

HEALTHY LIVING

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 pricey and harm your health over time. Instead, try these easy, snacks that are 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.

Need more ideas? Nuts like almonds and walnuts, air-popped popcorn with a shake of salt, sliced veggies with hummus, frozen grapes, oatmeal and fruit are all great options.

It's time to renew!

Medicaid renewals have started again to see if people are still eligible. Some people will be automatically renewed. Everybody's renewal date is different, so it is critical that you respond to Ohio Medicaid if you get a request for more information.

- 1 Make sure your contact information is up to date
- 2 Watch your mail for renewal information

There are three ways you can update your contact information with Ohio:

- 1 Through an Ohio Benefits Self-Service account online portal at benefits.ohio.gov
- 2 Contact a case worker through your local department of job and family services
- 3 Contact the Ohio Medicaid Consumer Hotline:
1-800-324-8680
Business Hours:
Monday – Friday:
7:00am – 8:00pm,
Saturday:
8:00am – 5:00pm.

Heart disease 101

Heart disease isn't just one condition. There are many types, including coronary artery disease, congestive heart disease, arrhythmia, heart attack and stroke. But they share a lot of symptoms. Screenings are often the same, too. If you're worried about your heart health, talk to your primary care provider (PCP) about having one of these tests.



CT scan

This looks for calcium in the arteries, which is a sign of plaque buildup. If the test shows plaque buildup, your doctor may recommend medicine to lower your cholesterol levels.

Stress test

This test usually involves walking on a treadmill and monitoring your heart to see how it's working. If you're having chest discomfort, a stress test can help your PCP decide if that's a coronary problem.

Electrocardiogram (EKG)

This simple, painless test involves placing electrodes on your chest to record your heart's electrical activity.

Angiogram

If your other tests are abnormal, or if you're having symptoms, you might get an angiogram. This scan shows blood flow through your arteries and veins to check for blockages.

If you think you may be having a heart attack or stroke, call 911 right away. Getting help fast can save your life and lead to a better recovery.

Symptoms of a heart attack can include:

- Pain or pressure in the chest
- Discomfort in the jaw or neck
- Shortness of breath
- Sweating, nausea or dizziness

Know the signs of preeclampsia

This high blood pressure condition happens during pregnancy. It can be dangerous to both mother and baby. During your prenatal checkups, your care provider will screen for preeclampsia. Call your provider immediately if you have any of these symptoms:

- Severe headaches
- Blurred vision, spots in front of your eyes or sensitivity to light
- Nausea and vomiting
- Swollen hands and feet
- Sudden weight gain of more than a pound a day
- Pain in the upper right side of your abdomen
- Shortness of breath

Depression signs through the ages

Depression can happen to anyone. It's also highly treatable. Since some symptoms vary between age groups, it's important to know what to watch for.

Children

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

Teenagers

- Doing poorly in school
- Often restless or agitated
- Overreacting to criticism
- Lacking energy, motivation or enthusiasm
- Using substances like alcohol or drugs
- Poor self-esteem
- Not taking care of appearance

Adults

- Often annoyed, frustrated, irritable and/or angry
- Loss of interest in socializing and hobbies
- Restless, agitated or sluggish
- Feeling worthless or very guilty
- Hard time concentrating, remembering and making decisions

- Older adults may also be anxious, confused, helpless or quick to cry

New mothers (called postpartum depression)

- Feeling overwhelmed or "empty"
- Detachment from baby
- Panic attacks
- Tired
- Decreased interest in activities
- Self-doubt, guilt, anger
- Changes in sleep or eating

If you see any of these signs in a loved one or yourself, reach out to your primary care provider (PCP) for help.



4 tips for healthy lungs

Whether you have a chronic lung condition like asthma, or a respiratory infection like a cold, use our tips to breathe easier.



- 1 Take your medicine as directed by your doctor. Also, make sure you are using your inhaler correctly.
- 2 Get a flu shot. Ideally, by the end of October.
- 3 See an allergist if needed. Allergies can trigger an asthma attack.
- 4 If you smoke, quit now. It's the best way to stop more lung damage.



Ready to quit smoking? Your plan covers 42 smoking cessation counseling sessions per year without prior authorization. This is in addition to the sessions covered by Medicare. For more information, call **1-855-364-0974**

Are you having thoughts about hurting yourself or others?

Go to the nearest emergency room or call or text the Suicide & Crisis Lifeline at **988** for free and confidential emotional support. Or visit **988lifeline.org** to chat.

Your healthy-all-year secret

Spoiler alert: It's vaccinations. They can help you and 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.



Flu (influenza)

When it's given: Everyone should get this shot every year to protect against the seasonal flu virus. It takes a few weeks to become effective, so it's best to get it as soon as it's available — usually in September or October.

COVID-19

When it's given: Everyone over age 6 should get at least one COVID-19 shot. Adults over 65 may get an additional dose four months or more after their first dose.

Pneumococcal

When it's given: All adults ages 65 and older, and some younger people (with certain health conditions), should get a pneumonia vaccine.

Chickenpox and shingles (varicella)

When it's given: If you've never had chicken or been vaccinated, you'll need the vaccine now. Adults over 50 can get a shot to protect against shingles, which is caused by the same virus.

Tetanus, diphtheria and pertussis (Tdap)

When it's given: If you've never gotten this shot, get one as soon as possible. Adults need to get a booster every 10 years.

Meningitis

When it's given: Preteens, teens, and college-age adults are the most susceptible, but folks over 50 may need this shot too. Ask your provider what's best for you.

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.

Your Care Manager

When you become an Aetna Better Health of Ohio Medicare Medicaid plan member, we assign you a Care Manager, who will help you find the right care, assess your health and wellness, and talk with you about your health goals.

Your Care Manager will work with you, your health care providers and any other member of your care team to make sure you receive the right care and services based on your needs and preferences.

Each member is on their own health care journey, and we are here to support you along the way. Your Care Manager can help you manage and improve your health with a care plan. To learn more, call your Care Manager. You can also call Member Services at **1-855-364-0974 (TTY: 711)**, 24 hours a day, 7 days a week.

If you are a new plan member, your Care Manager will call you to welcome you to our plan, and complete a health assessment.

The health assessment tells us about:

- You
- Your health
- Your health care and wellness goals

At a minimum, you can also expect that your Care Manager will call you to see how you have progressed throughout the year, and to update the health assessment. Together you will review your care

goals and set new ones. If you move or change your phone number, please call your local Department of Human Services office and your Care Manager. You can also call Member Services at **1-855-364-0974 (TTY: 711)**.



Working 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. UM staff can help you and your providers make decisions about your health care. When we make decisions, you should know:

- We make UM decisions by looking at your benefits and clinical guidelines for the most appropriate care and service.
- We consider your needs, evidenced based practice, and availability of care.
- You must have active coverage.
- We don't reward doctors or other people for denying coverage or care.
- Our employees do not get any incentives to reduce the services you get.

If you have questions about UM or to access a copy of clinical practice guidelines, you can speak to someone by calling Member Services toll-free at **1-855-364-0974 (TTY: 711)**, 24 hours a day, 7 days a week. If you need language translation or assistance you can contact Member Services toll-free at **1-855-364-0974 (TTY: 711)**, 24 hours a day, 7 days a week.

Diabetes Education

Did you know that Diabetes Self-Management Education (DSME) is a covered benefit for Aetna Dual members, at no cost to you? This education will provide information on nutrition, physical activity and medications in a one-on-one, group or virtual format.

Talk to your doctor about your interest in this education, and they will refer you to the program that is best for you. If you have any questions about the benefit, please contact your care manager.

Don't forget to schedule your annual doctor visit. You can talk to your doctor about any concerns and ways to stay healthy. To learn more, call Member Services toll free at **1-855-364-0974 (TTY: 711)**

Don't miss out on 2023 additional benefits

As you already know, Aetna strives to provide quality healthcare options to all its members. Did you know that if you have Medicare and Medicaid benefits through Aetna's MyCare Ohio plan, it comes with additional benefits* to assist you on your healthcare journey? These include:

Extra Benefits Card for Healthy Food and Utilities (New in 2023!)

For members with certain health conditions, Aetna offers \$150 Extra Benefits Card every 3 months to help pay utilities and buy healthy food. That's \$600 per year! Call **1-855-364-0974** to see if you qualify and request your extra benefits card today.

Smoking Cessation Counseling

42 counseling sessions per year without prior authorization. This is in addition to the sessions covered by Medicare.

Non-Emergency Transportation

Rides to doctors' offices and other approved locations. Up to 30 round trips or 60 one-way.

Home-Delivered Meals

10 meals after hospital discharge. This includes 2 meals per day.

Podiatry

3 additional routine foot care visits per year.

Cell Phone (Lifeline)

Cell Phone Members who qualify for Lifeline (the federal cell phone program) AND enroll in the program with Aetna's carrier are eligible to make free calls to the Member Services number. Also included are health-related texts and plan texts, as appropriate

OTC Supplies

Eligible members can receive \$105 every 3 months for over-the-counter products like vitamins, cold and allergy medication, pain relief, first aid supplies and more. These products are available online, by phone or at participating stores like CVS, Walmart, Kroger, Giant Eagle and more.

Silver Sneakers® Fitness Program

Membership includes access to participating fitness locations, fitness classes, group activities, home kit or steps kit each year. Also, online resources such as on-demand classes, live classes, and the Silver Sneakers app.

Preventive Dental

Oral exams, cleaning, fluoride treatment, and dental X-rays every 6 months. (This benefit is also available for Aetna Medicaid-only members.)

The best part of enrolling as an Aetna Better Health of Ohio MyCare member is the coordination of a plan to fit your individualized health needs. MyCare care managers empower members to play an active role in their personal healthcare journey.

Take the first step to opting into better health today by contacting **Aetna Better Health of Ohio at 1-855-364-0974**.

** Additional benefits are only offered to those who select Aetna Better Health of Ohio for both their Medicare and Medicaid coverage unless otherwise noted. Limitations and restrictions may apply. Silver Sneakers is a registered trademark of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved.*

Have you gotten your flu shot yet?

Since fall is upon us, we want you to be prepared for the start of cold and flu season. Influenza, which is often just called the "flu" describes several contagious flu viruses that are spread by air droplets.

That means that the flu is spread from one person to another through the breath of an infected person. This can happen through sneezing, coughing, or touching your mouth and nose with contaminated hands.

The flu viruses are more commonly spread during the fall and winter months, although it is possible to get the flu any time of year. Flu symptoms can include:

- Fever
- Runny nose
- Sore throat
- Body aches
- Cough

The flu is more than just a common cold. According to the Centers for Disease Control, people over 65 are at higher risk of having serious complications from the flu.

The flu can also worsen symptoms of chronic conditions like diabetes, heart disease, breathing problems, or kidney disease to name a few. For people with chronic conditions, getting the flu can even result in hospitalization.

The best way to protect yourself from the flu is to get a flu shot as early as possible in the cold and flu season.



Get a \$25 gift card when you get your flu shot with the Member Incentive Program!

Aetna Better Health of Ohio members may be eligible to receive a \$25 gift card for completing the following services between January 1, 2023 and December 31, 2023

- **Breast cancer screening (\$25)** Women 52 to 74 years old who need a mammogram can earn this incentive one time per year
- **Diabetes screenings—HbA1c testing (\$25)** Members 18 to 75 years old with diabetes who need an HbA1c blood test can earn this incentive two times per year.
- **Eye exam (\$25)** Members 18 to 75 years old with diabetes who need a diabetic retinal eye exam can earn this incentive one time per year
- **Flu shot (\$25)** Members 19 and older who are eligible for a flu shot can earn this incentive one time per year.



Too much of a good thing

Antibiotic medications can be a powerful treatment for certain illnesses. But using them too often can be harmful.

It's important to know that antibiotics don't treat viruses. Colds, flu, pharyngitis (an inflamed, sore throat) and most bronchitis are almost always caused by a virus. So, antibiotics won't help. You only need antibiotics for a bacterial infection.

Your PCP can help determine the treatment that's right for you.

We speak your language. We offer language interpretation services at no cost to you. If you have difficulty hearing, we also offer sign language. To learn more, call Member Services toll-free at **1-855-364-0974 (TTY: 711)**, 24 hours a day, seven days a week.



Stay protected and get the flu shot. Aetna Better Health of Ohio covers the cost of your flu shot. You can get a flu shot at your local pharmacy or from your primary care doctor. If you need help locating a place to get a flu shot, call Member Services at **1-855-364-0974 (TTY: 711)** or talk to your Care Manager.



MyCareOhio
Connecting Medicare + Medicaid

Aetna Better Health® of Ohio
PO Box 30017
Pittsburgh, PA 15222-0330

<Recipient's Name>
<Mailing Address>

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Health and wellness or prevention information

HEALTHY LIVING

Easy ways to get the whole family moving

One fun, everyday way to boost your body's defenses against illness: Exercise. Plus, it's a great chance to spend time together as a family. Try these free fitness ideas that are good for all ages:

- ✔ **Make the dog walk a family affair**
- ✔ **Play "keep it up" with a ball or balloon**
- ✔ **Play basketball or tag**
- ✔ **Put on some music for a mini dance party**

Do activities like these at least three times a day and you'll have moved the minimum recommended amount.



Aetna Better Health® of Ohio is a health plan that contracts with both Medicare and Ohio Medicaid to provide benefits of both programs to enrollees.