

wellness & you



Healthy summer skin

One of the best things about summer? Spending time outdoors. What's not so fun? Dealing with the skin issues that can come with it. Here's how to get relief from:

Sunburn

- Use 100% aloe gel or jelly and allow it to air dry.
- Wear light, loose clothing that doesn't rub skin and make inflammation worse.

Need sunburn or itch relief? As an Aetna D-SNP member, you have an over-the-counter (OTC) allowance for select wellness products.

Bites and stings

- If there's a stinger, remove it quickly.
- Wash the skin with soap and water to remove any venom or bacteria.
- Apply a cold compress and calamine lotion or hydrocortisone cream to reduce swelling.
- To ease itching, try an antihistamine.

Heat rash

- Wash the area with cool water and gentle soap.
- Gently pat dry or air dry to avoid irritating your skin more.
- Use calamine lotion or a hydrocortisone cream to calm your skin.
- Wear light, loose clothing to let skin breathe and stay cool.

Poison ivy, oak or sumac

- Wash skin with lukewarm, soapy water to get rid of the plant oils that cause the rash.
- Apply calamine lotion or a hydrocortisone cream for itch relief.
- Wash your clothes and anything that touched the plant to wash away oils.

Questions or concerns about your health? Your D-SNP care team is here to help. Give them a call at **1-855-463-0933 (TTY: 711)**. They're available from 8 AM to 5 PM EST, Monday through Friday. Visit **AetnaBetterHealth.com/MyDSNP** for more information.

4 reasons to get your eyes checked

Seeing your eye doctor can help you find solutions for health problems you have now, and also prevent others down the road. During your annual exam, you can:

✓ Catch an eye disease early.

Some eye diseases, like glaucoma, have no early warning signs or obvious symptoms. An eye exam can help you spot and treat issues early before they get worse.

✓ Uncover other health problems.

Conditions like diabetes can damage blood vessels in your eyes. If your eye doctor sees damaged vessels, you should discuss it with your primary care provider (PCP).

✓ Learn the cause of symptoms.

Itchy eyes might signal seasonal allergies, for example, and some medications can cause dry eyes and blurry vision. An exam can help your doctor identify and treat the problem.

✓ Update your prescription.

If your vision has changed but your eyewear is old, you may be straining to see. This can cause headaches, dizziness, and more. A new prescription could help clear things up.

Are you due for your annual eye exam?

It's included in your plan. Your care team can help you find an eye doctor and schedule an appointment. They may also be able to help with transportation.



Healthy eye habits you can start today

Wear sunglasses.

UV rays can damage your eyes and lead to cataracts and other eye diseases. Choose frames with "100% UV protection."

Take screen breaks.

Follow the 20-20-20 rule to prevent eye strain: Every 20 minutes, look at something 20 feet away for 20 seconds.

Fix device settings.

To avoid eye strain, make the text on your phone or computer screen larger. Also, adjust the brightness so it's the same as your surroundings.

Did you know?

If you have internet service, you may be eligible for up to \$50 off your monthly broadband cost for a limited time.

Ask your service provider if they are participating in the Emergency Broadband Benefit program.

Instant ways to feel happier

When it comes to aging well, your mood matters. Positive emotions help your immune system work better and help prevent heart disease, cancer and other illnesses. Try these tips to lift your spirits.

On days your mood needs a boost:



Tick off an item on your to-do list.

Finishing a task, even a small one, can help ease worry and give you a sense of accomplishment.



Move around.

Physical activity creates mood-boosting chemicals in your body. Remember: You have access to online exercise videos through your SilverSneakers® fitness benefit. Visit [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted).



Step outside.

Being in nature has been shown to put you in a pleasant mood and ease stressful feelings.



Call a friend or family member.

Mood spreads between people, so call a cheerful pal for a pick-me-up.



Get a checkup at home

Did you know that as an Aetna D-SNP member you can have a complete health and wellness visit in the comfort of your home, at no extra cost to you?

During your Healthy Home Visit, a health care provider will come to your home to do the checkup, which may include:

- A full medication review
- Screenings for certain conditions
- Details on available health plan programs and services
- Answers to your health questions

Following your checkup, your results will be shared with your primary care provider (PCP).

For more information about in-home visits, call your care team.

Questions about staying healthy this summer? Your D-SNP care team is here to help. They're available at **1-855-463-0933 (TTY: 711)**. They're available from 8 AM to 5 PM EST, Monday through Friday. Visit [AetnaBetterHealth.com/MyDSNP](https://www.aetna.com/MyDSNP) for more information.

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<Return Address>

<Recipient's Name>

<Mailing Address>

Health and wellness or prevention information

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Did you know?



- ✔ You can learn a lot about your head-to-toe health during an annual eye exam.



- ✔ Spending time outdoors can boost your immunity and mood.



- ✔ You can have a complete health and wellness visit at home at no extra cost to you.

Find all the details inside!

