

HEALTHY ALL YEAR

Healthy through the holidays

Dear <First name>,

'Tis the season for celebration — and sometimes a little stress and chaos, too. We want to help you stay healthy and grounded through it all. Try these simple tips to maintain your well-being. And then enjoy the festivities.



Schedule self-care

Don't forget to check in with yourself throughout the season. Try getting some fresh air, scheduling downtime to relax or reading a book. It will benefit you (physically and emotionally) and others when you come back refreshed.

Move your body

Short on time? Remember: A little exercise is better than none. Even a 10-minute walk can make a big difference to your well-being. And don't be afraid to multitask. Walking while you window shop or dancing in front of the TV both count as exercise!

Prioritize sleep

Getting enough sleep may be the last thing on your mind during the busy holiday season. But lack of sleep can make you more likely to get sick. Turn off your phone and TV at least an hour before bedtime. Then do something relaxing like taking a warm bath or call a friend before you crawl into bed.

Tame sugar cravings

What's a holiday get-together without sweets? A plain old gathering. So go ahead and treat yourself — just tell yourself "one and done." Pick your favorite treat and take your time eating it so you can fully enjoy it.

Healthy dark chocolate bark

Ingredients

12 oz. dark chocolate, chopped
1/4 cup chopped nuts (any kind!)
1/4 cup dried cranberries

Directions

Line a baking dish with parchment paper. Bring 1 inch of water to a simmer in a saucepan, then reduce heat to low. Place chocolate in a heat-proof bowl on the saucepan.

Pour melted chocolate onto the baking sheet. Sprinkle with nuts and berries. Refrigerate 1 hour. Break into pieces and enjoy.



You have an Extra Benefits Card with a monthly allowance to use to help pay for certain everyday expenses including approved healthy foods like fruits and veggies. Visit aet.na/2-nov24 for more information.

4 signs of seasonal depression

It's normal and healthy to feel sad sometimes, especially when a life event is bringing you down. But if you notice feelings of depression in the winter months, you may have major depressive disorder (MDD) with seasonal pattern. Here are four things that can help you tell if what you're feeling is a case of the typical short-term blues or something bigger.



Short-term blues:

Something bigger:

1 Many of us feel a bit blue if the weather turns colder and it gets dark earlier. This can also worsen around the holidays, especially if you aren't able to see friends and loved ones.

You feel depressed for weeks every time winter months roll around.

2 You may feel deeply sad right after the loss of a pet or friend, for example. And if you do something you enjoy, like seeing a friend, you should feel a little better.

Do these feelings stay with you most of the day and last for more than two weeks? If so, you're likely facing something more than just the blues.

3 You may not feel up for an event or activity you enjoy, like baking or spending time with friends.

Simple things that usually give you pleasure, like reading a book or watching TV, may seem hard. And you may feel overwhelmed doing your day-to-day activities.

4 We all have trouble sleeping now and then. It's especially common during the holiday season. That's when schedules may change and throw us off our regular routine.

Having trouble sleeping every night? Do you find yourself sleeping a lot and not wanting to get out of bed? These might be signs of depression.

We're here to help

If you're struggling with feelings of loneliness or depression, let us help.

Your care team is available between 8 AM and 5 PM, Monday through Friday. Call us at **1-855-463-0933 (TTY: 711)**. They can connect you with mental health resources. And can explain the mental health benefits covered by your plan. Coverage may include:

- Therapy sessions
- Certain medications
- Depression screenings
- Psychiatric evaluations
- 24-hour Nurse Line
- Hospital stays

There's still time to take your annual health survey. Doing so helps your care team make sure you're taking advantage of the benefits and services you need. Call them today at **1-855-463-0933 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday.

BENEFIT SPOTLIGHT

Thanks for your feedback!



The results of our 2024 Aetna® member newsletter survey are in! You told us which health topics are most important to you, and which Aetna benefits you want to learn more about. Thanks for your feedback. We'll use it to make your Wellness & You newsletter even better in 2025. Here's what you told us.

The Medicare Advantage plan and benefit topics members want to learn more about

- ✓ 63 percent want more Dual Eligible Special Needs Plan (D-SNP) updates
- ✓ 86 percent are likely (or very likely) to recommend an Aetna D-SNP to their family or friends
- ✓ 81 percent say the newsletter helps them lead a healthy lifestyle
- ✓ 86 percent are interested in the newsletter topics



The wellness topics members care about most

- ✓ 63 percent prioritize healthy eating and nutrition
- ✓ 49 percent are interested in healthy aging
- ✓ 51 percent want ideas for staying fit information
- ✓ 49 percent care about increasing their energy levels

It's not too late for your flu shot

It's still a good time to get up to date on preventive vaccines, like your annual flu shot, COVID-19 vaccine or booster, Respiratory Syncytial Virus (RSV) vaccine and shingles vaccination. Check with your primary care provider on when you should receive a flu shot and other vaccines. This is a covered benefit included with your Aetna® plan. To learn more, call Member Services at 1-855-463-0933 (TTY: 711) between 8 AM and 8 PM local time, 7 days a week.



Want to learn more about your plan? Member Services can help. Call them at **1-855-463-0933 (TTY: 711)** from 8 AM to 8 PM ET, 7 days a week.



Health and wellness or prevention information

Have questions or need help with your Aetna D-SNP? Visit AetnaBetterHealth.com/MyDSNP or call the Member Services number on your Member ID card, **1-855-463-0933 (TTY: 711)**. We're available between 8 AM and 8 PM, 7 days a week.



You can tame holiday stress with our four tips for staying calm and collected. Plus, get a delicious and healthy dessert recipe!



Your Aetna benefits cover therapy and mental health screenings — in case you're feeling down.



Newsletter survey results are in! Here's what you value when it comes to learning about your health plan coverage.



Find out more inside

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. 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. Participating health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. If your plan's Extra Benefits Card includes roll-over, any unused amount will rollover into the next month. The monthly amount can be rolled over through the end of the plan year but will not carry over into the next plan year.