

wellness & you

Eat healthy during the holidays

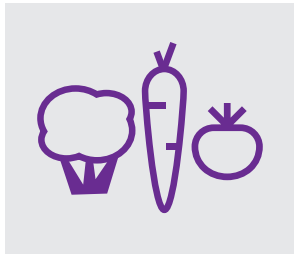
With seasonal sweets and treats everywhere, it can be tough to stick to a healthy diet. Use these tips to make smart choices — without sacrificing flavor.



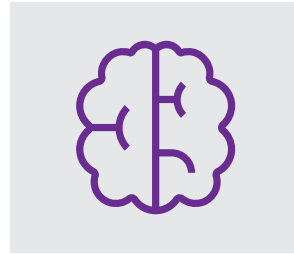
Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to your D-SNP care team at **1-855-463-0933 (TTY: 711)**. They're available from **8 AM to 5 PM ET, Monday through Friday**. Visit [AetnaBetterHealth.com/MyDSNP](https://www.aetna.com/MyDSNP) for more information.

Did you know?



✓ A few smart food swaps help you stay healthy while enjoying the holidays.



✓ Boosting your memory and brainpower can be fun.



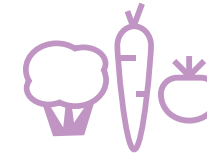
✓ There's still time to take advantage of your 2022 benefits!

← Find all the details inside!



Eat lighter festive foods.

Who says holiday foods have to be heavy? Simply enjoy lighter desserts like angel food cake with fruit or pumpkin pie over higher-calorie options like fudge cake or pecan pie.



Keep healthy snacks handy

Carry snacks with you like carrot sticks, nuts or fresh fruit for between-meal munchies. When you aren't hungry, you're less likely to indulge in extra treats.



Divide your plate wisely

A good rule of thumb to keep calories down: Fill half your plate with good-for-you vegetables, a quarter with protein (like turkey or ham) and the last quarter with starch (mashed or sweet potatoes). Eat slowly and enjoy.



Walk after dinner.

Bundle up for a quick after-dinner walk to aid digestion. And enjoy the festive lights and decorations while you stroll!

Not sure where to go for care?

It's not always clear whether you should go to the emergency room (ER), urgent care, a walk-in clinic or your doctor's office for the right care — especially during the busy holiday season.

As an Aetna[®] Dual Eligible Special Needs Plan (D-SNP) member, you can call the 24/7 nurse line at **1-855-463-0933 (TTY: 711)** for round-the-clock health guidance.

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. 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. You will receive notice when necessary. CVS Pharmacy[®] and MinuteClinic[®] LLC (which either operates or provides certain management support services to MinuteClinic-branded walk-in clinics) are part of the CVS Health[®] family of companies.



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4 ways to boost your brainpower

You're telling a friend about a fantastic new TV show you've been watching. It has a famous celebrity in it. Her name is...her name is...you can't remember her name. Sound familiar?

Blips in memory are often just a normal part of aging. But you can strengthen your memory by challenging it regularly. Here's how.

1 Do a jigsaw, Sudoku or crossword puzzle

Playing games and solving puzzles regularly helps keep your mind sharp.¹

2 Quiz yourself.

Think of a few personal questions to stump yourself. Then spend a few minutes trying to come up with the answer. A few questions you can try:

- What's your best friend's phone number?
- How many actors can you name from your favorite movie?
- What are the lyrics to a hit song from your high school years?

3 Stay social.

Join a book club, go to local events or just call or spend time with friends or family. Having conversations and positive interactions with others keeps your brain active.

4 Get creative.

Paint, draw or color in an adult coloring book. Making art regularly can help prevent cognitive decline.²



Need mental health support?

If you're an Aetna D-SNP member, reach out to your care team. They can help you find support and even connect you with a mental health professional if needed.

Visit aetna.com/virginiadsnp1 to learn more about your D-SNP benefits. Or scan this QR code with your smartphone.



¹Brooker, H, Wesnes, KA, Ballard, C et al. **An online investigation of the relationship between the frequency of word puzzle use and cognitive function in a large sample of older adults.** *International Journal of Geriatric Psychiatry*, November 15, 2018. Available at <https://onlinelibrary.wiley.com/doi/full/10.1002/gps.5033> Accessed October 7, 2022.

²Mahendran, R, Rawtaer I et al. **Art therapy and music reminiscence activity in the prevention of cognitive decline: study protocol for a randomized controlled trial.** *Trials*, July 12, 2017. Available at <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-017-2080-7> Accessed October 7, 2022.

Important end-of-year news

Your current plan will automatically renew on January 1 with your 2023 benefit changes.

2022 is coming to an end soon!

Take advantage of the following benefits before the end of the year if you haven't already:

- ✓ Your quarterly allowance for over-the-counter (OTC) health and wellness products
- ✓ Your annual fall prevention allowance for approved home safety devices like shower grab bars and canes
- ✓ Your quarterly healthy foods allowance. Your Healthy Foods Card will expire at the end of the year. You'll get a new Extra Benefits Card to replace it in January.



Your December newsletter

Your December issue of *wellness&you* will include your 2023 plan information. It will help you be prepared to use your plan benefits when they start in January.

The kit will include:

- Details about your 2023 benefits
- Your new over-the-counter catalog



Screen for colon cancer from home

Are you due for a colorectal cancer screening? If so, you might be getting a delivery. **Aetna has partnered with Everlywell to deliver a colon cancer test kit to certain members at low risk for colon cancer.** It's a quick, easy way to take care of an important screening without ever leaving your home. And it's a covered benefit with no extra cost to you! If you receive an at-home test, be sure to follow the instructions to complete and return it.



It's not too late!

You can still schedule important screenings like blood pressure, cholesterol or A1C checks before the end of the year. **Your Aetna care team can help you make an appointment.** They may also be able to arrange transportation to and from your doctor's office. Give them a call at **1-855-463-0933 (TTY: 711)** between **8 AM to 5 PM ET, Monday through Friday.**

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