

wellness & you

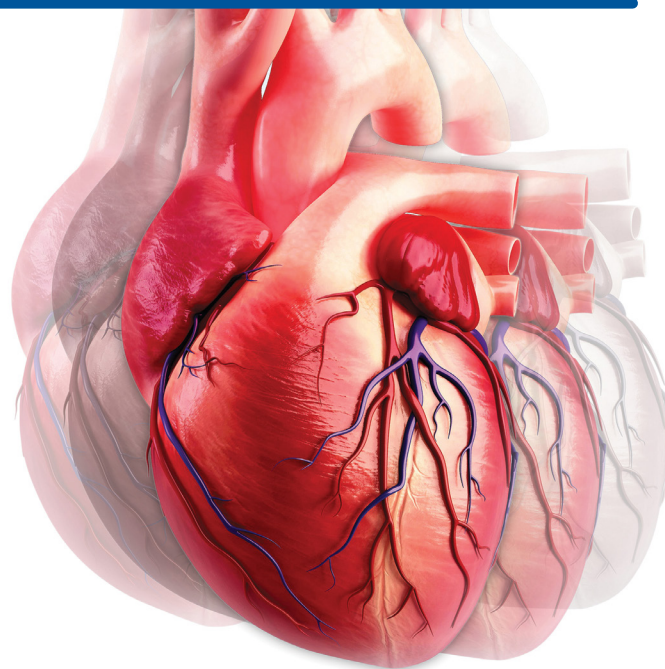
Your Aetna® member newsletter

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, how 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

Benefit spotlight



Want help paying for health and wellness products?

Aetna® members like you have an Aetna Medicare Extra Benefits Card with a monthly allowance to help pay for certain over-the-counter (OTC) health and wellness products like blood pressure cuffs. To learn more, call Member Services at **1-855-463-0933 (TTY: 711)**, 8 AM to 8 PM, 7 days a week.

A registered nurse is just a phone call away Aetna members can call our 24-Hour Nurse Line at **1-855-463-0933 (TTY: 711)** to speak with a registered nurse, 24 hours a day, 7 days a week. Is it an emergency? Dial **911**.

Quick recipes 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 or egg whites
- ½ cup frozen spinach (thawed and drained)
- 1 tablespoon olive oil
- 1 slice of whole grain bread (optional)

Instructions:

1. Heat olive oil 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 your favorite seasoning and serve with a slice of whole grain toast if desired.

Resource spotlight



Find helpful information

Check your Evidence of Coverage (EOC) or visit [AetnaBetterHealth.com/Virginia-hmosnp](https://www.aetna.com/betterhealth/virginia-hmosnp) 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 the Aetna 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 **1-855-463-0933 (TTY: 711)**.



Your Medicaid renewal checklist

Is it time to renew your Medicaid plan? Doing so will help you stay enrolled in your plan. Head to **DMAS.Virginia.gov** for more information. Or call your Member Services team at **1-855-463-0933 (TTY: 711)** from 8 AM to 8 PM ET, 7 days a week.



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 your Healthy Home Visit

Ready to get care without leaving the comfort of home? You're covered for an annual Healthy Home Visit (HHV). During this visit, a licensed health care professional from Signify Health® will come to you and make sure you get the care you need. Read more about the important benefits of Healthy Home Visits and how to schedule one today.

What to expect at a Healthy Home Visit

This checkup is a chance to meet with a licensed clinician – all at no additional cost to you. During an 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

A Healthy Home Visit is a safe and friendly check-in with a trustworthy health care professional, but it doesn't replace your relationship with



your primary care provider (PCP). A summary of the visit will be shared directly with you and your PCP, who will use the information to help create your future care plan. If you have an urgent issue, we help you get the care you need.

Benefits of a Healthy Home Visit

Here are some reasons to take advantage of your Healthy Home Visit:

- Personalized care
- Chronic condition management
- Medicine management
- Home safety checks
- Resource support
- No need for transportation
- Comfortable environment



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 team at **1-855-463-0933 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday. Or visit **AetnaBetterHealth.com/Virginia-hmosnp** 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.

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. Aetna and Signify Health are part of the CVS Health® family of companies. Out-of-network/non-contracted providers are under no obligation to treat plan members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.