

HEALTHY ALL YEAR

Stay safe at home

Hello

Falls are a common cause of injury, especially for older adults. Sometimes it can feel harder to move around or feel confident about daily activities after taking a fall. But with a few simple changes, you can make your home much safer and keep doing the things you enjoy.



Room	Fall-prevention tips	
Living room	Lay down non-slip rugs: Make sure rugs are secure or non-slip.	Use supportive furniture: Chairs with sturdy armrests can help you stand.
Bedroom	Clear the floors: Remove clutter and keep pathways open.	Use bright lighting: Use nightlights and make sure rooms are well-lit.
Bathroom	Install grab bars: Place near the toilet and inside the shower.	Use non-slip mats: Put non-skid mats in the shower and on the floor.
Kitchen	Organize your cabinets: Keep everyday items on lower shelves.	Use a sturdy step stool: Use a stable step stool with a handle if you need to reach high shelves.
Stairs & hallways	Install good lighting: Motion-sensor lights make for easier navigation.	Mark the steps: Use bright tape on stair edges for visibility.

Benefit spotlight

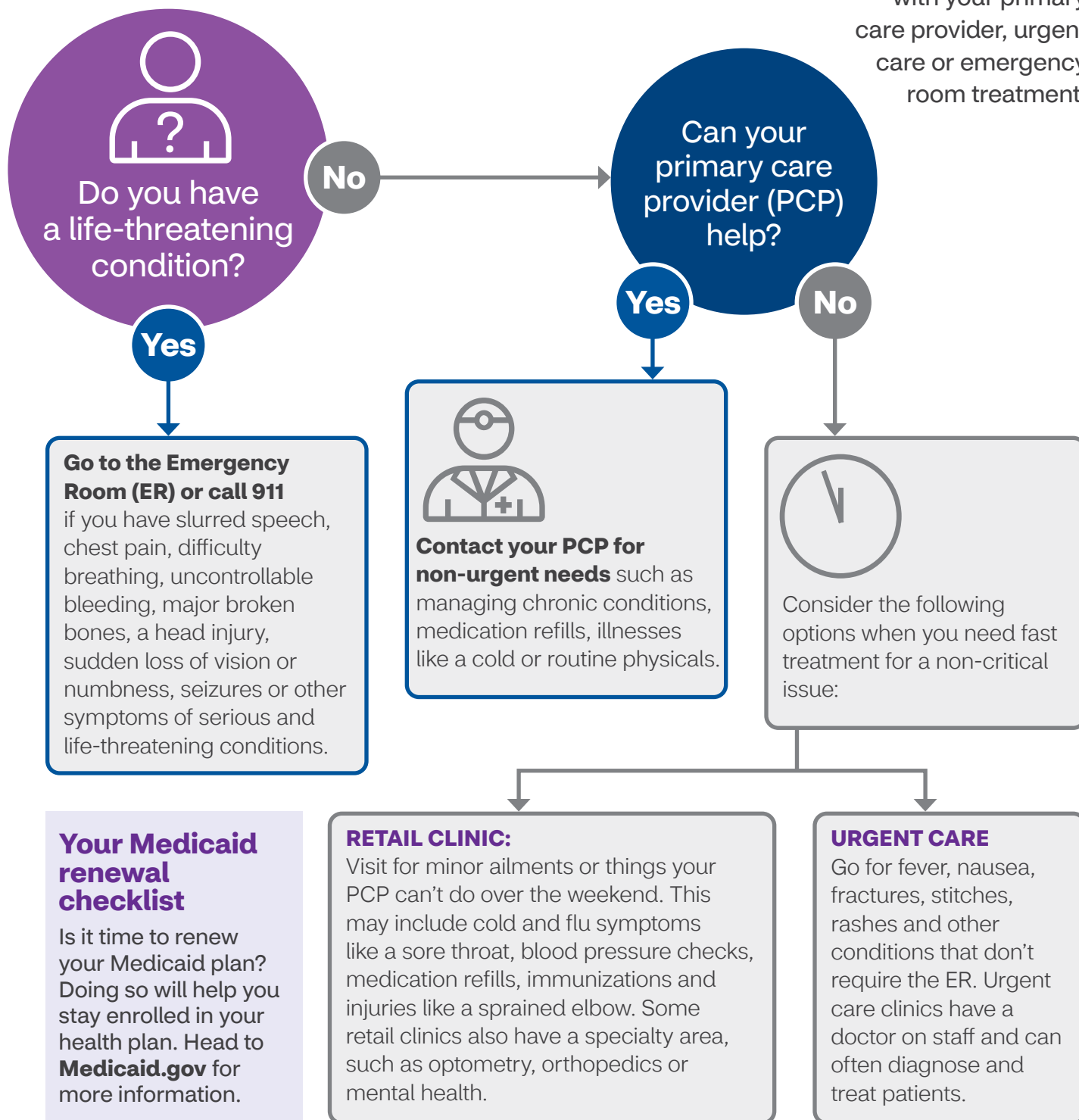


Have you scheduled your Annual Wellness Visit (AWV)?

This covered exam is a chance to meet with your provider to discuss health concerns and even get a fall risk assessment. Call your care manager at **1-866-316-3784 (TTY: 711)**, 24 hours a day, 7 days a week for help scheduling the visit.

Find the right care fast

Use this simple flowchart to quickly decide if you need a visit with your primary care provider, urgent care or emergency room treatment.



MAXIMIZE YOUR PLAN

Ways to save with your Aetna plan

Make sure you use all the valuable benefits and services your Aetna plan has to offer. Here are five that are at your fingertips right now.

1. Extra Benefits Card

Get help paying for things to help you stay well with your Extra Benefits Card. You get a monthly allowance you can use to help pay for certain everyday expenses.* Call Member Services to learn more.

- Your primary care provider
- Pharmacies
- Hospitals
- Participating SilverSneaker's gyms
- Senior centers

*The benefit mentioned is a part of a special supplemental program for the chronically ill.

2. Save on prescription drugs

With your Aetna plan you have \$0 copay on covered Part D prescription medications at in-network pharmacies.

3. Enjoy no-cost fitness classes

Aetna members have a no-cost SilverSneakers® fitness benefit to use for in-person and online fitness classes, online life skills courses and more. Visit **SilverSneakers.com** today.

4. Take advantage of covered annual exams

Your Aetna plan offers covered \$0 copay annual exams. Your health is our top priority. And we don't want you to stress out about additional expenses. Be sure to take advantage of your preventive yearly exams such as your Annual Wellness Visit, plus your hearing and vision appointments — all at no added cost to you.

5. Schedule a ride

Having a reliable ride to and from your medical appointments is important. If you qualify, you can schedule transportation to and from approved locations such as:

Resource spotlight



Find helpful information

Check your Summary of Benefits or visit **AetnaBetterHealth.com/Michigan-MMP** 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 **1-855-676-5772 (TTY: 711)**, 24 hours a day, 7 days a week.



Quick tip: Remember to have your current address, phone number and email address on file. Call Member Services at **1-855-676-5772 (TTY: 711)**, 24 hours a day, 7 days a week to make sure this info is correct.



Health and wellness or prevention information

Questions or concerns about your health and wellness?

Reach out to your care manager at **1-866-316-3784**, 24 hours a day, 7 days a week.
Or visit **AetnaBetterHealth.com/Michigan-MMP** for more information.

Did you know?



There are simple home changes to help prevent falls and stay independent.



You can find out where to go for care based on your symptoms.



Your Aetna® plan offers benefits that can help you save money.

Aetna Better Health Premier Plan is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs 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. The Benefits Mastercard® Prepaid Card is issued by The Bancorp Bank, N.A., Member FDIC, pursuant to license by Mastercard International Incorporated. Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. This is a benefits card that can only be used at certain Mastercard merchants participating in this program and will be authorized for qualified purchases as set forth in your Cardholder Agreement. Valid only in the U.S. No cash access. Certain of these materials may be available in additional languages upon request. This is not a gift card or gift certificate. You have received this card as a gratuity without the payment of any monetary value of consideration. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved.