

wellness & you

Manage your health with the help of your Care Team

Connecting with your Aetna Assure Premier Plus (HMO D-SNP) Care Team can help you stay on top of your health and wellness needs. Here are some ways they can support you.

✔ Provider appointments and transportation

- Your Care Coordinator can find providers, make appointments and may be able to help you get a ride.
- Many providers offer telehealth visits. Your Care Coordinator can check for you.

✔ Prescription medicines

- Your Nurse Care Manager can help you understand your medicines and check that prescriptions are filled.
- Many prescriptions are available by mail. Ask if mail order is right for you.
- If you need a ride to your pharmacy, just ask. Your Care Team may be able to help.

✔ Understand your benefits

- Your Member Advocate can help with questions about your benefits.

✔ Housing and healthy food

- If paying bills or getting food are difficult, your Social Worker can connect you with local programs that may be able to help.

Remember to always bring your Aetna® member card to provider appointments and the pharmacy.



Remember to take your health survey

Your Care Team will call you when it's time to do a short survey that helps you get the care you need. You should do this each year, so be sure to answer the phone call!

Questions or concerns about your benefits? Member Services is here to help.

Call them at **1-844-362-0934 (TTY: 711)**, from 8 AM to 8 PM EST, Monday through Friday.

Visit **AetnaBetterHealth.com/DSNP** for more information.

Simple stretches for healthy hips

Strong and flexible hips can help you avoid injury and falls. These exercises will keep yours in shape.



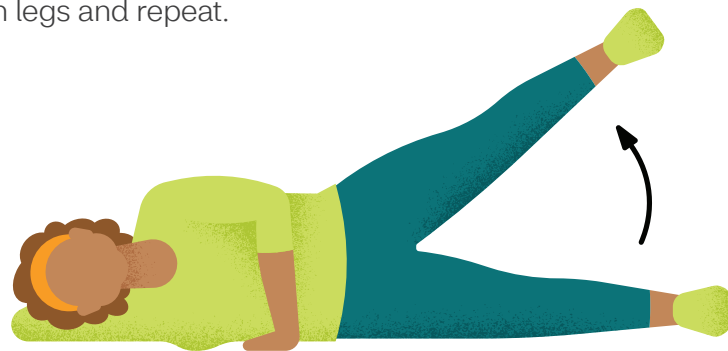
Do these moves daily if you can.

HIP CIRCLES

1. Lie on your back with one knee bent.
2. Lift your other leg and make make 5 circles in one direction, and 5 circles in another direction.
3. Switch legs and repeat.

SIDE LEG LIFTS

1. Lie on your side, back against a wall.
2. Lift your top leg toward the ceiling. Then, lower your leg.
3. Do 5 lifts on each leg.



Want more exercises?

Exercise is a great way to stay healthy. Find online fitness classes at [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted), at no cost to you.



Is it time for your COVID-19 vaccine?

The vaccine helps protect you from COVID-19 and is available at no cost to you. Get it as soon as you can. Here's how:

- Learn if you are eligible and where to schedule a vaccine. They're available at CVS Pharmacy® stores and other locations near you. Visit covid19.nj.gov/vaccine or call 1-855-568-0545 (TTY 711).
- Need a ride to the vaccination site? Your Care Team may be able to help.
- Bring your Medicare ID and Aetna card with you.
- Ask if you need a second dose. Book it when you get the first.

What to always have in your medicine cabinet

Keeping health and wellness items you may need on hand can help you be prepared. These are the things you should have in case you get sick or have a minor injury.

1

Pain relievers for aches and pains

They also work as fever reducers (keep a thermometer handy too).

2

Hydrocortisone cream for bites and rashes

Rub this on if an insect bites you or your skin is irritated.

3

Antacids for tummy troubles

Use these to treat an upset stomach, heartburn and indigestion.

4

Bandages for minor cuts and burns

Have antibiotic ointment or cream to dab on too.

5

Eyewash for itchy eyes

If you sometimes get dry eyes, a bottle of eye drops is also nice to have.

Check in with your provider on which treatments are right for you.



Need to stock up your medicine cabinet?

Get over-the-counter (OTC) health and wellness items at no cost to you.

You get a \$210 quarterly allowance to help you pay for certain Medicare-approved OTC products. Use your OTC benefit each quarter so you don't lose it. See all the available items at [AetnaBetterHealth.com/New-Jersey-HMOSNP/Whats-Covered.html](https://www.aetna.com/BetterHealth.com/New-Jersey-HMOSNP/Whats-Covered.html).

Have your items delivered:

Go to [CVS.com/OTCHS/MyOrder](https://www.cvs.com/OTCHS/MyOrder)
Or call 1-833-331-1573 (TTY: 711)
9 AM to 8 PM
Monday through Friday

Or shop at the store:

You can also use the OTC allowance to buy covered items at a discount at participating CVS Pharmacy® locations. Search for stores at [CVS.com/OTCHS/MyOrder/StoreLocator](https://www.cvs.com/OTCHS/MyOrder/StoreLocator).

Questions about staying active and healthy this spring? Your Care Team can help. Call them at 1-844-362-0934 (TTY: 711), from 8 AM to 5 PM EST, Monday through Friday. Visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/BetterHealth.com/DSNP) for more information.

Questions about your health? Your Care Team can help. Call them at 1-844-362-0934 (TTY: 711), from 8 AM to 5 PM EST, Monday through Friday. Visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/BetterHealth.com/DSNP) for more information.

<Return Address>

<Recipient's Name>

<Mailing Address>

Health and wellness or prevention information

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

Did you know?

- ✔ Your Care Team can help you stay on top of your appointments and health needs.
- ✔ The COVID-19 vaccine helps protect you from the virus and is available at a location near you.
- ✔ Keeping the right supplies in your medicine cabinet can help if you get injured or sick.



Find all the details inside! 

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. 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. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2021 Tivity Health, Inc. All rights reserved.