

wellness & you

Meet your Extra Benefits Card

As an Aetna® Assure Premier Plus (HMO D-SNP) plan member, you have added benefits to help you meet your health goals. At the top of the list: Your Extra Benefits Card, a Benefits Mastercard® Prepaid Card. It has a quarterly allowance you can use to buy eligible products that can help you stay well. Here's how to get the most out of your card.



Use your quarterly Extra Benefits Card allowance before you lose it.

Your allowance will be added to your card at the beginning of each quarter. And it doesn't roll over into the next quarter. To learn more, call a NationsBenefits Member Experience Advisor anytime at **1-877-204-1817 (TTY: 711)**.

✔ Activate your card

You can activate your card in three ways:

- **By phone.** Call **1-877-204-1817 (TTY: 711)** to speak to a NationsBenefits Member Experience advisor. They're available 24 hours, 7 days a week.
- **Online.** Visit **Aetna.NationsBenefits.com/Activate**
- **QR code.** Use your smartphone to scan the QR code in your Extra Benefits Card welcome kit.

✔ Stock up on groceries

You can use your allowance to

buy approved healthy foods, including fruits and veggies, meat and seafood and pantry staples. Shop by phone or online using the same phone number and website you used to activate your card. Or head to approved retail locations like Walmart and CVS®. And remember to select credit, not debit, at checkout.

✔ See what else is covered

To learn all the ways you can use your quarterly allowance, check out your Extra Benefits Card welcome kit. It will arrive in the mail shortly after your plan begins. The kit will also include your card. If you didn't get your card or if you

need a replacement, call a NationsBenefits Member Experience Advisor for help.

✔ Download the app

You can also check the balance of your allowance or look up covered items using the NationsBenefits "MyBenefits Portal" app on your smartphone. You can download the app for free on the App Store® and Google Play™.

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Have questions about your benefits? Member Services is here to help. Call **1-844-362-0934 (TTY: 711)**, from **8 AM – 8 PM, ET, seven days a week**. Visit **AetnaBetterHealth.com/DSNP** for more information.



5 steps to a healthy heart

You know a healthy heart is key to overall health. And good news: Adding any one of these habits to your daily life can give your heart health a boost. Better yet, tackle two or more for even bigger benefits!

1

Know your numbers

Your blood pressure, blood sugar and cholesterol levels are important indicators. They can also help you play a role in keeping your heart healthy. Your Primary Care Provider (PCP) can run tests to get your numbers. If your numbers aren't in the healthy range, work with your PCP to create the right care plan for you.

2

Choose heart-smart foods

Fruits and vegetables are high in fiber and vitamins that are good for your heart. They're also low in artery-clogging cholesterol. Plus, eating more fruits and veggies can help you stay at a healthy weight. (Extra pounds make the heart work harder to pump blood.)

3

Quit smoking

If you smoke, quitting is one of the best things you can do for your heart. Smoking lowers oxygen levels in your blood, making it harder for your heart to pump. As an Aetna Assure Premier Plus member, you have a smoking cessation benefit. Call our Care Team at **1-844-362-0934 (TTY: 711)** to learn more.

4

Stick to a sleep schedule

Getting a good night's rest can help lower your blood pressure. Try to go to bed and wake up at the same time every day. And give yourself at least 7 hours of sleep so you wake up refreshed.¹

5

Never miss a dose

Remember to fill your prescriptions and take your medications on time. This is important because the medications help keep your blood pressure, cholesterol and blood sugar at healthy levels. And they make your heart healthier and stronger. Try to stick to a daily schedule.

¹Centers for Disease Control and Prevention. **1 in 3 adults don't get enough sleep.** Available at <https://www.cdc.gov/media/releases/2016/p0215-enough-sleep.html> Accessed January 26, 2023.

What to ask at your checkup

An annual wellness visit (AWV) is a key step toward year-long health. It's a chance for you and your PCP to create a prevention plan based on your personal health needs and concerns. To make the most of this covered visit, it helps to be ready with some smart questions. Here are a few to get you started.



Am I up to date on my vaccinations?

Vaccines help protect you against illnesses. Ask your PCP if you need any vaccinations this year, such as the annual flu shot or your COVID-19 booster.



How can I lower my risk of falling?

Falls can happen anywhere — even in your home. Discuss ways to prevent falling and how to make your home safer with your Provider.



Do I need any health screenings?

From colonoscopies and mammograms to vision and hearing tests, your PCP can offer screenings to make sure you are healthy. They can help uncover health concerns earlier, when they're often easier to treat.



Are my prescriptions covered?

Visit **AetnaBetterHealth.com/DSNP** to check your formulary (list of covered drugs). If your PCP prescribes something that's not on the list, ask if there's an alternative that is. Then fill the prescription at an in-network pharmacy where your copay for covered drugs is \$0.



Never miss another dose!

Taking your medications as prescribed helps lead to a healthier you. But we also know it's easy to forget. Try setting an alarm, creating a routine or using a pill box to help you remember to take your medication every day.

Get a \$50 gift card for completing your annual health survey. Doing your annual health survey helps our Care Team get you the benefits you need. To complete your survey, call our Care Team at **1-844-362-0934 (TTY: 711)** between **8 AM – 5 PM, ET, Monday through Friday.**

Questions about your health? Our Care Team is here to help. Call **1-844-362-0934 (TTY: 711)**, from **8 AM – 5 PM, ET, Monday through Friday.** Visit **AetnaBetterHealth.com/DSNP** for more information.

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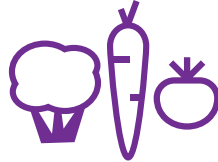
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Health and wellness or prevention information

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

Did you know?



Your allowance for approved healthy foods expires at the end of each quarter. Be sure to use it!



There are 5 simple steps you can take for a healthier heart.



Covered prescriptions are always no cost at in-network pharmacies.



Find out more inside!