

wellness & you

Your Aetna® Dual-Eligible Special Needs Plan (D-SNP) member newsletter

HEALTHY ALL YEAR

3 key self-care habits – because you're worth it!

Dear <First Name>,

Smart habits like eating healthy and exercising regularly can make a big difference in your health. And Aetna D-SNPs offer benefits that can help you practice positive self-care habits every day. Here's what to know.

Eat a balanced diet

A balanced diet means you're eating all the important food groups throughout the day. They have important vitamins and minerals your body needs to stay healthy. On the list:

- Fruits (like apples)
- Vegetables (like broccoli)
- Whole grains (like brown rice)
- Proteins (like lean meats)

You can use the monthly benefit amount (allowance) on your Aetna® Medicare Extra Benefits Card to help pay for certain everyday expenses like healthy foods.

Stay active

Regular physical activity can help you feel your best in body and mind. Some good options are brisk walking, aerobics classes and even raking the leaves. You have a SilverSneakers® fitness benefit which offers in-person and online fitness classes at no additional cost to you. Visit [SilverSneakers.com/GetStarted](https://www.silversneakers.com/) to learn more.

Connect with others

Positive relationships with family and friends may bring you more happiness and help lower stress. Your care team can help connect you with community groups if you're having feelings of loneliness or depression.



Support, your way

Have questions about your health plan? We're here to help answer them, whenever you need it. And there are several ways to get the answers you need. Here are a few of them.

✔ **Visit your secure member website.** Head to aetna.com/2-oct24 to see what your plan covers, find your Member ID card, view past doctor's visits, see recent prescriptions and more.

✔ **Call Member Services.** They can help answer any questions about your health plan. They are available at **1-855-463-0933 (TTY: 711)** from 8 AM to 8 PM ET, 7 days a week.



Visit aetna.com/3-oct24 to learn more about your plan.
Or scan this QR code with your smartphone

BENEFIT SPOTLIGHT

Your D-SNP benefit checklist

Believe it or not, the new year is right around the corner. It's not too late to use your Aetna D-SNP plan benefits. We want to help you use your benefits now so you can feel your best for the holidays and start 2025 strong. Use this checklist to keep track of the benefits you've used and still need to take advantage of this year.



Extra Benefits Card

You can use the monthly benefit amount (allowance) on your Aetna Medicare Extra Benefits Card to help pay for certain everyday expenses like:

- Healthy food
- Over-the-counter (OTC) products

Make sure you use your card allowances before the end of every month. You can use the allowance at participating retail locations, online and by phone.

Visit aetna.com/5-oct24 for more information.



\$0 copay

Taking your medications correctly can help you manage your chronic conditions and feel your best. And covered Part D prescription drugs (like diabetes and certain heart disease medicines) have a \$0 copay at in-network pharmacies. Visit aetna.com/9-oct24 to see if your prescriptions are covered.



SilverSneakers®

Have you been getting your daily exercise? Aetna members have a SilverSneakers® fitness benefit that can help you keep moving. You can use it for in-person and online fitness classes (like yoga classes) at no added cost. Visit SilverSneakers.com/GetStarted to learn more and sign up today.



Call Member Services to learn more about your plan and benefits. They are available at **1-855-463-0933 (TTY: 711)** from 8 AM to 8 PM local time, 7 days a week.



Covered annual exams

You have the following appointments available at no added cost.

- Annual wellness visit.**
(A yearly visit with your primary care provider that includes a personalized prevention plan and routine checks)
- Annual routine physical.**
(A yearly exam that may include bloodwork and other important tests)
- Yearly hearing, vision and dental exams.**



Fall prevention allowance

Falling in the home happens more than you think. D-SNP members get a \$150 annual allowance to make your home safer. Use it to buy approved fall-prevention safety items like no-slip bathmats and grab bars. Make sure you take advantage of this allowance before the year ends to help fall-proof your home.



Healthy Home Visit

We work with the experienced team at Signify Health® to get you preventive care in-home. When you schedule your yearly Healthy Home Visit (HHV), a licensed Signify clinician will come to your home to help with your overall health needs. They'll answer your health questions and share a summary of the visit with your primary care provider (PCP). Call **1-855-746-8709 (TTY: 711)** from 9 AM to 8 PM ET, Monday through Friday, to book your visit today.



Covered screenings and vaccines

Aetna members have many covered screenings and vaccinations they need for better health. Make sure you set up these important appointments if you haven't already.

- Flu vaccine.
- Mammogram.
- Colorectal cancer screening. Covered screenings include colonoscopy and at home testing kits.
- Prostate screening exam.



Care team services

As an Aetna member, you have services available to help guide you to better health. Your personal care team is ready to help you get the health care you need, when you need it.

Call them at **1-855-463-0933 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday. You can also call this number to connect with the 24-Hour Nurse Line at any time for answers to non-emergency health questions.



Love the Aetna plan you're with?

Great news! You can sit back and relax while your plan is automatically renewed. Have questions? Call Member Services today.

Don't forget to complete your annual health survey. Doing so helps your care team get you access to the benefits and resources you need. Call your care team to complete your health survey.



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)** from 8 AM to 5 PM, ET, Monday through Friday. Or visit **AetnaBetterHealth.com/MyDSNP** for more information.

Did you know?



A little self-care can benefit your health a lot. Here's how your Aetna plan can help you choose healthier habits.



You still have time to use your valuable D-SNP benefits before the plan year is up.



You have an annual health survey that can help your care team get you the benefits and services you need.



Find out more inside

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our DSNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. 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. Participating health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. 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. 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. Participating health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. If your plan's Extra Benefits Card includes roll-over, any unused amount will rollover into the next month. The monthly amount can be rolled over through the end of the plan year but will not carry over into the next plan year. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2024 Tivity Health, Inc. All rights reserved.