



# All smiles



[AetnaBetterHealth.com/Louisiana](https://AetnaBetterHealth.com/Louisiana)

Aetna Better Health® of Louisiana

## Men's health matters

Studies show men are less likely to seek medical care for several reasons. Some avoid care because they feel fine. Others are nervous about an exam or what it might reveal. Some men even see medical care as a sign of weakness. But staying healthy is a sign of strength. It's important to keep your whole health in check.

Be sure to get your yearly preventive exam and any screenings your doctor may recommend. Screenings can help find health problems early, when they're easiest to treat. And early treatment can help you save money on future health care costs. More importantly, it can also help save your life.

## Men's Health Week (June 13–19)

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to

seek regular medical advice and early treatment for disease and injury.

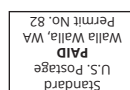
## Take care of your heart

Even if you don't have symptoms, men are at greater risk for heart disease.<sup>1</sup> Make sure to get your blood pressure checked. Stay active and keep a healthy weight. And if you smoke — quit. Check with your doctor for help getting started.

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Aetna Better Health® of Louisiana  
2400 Veterans Memorial Blvd., Suite 200  
Kenner, LA 70062

## Learn to manage your disease

We have a disease management program to help if you have certain conditions. We have programs for:

- Asthma
- Bipolar disorder
- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure (CHF)
- Depression
- Diabetes
- Hepatitis C
- HIV/AIDS
- Obesity
- Schizophrenia/schizoaffective disorder
- Sickle cell anemia

### As a member, you are eligible to participate

If you are diagnosed with any of these chronic conditions, or at risk for them, you may be enrolled in our disease management program.


You can also ask your provider to request a referral. Call us if you want to know more about our disease management programs.

### 'I do not want to participate'

You have the right to make decisions about your health

care. If we contact you to join in one of our programs, you may refuse. If you are already in one of our programs, you may choose to stop at any time by contacting us at **1-855-242-0802 (TTY: 711)**. You will continue to get all covered benefits if you do not want to participate in our programs.



 Call us at **1-855-242-0802 (TTY: 711)** for help in managing your disease. We can help you or your child learn to manage these chronic conditions and lead a healthier life. You can learn about these programs in your Member Handbook and online at [AetnaBetterHealth.com/Louisiana](https://AetnaBetterHealth.com/Louisiana).

## Cell service at no cost to you!

### See if you're eligible

We know how important it is to stay connected to health care, jobs, emergency services and family. That's why Aetna Better Health of Louisiana is partnering with Assurance Wireless Lifeline service.

Each month eligible Assurance Wireless customers receive, at no cost:

- Data
- Unlimited texts
- Voice minutes

### Plus an Android smartphone

You may qualify for Assurance Wireless Lifeline service if you are on certain public assistance programs, like Medicaid or the Supplemental Nutrition Assistance Program (SNAP).

When you apply, you'll be able to receive health extras from Aetna:

- Health tips and reminders by texts
- One-on-one texting with your health care team
- Unlimited calls with our member team



To apply now or learn more, visit [AetnaBetterHealth.com/Louisiana](https://AetnaBetterHealth.com/Louisiana).

## Men's health matters

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### Get screened

Getting checked for colorectal cancer becomes more important as you grow older. Recommended screenings begin at age 45.

Testicular cancer is *most often found in men age 15 to 44 years*. It's fairly rare and very treatable. With early diagnosis, testicular cancer can be cured. With treatment, the risk of death from this cancer is small.

Other than skin cancer, *prostate cancer* is the most common cancer in American men. About 1 man in 8 will be diagnosed with prostate cancer during his lifetime. Prostate cancer is more likely to develop in older men and in non-Hispanic Black men.

### Recognize your feelings

Depression affects both men and women. But men are less likely to talk about their feelings or get treatment. Know the signs and talk to your doctor with concerns. You can do a self-check by logging in as a member at **[AetnaBetterHealth.com/Louisiana](https://www.aetna.com/betterhealth/louisiana)**.



### It's a family issue

To quote Congressman Bill Richardson (Congressional Record, H3905-H3906, May 24, 1994), "Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters and sisters, men's health is truly a family issue."

<sup>1</sup>Centers for Disease Control and Prevention, National Center for Health Statistics. *Underlying Cause of Death, 1999–2017*. Accessed October 16, 2019.

## Health resources and publications

- Nutrition for Young Men: [www.eatright.org/health/wellness/healthy-aging/nutrition-for-young-men](http://www.eatright.org/health/wellness/healthy-aging/nutrition-for-young-men)
- [www.menshealthnetwork.org/library/blueprint.pdf](http://www.menshealthnetwork.org/library/blueprint.pdf)
- [www.menshealthnetwork.org/php/library.php?action=show\\_list&category\\_id=003011](http://www.menshealthnetwork.org/php/library.php?action=show_list&category_id=003011)
- Brother, You're on My Mind: [www.nimhd.nih.gov/programs/edu-training/byomm/index.html](http://www.nimhd.nih.gov/programs/edu-training/byomm/index.html)
- Men's Health Network: [www.menshealthnetwork.org/](http://www.menshealthnetwork.org/)
- Men's Health Info: <https://medlineplus.gov/menshealth.html>
- Office of Minority Health: <https://minorityhealth.hhs.gov/mens-health/resources/>

### Contact us



Aetna Better Health of Louisiana  
2400 Veterans Memorial Blvd., Suite 200  
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24 hours a day, 7 days a week

**1-855-242-0802 (TTY: 711)**

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This newsletter is published as a community service for the friends and members of Aetna Better Health of Louisiana, 2400 Veterans Memorial Blvd., Suite 200, Kenner, LA 70062. This is general health information that should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. Models may be used in photos and illustrations.

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# AETNA BETTER HEALTH® OF LOUISIANA

## Nondiscrimination Notice

Aetna complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Aetna does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Aetna:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - o Qualified sign language interpreters
  - o Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - o Qualified interpreters
  - o Information written in other languages

If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card or **1-800-385-4104**.

If you believe that Aetna has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with our Civil Rights Coordinator at:

Address: Attn: Civil Rights Coordinator  
4500 East Cotton Center Boulevard  
Phoenix, AZ 85040  
Telephone: **1-888-234-7358 (TTY 711)**  
Email: [MedicaidCRCoordinator@aetna.com](mailto:MedicaidCRCoordinator@aetna.com)  
Hours of operation: 8:00 a.m. – 5:00 p.m.

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 1-800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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## Multi-language Interpreter Services

**ENGLISH: ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104** (TTY: **711**).

**SPANISH: ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104** (TTY: **711**).

**FRENCH: ATTENTION:** si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro indiqué au verso de votre carte d'identité ou le **1-800-385-4104** (ATS: **711**).

**VIETNAMESE: CHÚ Ý:** nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số có ở mặt sau thẻ id của bạn hoặc **1-800-385-4104** (TTY: **711**).

**CHINESE: 注意:** 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104** (TTY: **711**)。

**ARABIC:** ملحوظة: إذا كنت تتحدث باللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل على الرقم الموجود خلف بطاقتك الشخصية أو على **1-800-385-4104** (للصم والبكم: **711**).

**TAGALOG: PAUNAWA:** Kung nagsasalita ka ng wikang Tagalog, mayroon kang magagamit na mga libreng serbisyo para sa tulong sa wika. Tumawag sa numero na nasa likod ng iyong ID card o sa **1-800-385-4104** (TTY: **711**).

**KOREAN: 주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 ID 카드 뒷면에 있는 번호로나 **1-800-385-4104** (TTY: **711**) 번으로 연락해 주십시오.

**PORTUGUESE: ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número que se encontra na parte de trás do seu cartão de identificação ou **1-800-385-4104** (TTY: **711**).

**LAOTIAN: ເຊີນຊາບ:** ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຫາເບີໂທທີ່ຢູ່ດ້ານຫຼັງບັດປະຈຳຕົວຂອງທ່ານ ຫຼື **1-800-385-4104** (TTY: **711**).

**JAPANESE: 注意事項:** 日本語をお話になる方は、無料で言語サポートのサービスをご利用いただけます。IDカード裏面の電話番号、または**1-800-385-4104** (TTY: **711**)までご連絡ください。

**URDU: توجہ دیں:** اگر آپ اردو زبان بولتے ہیں، تو زبان سے متعلق مدد کی خدمات آپ کے لئے مفت دستیاب ہیں۔ اپنے شناختی کارڈ کے پیچھے موجود نمبر پر یا **1-800-385-4104** (TTY: **711**) پر رابطہ کریں۔

**GERMAN: ACHTUNG:** Wenn Sie deutschen sprechen, können Sie unseren kostenlosen Sprachservice nutzen. Rufen Sie die Nummer auf der Rückseite Ihrer ID-Karte oder **1-800-385-4104** (TTY: **711**) an.

**PERSIAN:** اگر به زبان فارسی صحبت می کنید، به صورت رایگان می توانید به خدمات کمک زبانی دسترسی داشته باشید. با شماره درج شده در پشت کارت شناسایی یا با شماره **1-800-385-4104** (TTY: **711**) تماس بگیرید.

**RUSSIAN: ВНИМАНИЕ:** если вы говорите на русском языке, вам могут предоставить бесплатные услуги перевода. Позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки, или по номеру **1-800-385-4104** (TTY: **711**).

**THAI: ข้อควรระวัง:** ถ้าคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทรติดต่อหมายเลขที่อยู่ด้านหลังบัตร ID ของคุณ หรือหมายเลข **1-800-385-4104** (TTY: **711**)