

wellness & you

HEALTHY LIVING



Bringing wellness to you

Look for the **Aetna Wellness on Wheels (AWoW)** RV in your community!

The Aetna Wellness on Wheels (AWoW) initiative provides a variety of free health screenings, education, activities and resources right in your community.

This initiative is geared to all ages and abilities. The goal of each event is to create a welcoming space where you and your family can feel empowered to take an active role in your health.

Through the Aetna Wellness on Wheels initiative, we are fulfilling Aetna's mission to "bring our heart to every moment of your health."

Find an event near you

Want to learn more? Visit [AetnaBetterHealth.com/pennsylvania/news-events](https://www.aetna.com/pennsylvania/news-events) to find upcoming Wellness on Wheels and other events in your community.

IT'S TIME TO RENEW!

You must renew your Pennsylvania Children's Health Insurance Program (CHIP) coverage every year.

For more information, visit [AetnaBetterHealth.com/pennsylvania/chip-renewal.html](https://www.aetna.com/pennsylvania/chip-renewal.html)



Kids and diabetes

Diabetes is becoming more common in children and teens. Learn how you can help lower your child's risk.

What is diabetes?

It's a condition where the body can't make or use insulin properly. Insulin is a hormone that helps your body use sugar, or glucose, from food for energy. Diabetes causes this sugar to build up in the blood.

Type 1 diabetes: The body doesn't make insulin.

Type 2 diabetes: The body doesn't use insulin correctly.

Risk factors

Being overweight is the biggest risk factor for type 2 diabetes,

according to the American Diabetes Association. It's genetic, too. If you have diabetes, there is a higher chance that your child will develop it.

Prevention

To lower diabetes risk, encourage small changes:

Eat well. Include veggies or fruit at each meal and cut back on desserts. Choose water over soda or sports drinks.

Be active. Get at least an hour of exercise a day. It doesn't have to be all at once. It can be

Get help with healthy meals

As one of your Enhanced Benefits, MANNA can provide you with weekly pre-packed, nutritious meals prepared to fit your dietary needs. MANNA will even deliver the meals to your home at no cost. If you want to know if you qualify, ask our Special Needs Unit at **1-855-346-9828 (TTY: 711)** Monday through Friday, 8 AM to 5 PM. They can help you set up a meal plan with MANNA.

a 15-minute morning walk and 45 minutes of playtime later.

Limit screen time. Limit TV and video games to two hours a day. Sitting too much can lead to weight gain.

Stick to a regular sleep schedule. Getting enough rest is important for a healthy weight.

Talk to your child's doctor at your next checkup and ask if your child is at risk for diabetes. Call the doctor sooner if your child has any of these symptoms:

- Increased thirst
- Frequent urination
- Unusual tiredness

For more information on diabetes, go to [diabetes.org](https://www.diabetes.org)

Get extra help when you need it. Our care managers in the Special Needs Unit can help you access all your benefits, find a provider, connect with community resources and more. Just call our Special Needs Unit at **1-855-346-9828 (TTY: 711)**.

Signs of depression in children and teens

Depression can happen to anyone, even children and teens. And it's a lot more common than you might think. Research shows depression has been rising among kids and teens since the pandemic. Here's how to tell if your child might be depressed, and what to do.

Depression in children

Young kids might not understand that they have depression. And depression often looks different in children than it does in adults.

Look for signs of all-or-nothing thinking. They might say things like "I can't do anything right," or "No one likes me." Other signs to look for include:

- More argumentative, grouchy or annoyed
- Often tired or agitated
- Problems concentrating
- Feeling guilty or worthless
- Self-injury or self-destructive behaviors
- Angry outbursts or tantrums

Depression in teenagers

Depressed teens often exhibit many of the same symptoms that children do. Other signs include:

- Doing poorly in school
- Often restless or agitated
- Overreacting to criticism
- Lacking energy, motivation or enthusiasm
- Using alcohol or drugs

Are you having thoughts about hurting yourself or others? Call or text the Suicide & Crisis Lifeline at **988** or chat at **[988lifeline.org](https://www.988lifeline.org)** to talk to a trained crisis counselor. This service is free and confidential. And it's available 24 hours a day, 7 days a week.

- Poor self-esteem
- Not taking care of appearance

Talk to your child's doctor if you think they might be depressed. They can ask your child more questions to screen them for depression. If needed, they can provide treatment options or refer you to a mental health care provider.



Your Rights & Responsibilities. Want to learn more about Aetna Better Health Kids benefits, how your health plan works or what your rights and responsibilities are? Find this information and more in your member handbook here: **[Member Handbook](#)**



Healthier happens together

Join the Member Advisory Committee (MAC) and let your voice be heard

When you join the Aetna Better Health Kids Member Advisory Committee (MAC), we'll want to hear what you think about us. We'd like to know your thoughts about your child's benefits, enhanced benefits, providers and their services — or just anything about health that's on your mind!

MAC meetings are held several times a year. All meetings are virtual and only last an hour. After you register, you'll receive a link via email. You can choose whether you want to participate by phone or by video.

To join you must be:

- A parent/guardian of an Aetna Better Health Kids member who has been enrolled for 90 days
- Willing to attend meetings by phone or video 2-4 times a year*

For more information about MAC

Call **1-800-822-2447 (TTY: 711)**

What is MAC?

MAC is a place where you can give feedback on member care, benefits and services you receive from us.

The MAC can also make recommendations on our educational materials, prevention and wellness programs, outreach efforts, website and more.

Did you know you can have an interpreter at your doctor appointments?

It can be in person, over the phone, or by Zoom or video, and you won't be charged for the service. To learn more, call Member Services at **1-800-822-2447 (TTY: 711)**.

Know your enhanced member benefits

We are excited to share details about your Enhanced Member Benefits for you and your child(ren)!

No-cost over-the-counter (OTC) benefits

Aetna Better Health Kids members can purchase \$30 worth of eligible OTC products each month. That's \$360 every year! You can order online, by phone or in most CVS Stores across Pennsylvania.

Transportation for medical appointments

Need transportation to and from appointments? Aetna Better Health Kids has teamed up with Modivcare, a leader in non-emergent medical transportation, to better connect you with care at times when you need it most.

Sports physicals

Sports physicals are different than a regular physical. They focus on reviewing your child's current health status and medical history to ensure that your child is healthy enough to play his or her sport.

Each child can get one Sports Physical each year in addition to their covered benefit of an annual physical for each member.

Tailored meals for children with medical conditions

Aetna Better Health Kids has partnered with MANNA to provide a series of meals that are designed for children and adolescents who can benefit from a medically-tailored diet based on certain diagnoses like diabetes, hypertension and obesity.

This benefit includes a dietitian consultation, dietary education and meal delivery no matter where you live.



To get more details, call our Special Needs Unit at **1-855-346-9828 (TTY: 711)** and speak with one of our Care Management representatives today.

Keeping kids safe medication lockbox

Locking up medications can benefit everyone's health and well-being and save lives — just like helmets and seatbelts. Parents can request a lockbox to secure medication, which can help prevent overdoses.

Enhanced dental benefit

In addition to your regular dental benefits, Aetna Better Health Kids now offers members esthetic caps (that look like real teeth) for children with dental caries of their baby teeth. This can help your child feel better about their appearance. You can ask your dentist or Member Services for details.

Enhanced vision benefit (coming soon)

In addition to your regular eyeglass benefit, members can get an extra \$50 applied toward the purchase of fashion frames. Just ask your eye doctor for details. You can use this extra benefit once each year.

If you have questions about any of your Enhanced Benefits, just call Member Services at **1-800-822-2447 (TTY: 711)**.

We will continue adding new Enhanced Benefits throughout 2023!

Check [AetnaBetterHealth.com/Pennsylvania/members/chip/enhanced-benefits](https://www.aetnabetterhealth.com/Pennsylvania/members/chip/enhanced-benefits) for more information and an up-to-date list.

Your family's healthy-all-year secret

Spoiler alert: It's vaccinations. They can help your family stay well this winter — and for many seasons to come. Here are six vaccinations to keep on your radar. Go to [Vaccines.gov](https://www.vaccines.gov) for a full list.



Chickenpox (varicella)

When it's given: Children get two doses: one at 12 to 15 months old, the second between ages 4 and 6. If you've never been vaccinated or had chickenpox, you'll need the vaccine now.

Diphtheria, tetanus and pertussis (DTaP, Tdap)

When it's given: Younger children usually get five doses of DTaP between ages 2 months and 6 years. Tdap is for older kids, with a first dose between ages 11 and 12, and adults, who need the shot every 10 years (more often if pregnant).

Flu (influenza)

When it's given: Starting at 6 months old, annually. Get the vaccine as soon as it's available — usually in September or October.

Human papillomavirus (HPV)

When it's given: Two doses between 11 and 12, but can be given as early as 9. If you're older and haven't had the shot, talk to your doctor. HPV, a sexually transmitted infection, can cause cervical cancer and other cancers.

Measles, mumps and rubella (MMR)

When it's given: Between 12 and 15 months of age for the first dose, and between ages 4 and 6 for the second dose. Sometimes adults need to get it again; ask your doctor if you need the shot.

Pneumococcal

When it's given: It's given to children at 2, 4 and 6 months and between 12 and 15 months for a total of 4 doses.

Beyond physicals

Get screened now

✓ Body mass index (BMI)

BMI can show if you're at a higher risk for serious health conditions like diabetes.

✓ Hepatitis C

Adults and pregnant women should have this blood test.

✓ Lead screenings

Lead poisoning can be serious. Doctors will screen children with a blood test.

✓ STIs

All sexually active people should be screened for STIs like HPV, chlamydia and gonorrhea.

Need a ride to your appointments? A care manager can set up a ride for you with our partner, Modivcare. Just call our Special Needs Unit at **1-855-346-9892 (TTY: 711)**, Monday through Friday, from 8 AM to 5 PM.

Your children and social media

Social media is a part of everyday life for most kids, but it's not without risks. Learn how to protect your child online.

One thing is for sure: Most children have access to or use social media of some kind. And social media is here to stay.

Social media can have many benefits for kids. It can help them stay in touch with friends and family. And it can keep them informed and engaged with what's happening in the world.

But there are drawbacks, too. Time spent on screens can take away from other important activities, like exercise, spending time with friends in person and getting enough sleep. And, like all internet users, kids can be exposed to inappropriate or inaccurate content online.

The good news is that you can help protect your kids from the potential harms of social media. One recent study found that kids who talked to their parents about technology use were less likely to experience negative effects of social media, like depression.

Talk to your kids about appropriate behavior online, like what to share and how to interact

with others. And encourage them to come to you if they're bothered by something happening online.

Lead by example by cutting back on your own social media use, too. That same study found that kids were better off with technology if their parents spent less time on screens.

Being present, making eye contact, having conversations — these things are important. Check out these resources to learn more:

- Department of Health and Human Services: [HHS.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf](https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf)
- American Psychological Association: [APA.org/topics/social-media-internet/health-advisory-adolescent-social-media-use](https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use)
- American Academy of Pediatrics: [AAP.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/](https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/)



Check out your member handbook. Learn more about Aetna Better Health Kids, how your plan works, your benefits, rights and more. View your handbook online at [AetnaBetterHealth.com/Pennsylvania/members/chip/handbook](https://www.aetnabetterhealth.com/Pennsylvania/members/chip/handbook)

Budget-friendly healthy snacks your whole family will crave

Handing out the right snacks can do double duty: It can fuel good energy and health now, and boost immunity to help fight off illness as we enter cold and flu season. But common go-tos like packaged chips, cookies and candy can be pricy and harm your health over time. Instead, try these easy, kid-friendly snacks. They're good for your health and kind to your wallet.



Greek yogurt

It's thick and creamy, and loaded with calcium and protein. Throw in some banana slices for potassium. Or add berries (fresh or frozen) for vitamin C and antioxidants.



Apple slices and peanut butter

Together, they serve up healthy fats, protein and important vitamins and minerals like vitamin E and potassium.



Glass of milk

A cold glass — or a warm mug — is an easy way to satisfy hunger. Plus you're drinking up immune-boosting minerals like calcium and vitamins A and D.



Fresh veggies and hummus

Made of pureed chickpeas, hummus is a great source of plant-based protein. Pair with raw veggies like carrots and bell pepper.

Turkey tacos

Leftovers from your Thanksgiving feast taste twice as delicious mixed with warm cranberry salsa.

- 2 Tbsp olive oil
 - ½ red onion, diced
 - 1 cup corn
 - 1 cup cranberries
 - 1 clove garlic, minced
 - ¼ cup orange juice
 - 1 tsp honey
 - 1 cup shredded cooked turkey
 - 4 corn tortillas
1. Heat oil in a medium-size pan over medium heat. Add onion and sauté for about 3 minutes.
 2. Add corn, cranberries, garlic and orange juice. Cook for 3 to 5 minutes, stirring often, until the juice is reduced (almost gone).
 3. Add the turkey to the salsa and heat through.
 4. Divide the turkey-salsa mixture evenly between the 4 tortillas.
 5. Top with garnishes, such as cilantro, green onions or pomegranate seeds, if you'd like.



Don't forget to schedule your child's next well-visit.

You can talk to your child's doctor about any concerns and ways to keep them healthy. To learn more, call Member Services at **1-800-822-2447 (TTY: 711)**.