

wellness & you

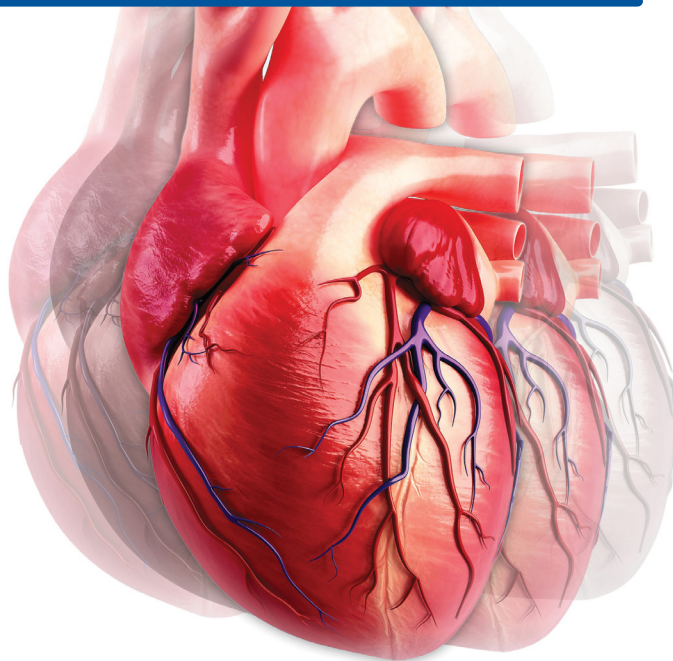
Your Aetna® Assure Premier Plus (HMO D-SNP) member newsletter

HEALTHY ALL YEAR

How to keep your heart strong

Dear <First name>,

Your heart is one of the most important parts of your body. It pumps blood to all your organs and keeps you alive and active. But just like any other part of your body, your heart needs special care to stay healthy. Here's a guide to some common heart problems. Plus, how to take care of your heart and what to do if something feels off.



Common heart problems

High blood pressure (BP).

This happens when the force of your blood pushing against the walls of your arteries is too strong. It can make your heart work harder than it needs to.

Heart Disease.

This can mean many different problems like blocked arteries, an irregular heartbeat and heart attacks.

High Cholesterol.

Cholesterol is a fat that can build up in your arteries and block blood flow.

Screenings to consider

Your provider can make sure your heart is healthy by running tests like a:

- **Blood pressure check**
- **Cholesterol test**
- **Electrocardiogram (EKG or ECG)**

Benefit
spotlight



**Want help
paying for
health and
wellness
products?**

Symptoms related to heart health

Sometimes, your heart might give you signs that something isn't right. It's important to listen to your body and know where to go for help. If you have any of these symptoms, call **911** or go to the emergency room:

- Chest pain
- Trouble breathing
- Fainting or sudden dizziness

Aetna Assure Premier Plus members like you have an Extra Benefits Card with a monthly allowance to help pay for over-the-counter (OTC) health and wellness items like blood pressure cuffs. To learn more, call Member Services at **1-844-362-0934 (TTY: 711)** from 8 AM to 8 PM, 7 days a week.

A registered nurse is just a phone call away. Aetna® HMO D-SNP members can call our 24-Hour Nurse Line at **1-844-362-0934 (TTY: 711)** to speak with a registered nurse, 24 hours a day, 7 days a week. Is it an emergency? Dial **911**.

Quick recipes for reaching a healthier weight

As you age, your body needs certain vitamins and minerals to stay healthy and in a healthy weight range. Here is a simple recipe that has some of these nutrients.

Easy egg and spinach scramble

Ingredients:

- 3 eggs
- ½ cup frozen spinach (thawed and drained)
- 1 tablespoon olive oil or butter
- Salt and pepper to taste
- 1 slice of whole grain bread (optional)

Instructions:

1. Heat olive oil or butter in a skillet over medium heat.
2. Add the spinach and cook for 2 minutes until warmed through.
3. Beat the eggs in a bowl and pour them into the skillet with the spinach. Scramble until the eggs are fully cooked, about 3-4 minutes.
4. Season with salt and pepper and serve with a slice of whole grain toast if desired.



Resource spotlight



Find helpful information

Check your evidence of coverage (EOC) or visit [AetnaMedicare.com/NJDSNP](https://www.aetna.com/medicaid/njdsnp) to learn about:

- Covered benefits
- Language assistance
- How to submit a claim for reimbursements
- 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
- How Aetna evaluates new technology to include in coverage

For a printed copy of this information, call Member Services at **1-844-362-0934 (TTY:711)**.



Your Medicaid renewal checklist

Is it time to renew your Medicaid plan? Doing so will help you stay enrolled in your D-SNP. Head to **Medicaid.gov** for more information. Or call your Member Services team at **1-844-362-0934 (TTY: 711)** from 8 AM to 8 PM, 7 days a week..



Quick tip: Remember to update your contact information with your current address, phone number and email address. Call Member Services to make sure this info is correct.

MAXIMIZE YOUR PLAN

All about your Healthy Home Visit

Ready to get care without leaving the comfort of home? You're covered for a Healthy Home Visit (HHV). During this visit, a licensed health care professional from Signify Health® will come to you and make sure you get the care you need. Read more about the important benefits of Healthy Home Visits and how to schedule one today.

What to expect at a Healthy Home Visit

This checkup is an extra chance to meet with a licensed clinician – all at no extra cost to you.

During an HHV, the clinician can:

- Check your vital signs and reflexes
- Review your medical history and medications
- Check your breathing, eyes or feet
- Provide tips for home safety
- Screen you for certain health problem

Benefits of a Healthy Home Visit

- Personalized care
- Medicine management
- Home safety checks
- Resource support
- No need for transportation
- Comfortable environment

Resource spotlight



We work with you to get the right care

Our utilization management (UM) program ensures you get the right care, in the right setting when you need it. If you have active coverage, we can help you and your Providers make decisions about your health care.

- We make decisions by looking at your benefits and clinical guidelines for appropriate care and service.
- We consider your needs, evidence-based practice and availability of care.
- We don't reward doctors or others for denying coverage or care nor do our employees get incentives to reduce your services.

If you have questions about UM or how to access a copy of clinical practice guidelines, call Member Services toll-free at **1-844-362-0934 (TTY:711)** 8 AM to 8 PM, 7 days a week. If you need language translation or assistance, contact Member Services.



Schedule a Healthy Home Visit today. Connect with a Signify Health professional by calling **1-855-746-8709 (TTY: 711)** from 9 AM to 8 PM ET, Monday through Friday to book your visit.

Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to your Care Team at **1-844-362-0934 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday. Se habla español. Or visit **AetnaMedicare.com/NJDSNP** for more information.

Veggie and bean quesadillas



Ingredients:

1 can of black beans
(rinsed and drained)
1 cup frozen spinach
(thawed and drained)
½ cup shredded cheese
(low-fat, if preferred)
4 whole wheat tortillas
Cooking spray or oil for
the pan

Instructions:

1. In a bowl, mash the black beans and mix with the spinach.
2. Spread the bean and spinach mixture evenly on 2 tortillas. Sprinkle with cheese and top with the remaining 2 tortillas.
3. Heat a skillet over medium heat and lightly coat with cooking spray or oil. Cook each quesadilla for 2-3 minutes on each side until golden and crispy.
4. Slice and serve warm.



Look inside for another recipe idea and more health and wellness information.

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