

# wellness & you

## Stay steady on your feet

Falls are the leading cause of injury in older adults. To reduce your risk, use these tips to keep your balance and stay safe.

Health and wellness or prevention information

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

## Did you know?



✔ Getting your annual eye exam can help lower your risk of falling.



✔ Staying hydrated and eating lighter meals can help keep you cool this summer.



✔ Reducing stress and screen time can help stop headache pain.

Find all the details inside! →

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### 1. Check your home.

Most falls happen at home, so do a check of each room for tripping hazards. What to do:

- Clear cluttered paths.
- Secure or remove loose rugs and cords.
- Install non-slip mats and grab bars in the bathroom.
- Use friction strips and handrails on stairs.

### 2. Wear the right shoes.

Proper footwear can help keep you steady. Look for:

- Good support
- Low heels
- Sturdy backs

### 3. Talk to your doctor about fall prevention.

They can watch you walk to check your balance and review your medications (some cause



### Is it time for your eye exam?

Your plan covers an annual vision exam and offers eyewear benefits including glasses, lenses, frames, or contacts. Your care team can help you schedule an appointment.

Be sure to take your Aetna ID and Medicaid card with you whenever you visit your doctor or pharmacy.

dizziness). Ask for a memory check, too. Memory issues are linked with a higher fall risk.

### 4. Get your eyes checked.

Vision problems are another top reason older adults fall. Improving your vision lowers your risk of trips and slips.

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# 4 possible reasons for your headache

When your head throbs, your body may be trying to tell you something. Check out these common headache causes and tips to help stop the pain.

	The problem	Why it causes a headache	The solution
1	<b>You're logging too much screen time.</b>	Your eyes work harder when you're looking at a digital screen. The longer you stare, the more it strains your eyes.	<b>Use better screen habits:</b> <ul style="list-style-type: none"> <li>Place the screen 20 inches away from your eyes.</li> <li>Follow the 20-20-20 rule: Every 20 minutes, look 20 feet away, for 20 seconds.</li> </ul>
2	<b>You have seasonal allergies.</b>	Common summer allergens like grass, pollen, and mold can cause stuffiness and sinus headaches.	<b>Try over-the-counter (OTC) allergy medications.</b> Don't forget: You get an allowance for certain OTC items like allergy meds and pain relievers.
3	<b>You're stressed.</b>	Stress related to changes in health, housing, or caregiver support can cause tension headaches.	<b>Practice tips to help with stress:</b> <ul style="list-style-type: none"> <li>Deep breathing</li> <li>Healthy sleep habits</li> <li>Regular exercise</li> </ul>
4	<b>You're dehydrated.</b>	Your brain is about 90% water, so it needs plenty of fluids to function. If it's not getting enough, your head will hurt.	<b>Drink an extra glass (or two!) of water.</b> Eat water-rich fruits and veggies, too.

## Reminder

**Be sure to complete your health survey.** When your care team calls to complete your health survey, it's important that you pick up. During the call, they can help find new ways to improve your health and get you the care you need. By taking the survey, you'll also receive a \$25 Walmart® gift card at no cost to you.\*

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



## Your happy, healthy summer checklist

Sunny days are here again! Before you head out to enjoy the warm weather, remember these safety tips:

- ✔ **Stay hydrated.** Even if you're not thirsty, regularly sip water. Eating fruits and veggies, which are filled with water, also helps. Watch out for a dry mouth and dark urine — these are early signs of dehydration.
- ✔ **Think light.** Eat lighter meals and wear light-colored, loose-fitting clothing to keep cool.
- ✔ **Protect your skin from the sun.** Apply sunscreen — 30 SPF or higher — 15 minutes before going outside. Reapply every two hours (more often if you're sweating or swimming).
- ✔ **Exercise indoors.** Head outside for light exercise like walking or gardening either early or late in the day when it's cooler. If it's too hot or rainy, you can exercise indoors with fitness videos from SilverSneakers® at no extra cost to you. Find on-demand videos at [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted).

## Benefits that keep you cool

Hot outside but you need to take care of your health? Your care team to the rescue. Call them to ask about:

### Mail-order pharmacy services

Get your medications delivered to your home. Some even offer a 90-day supply, which will last you all summer!

### Transportation

You may be able to get a ride to and from your doctor's office, pharmacy, and more. This could help you avoid waiting outside for public transportation.

### Telehealth appointments

Depending on your doctor, you may be able to have your visit via the phone or a video call.

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