can build up in your arteries and block blood flow.

## Screenings to consider

Your provider can make sure your heart is healthy by

running tests like a:

- Blood pressure check
- Cholesterol test
- Electrocardiogram (EKG or ECG)

## Symptoms related to heart health

Sometimes, your heart might give you signs that something isn't right. It's important to listen to your body and know where to go for help. If you have any of these symptoms, call **911** or go to the emergency room:

- Chest pain
- Trouble breathing
- Fainting or sudden dizziness



In Q1 and Q4 of 2024, we sent you a printed newsletter with an incorrect benefit. This was an error.

### What this means for you

The information we provided about the fall prevention allowance is not correct as this benefit is not covered by your plan.

We're truly sorry for any confusion this caused.

### What you need to do now

No action is needed on your part.

### We're here for you

We're committed to your total health and well-being. Have questions about this or your plan benefits? Call us at **1-855-364-0974 (TTY: 711)**. We're here 24 hours a day, 7 days a week. You can also refer to your Summary of Benefits for plan benefit details.

**A registered nurse is just a phone call away.** Aetna members can call our 24-Hour Nurse Line at **1-855-364-0974 (TTY: 711)** to speak with a registered nurse, 24 hours a day, 7 days a week. Is it an emergency? Dial **911**.

# Quick recipe for reaching a healthier weight

As you age, your body needs certain vitamins and minerals to stay healthy and in a healthy weight range. Here is a simple recipe that has some of these nutrients.

## Easy Egg and Spinach Scramble



### Ingredients:

- 3 eggs
- ½ cup frozen spinach (thawed and drained)
- 1 tablespoon olive oil or butter
- Salt and pepper to taste
- 1 slice of whole grain bread (optional)

### Instructions:

1. Heat olive oil or butter in a skillet over medium heat.
2. Add the spinach and cook for 2 minutes until warmed through.
3. Beat the eggs in a bowl and pour them into the skillet with the spinach. Scramble until the eggs are fully cooked, about 3-4 minutes.
4. Season with salt and pepper and serve with a slice of whole grain toast if desired.

### Resource spotlight



### Find helpful information

Check your Summary of Benefits or visit [AetnaBetterHealth.com/Ohio](https://www.aetna.com/betterhealth/ohio) to learn about:

- Covered benefits
- Language assistance
- How to submit a claim for reimbursement
- 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

For a printed copy of this information, call Member Services at **1-855-364-0974 (TTY: 711)**.



### Your Medicaid renewal checklist

Is it time to renew your Medicaid? Doing so will help you stay enrolled in your plan. For more information, call Medicaid Renewals at **1-800-324-8680** Monday through Friday from 7 AM to 8 PM and Saturday from 8 AM to 5 PM.



**Quick tip:** Remember to update your contact information with your current address, phone number and email address. Call Member Services to make sure this info is correct.

## MAXIMIZE YOUR PLAN

# All about Healthy Home Visits

Want care without leaving the comfort of home? In addition to a visit from your care manager, we've partnered with Signify Health® to offer a Healthy Home Visit (HHV). During this covered visit, a licensed health care professional will come to you and make sure you get the care you need. Read more about the important benefits of HHVs.

### What to expect at your HHV

This checkup is a chance to meet with a licensed clinician — all at no additional cost to you. During your HHV, the clinician can:

- Check your vital signs and reflexes
- Review your medical history and medications
- Check your breathing, eyes or feet
- Provide tips for home safety
- Screen you for certain health problems
- Share details about your health plan and benefits
- Answer your health questions
- Talk about cold, flu, respiratory syncytial virus (RSV) and COVID-19 prevention

### Benefits of a Healthy Home Visit

Signify Health will share your HHV info with your care manager, who can follow up as needed. Your care manager works with you and your providers to make sure you get the right care and services. This may lower the need for emergency room visits and hospitalizations. They will also reach out to book your annual health risk assessment. Their goal: To build a care plan that helps you live a healthier life.



Here are some other benefits of HHVs:

- Personalized care
- Management of chronic conditions like heart disease and diabetes
- Medicine management
- Home safety checks and resource support
- A comfy environment, no transportation needed

### Benefit spotlight



Want help paying for health and wellness products?

Aetna members have an Aetna Medicare Extra Benefits Card with a monthly allowance to help pay for **food, utilities and over-the-counter (OTC) health and wellness items** like blood pressure cuffs. To learn more, call Member Services at **1-855-364-0974 (TTY: 711)** 24 hours a day, 7 days a week.



**Schedule a Healthy Home Visit today.** Connect with a Signify Health professional by calling **1-855-746-8709 (TTY: 711)** from 9 AM to 8 PM ET, Monday through Friday to book your visit.



## Health and wellness or prevention information

**Questions or concerns about your health and wellness?** Reach out to your Care Manager at **1-855-364-0974 (TTY: 711)** 24 hours a day, 7 days a week. Se habla español. Or visit **AetnaBetterHealth.com/Ohio** for more information.

### Veggie and bean quesadillas



#### Ingredients:

- 1 can of black beans (rinsed and drained)
- 1 cup frozen spinach (thawed and drained)
- ½ cup shredded cheese (low-fat, if preferred)
- 4 whole wheat tortillas
- Cooking spray or oil for the pan

#### Instructions:

1. In a bowl, mash the black beans and mix with the spinach.
2. Spread the bean and spinach mixture evenly on 2 tortillas. Sprinkle with cheese and top with the remaining 2 tortillas.
3. Heat a skillet over medium heat and lightly coat with cooking spray or oil. Cook each quesadilla for 2-3 minutes on each side until golden and crispy.
4. Slice and serve warm.



Look inside for another recipe idea and more health and wellness information.

Aetna Better Health of Ohio is a health plan that contracts with both Medicare and Ohio Medicaid to provide benefits of both program to enrollees. The benefits mentioned are a part of a special supplemental program for the chronically ill. Not all members qualify. See Member Handbook for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. The provider network may change at any time. You will receive notice when necessary. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna Better Health. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change.