

wellness & you

Stay healthy this fall

A few small tweaks to your daily health routine this season can bring lasting health benefits. Here are some ways to stay well this fall and beyond.



Lift some weights

Adding strength training to your exercise routine can help lower your risk for high blood pressure and heart disease.¹ Do muscle-strengthening activities at least twice a week.

Get plenty of sleep

Sleep boosts your immunity to cold bugs that pop up this time of year. Aim for seven to nine hours of sleep each night.

Avoid allergy triggers

Pollen from ragweed can cause allergy symptoms this time of year. So can mold that grows in fallen dead leaves. To steer clear of allergens, stay

indoors when pollen counts are high and keep windows shut.

Book your flu vaccine

As an Aetna® Assure Premier Plus (HMO D-SNP) member, it's covered by your plan. You can get your flu shot at no cost at your Provider's office or a CVS® pharmacy, Minute Clinic or other pharmacy. Call your Care Team to book an appointment.

Get care if you need it

If you feel achy and run-down, or if you have a fever, cough or headache, see your Primary Care Provider. The quicker you get care, the sooner you will start feeling better.

Don't risk a gap in your Medicaid coverage.

Update your contact info with the New Jersey Medicaid agency. This way, they'll be able to reach you to renew your Medicaid coverage.

You can also confirm/update your contact information, which includes your address, email and phone number, by calling Aetna Assure Premier Plus (HMO D-SNP) at **1-844-362-0934 (TTY: 711)** between 8 AM and 8 PM, 7 days a week. We can share your contact information with the State of New Jersey Medicaid agency so they can communicate with you about your Medicaid eligibility.

¹Schroeder, Elizabeth C et al. **Comparative effectiveness of aerobic, resistance, and combined training on cardiovascular disease risk factors: A randomized controlled trial.** *PLoS One*. January 7, 2019. Available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6322789/> Accessed June 22, 2022.

Calling all members! Did you know that the health plan needs your help? We hold quarterly meetings where you can share feedback and advice on a variety of health plan areas and topics. Help make your health plan the best that it can be! If you are interested in learning more or participating in the Member Advisory Committee, talk to your Care Manager today.

4 ways therapy can help you

Many of us think of therapy as something you do if you're feeling down or on edge, or if you're mourning a loss. But there are many other ways that it can boost your well-being. Here are some surprising ways therapy can help you live a happier, healthier and more balanced life.



1 It can improve your relationships

Misunderstandings and rough patches are normal. A therapist can help you find ways to understand the situation and communicate better so you can fix issues faster.

2 It can help you manage medical issues

Depression and anxiety are common in people with chronic conditions like diabetes and COPD. Poor mental health can affect how well you manage your illness and, in turn, harm your physical health.

Talking to a therapist can teach you skills for sticking with your treatment. It can also teach you how to avoid unhealthy coping habits like smoking or drinking alcohol.

3 It can ease physical pain

Pain can be caused by a number of things, including injury, illness, aging — even stress. In fact, long-term stress has been linked with physical symptoms like aches, pains, headaches and gut issues.¹

Speaking with a professional can give you strategies to feel less overwhelmed and cope better with chronic pain.

4 It can help you reach your goals

We all have dreams and goals — eating healthier, getting in shape, finding a new job. If you're feeling stuck, a therapist can give you the strategies you need to break old patterns that are holding you back. And they can share tips for staying motivated.

¹American Psychological Association. **Stress effects on the body.** November 1, 2018. Available at <https://www.apa.org/topics/stress/body> Accessed June 22, 2022.

Don't forget!

Have you completed your health survey? If not, your Care Team will call you to complete the survey — when they do, be sure to take the call. During the call, they can help you find new ways to improve your health and get you the care you need. Plus, you will get a \$50 gift card after you complete the survey.*



*Members are eligible for one gift card per plan year for completing the survey. Terms, conditions and expiration as set forth by the card issuer and/or applicable store shall apply.



Brush up on oral health

Keeping your teeth and gums healthy is important for overall health. Poor oral health has been linked with a higher risk of diabetes and heart and lung disease. Follow these tips for a healthy mouth.

✓ Floss first

Flossing before you brush reduces more plaque. It also helps keep more of the fluoride from your toothpaste in between your teeth where it helps fight tooth decay.¹

✓ Brush the right way

Remember “two and two”: Brush two times a day and spend about two minutes brushing each time.

✓ Minimize snacking

Eating throughout the day means food stays on your teeth longer. This can leave cavity-causing

plaque on your teeth. Instead, aim for three balanced meals.

✓ See your dentist regularly

Yearly visits are covered as part of your health benefits. Your dentist will clean and examine your teeth and check for oral cancer or signs of gum disease. Be sure to tell your dentist about medicines you're taking. Some can cause dry mouth, discomfort and dental decay.

¹Mazhari F, Boskabady M, Moeintaghavi A, Habibi A. **The effect of toothbrushing and flossing sequence on interdental plaque reduction and fluoride retention: A randomized controlled clinical trial.** Journal of Periodontology. July 2018. Available at <https://pubmed.ncbi.nlm.nih.gov/29741239/> Accessed June 22, 2022.

Questions about your health? Your Care Team is here to help. Call them at **1-844-362-0934 (TTY: 711)**. They're available from **8 AM – 5 PM ET, Monday through Friday**. Visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/BetterHealth.com/DSNP) for more information.

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<Return Address>

<Recipient's Name>

<Mailing Address>

Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to your D-SNP care team at **1-844-362-0934 (TTY: 711)**. They're available from **8 AM – 5 PM ET, Monday through Friday**. Visit **AetnaBetterHealth.com/DSNP** for more information.

Did you know?



- ✓ Early fall is the best time to get your flu shot.



- ✓ Taking care of your teeth and gums can help prevent heart disease.



- ✓ Talking to a therapist can do more than boost your mood.



Find all the details inside!

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. 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. The formulary, provider and/or pharmacy network may change at any time. For accommodation of persons with special needs at meetings, call 1-844-362-0934 (TTY: 711). Aetna and CVS Pharmacy[®] are part of the CVS Health[®] family of companies.