

wellness & you

3 reasons to get your hearing checked

Improving your hearing can boost your overall health and wellness. Here are a few reasons to get your hearing checked.

- 1 To boost your brainpower.** Mild hearing loss forces your brain to work harder to listen. Improving your hearing frees it up to focus on other things.
- 2 To stay safe.** Hearing is tied to safety — think of smoke alarms and car horns. It can also improve balance, which leads to fewer trips and falls.
- 3 To improve your emotional health and stay connected.** Straining to hear takes a lot of energy. Plus it can cause feelings of isolation and depression. Improving your hearing can help keep you connected with friends and family and lift your mood.



Is it time for your hearing test?

An annual hearing test is covered under your plan. Your care team can help you find a doctor and schedule an appointment. And they may be able to arrange transportation. To get started, call **1-855-463-0933 (TTY: 711)**.

Questions 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 8 AM to 5 PM EST, Monday through Friday. Visit **AetnaBetterHealth.com/MyDSNP** for more information.

Stay safe in the sun

Enjoying some sunshine is good for your mind and body. Just remember these facts to keep your skin safe from UV rays.

Older adults are more sensitive to the sun

As you age, your skin gets thinner. That makes it easier for rays to enter your skin and damage your cells.

Some medications dampen the fun

Certain meds make skin more sensitive to sunlight, so it burns more easily. Your care team can help get answers to your medication questions.

UV rays damage everyone's skin

No matter your skin tone, UV rays can harm your cells. Having darker skin doesn't protect you from sun damage.



Don't forget!

You can use your over-the-counter (OTC) benefit to get wellness supplies like sunscreen and sunburn relief products.

Plus

How to get the most out of your sunscreen

- ✔ **Put it on every day.** Nearly 75% of older adults don't use sunscreen regularly.
- ✔ **Go for a broad-spectrum sunscreen** to block both UVA and UVB rays.
- ✔ **Choose 30 SPF or higher** for stronger protection.
- ✔ **Apply it 30 minutes before** going outside so it has time to soak in.
- ✔ **Don't forget sneaky spots** like your scalp, ears, lips, neck, and toes.
- ✔ **Reapply every two hours** (or more often if you're swimming).

Quiz

Is your sadness a sign of something more?

Feeling blue sometimes is normal, but sadness can also be a sign of depression, a treatable health condition. Take this quiz to see if your sadness needs attention.

Did your sadness come out of nowhere?

Sadness is often a reaction to something, like an illness or life change. Depression can seem to come out of the blue.

YES

NO

Do you feel hopeless, stressed, tired, or angry?

Depression can cause these symptoms along with sadness. It can also cause you to lose interest in the things you like to do most.

YES

NO

Have your sleeping or eating habits changed?

Unlike sadness, depression often affects your eating or sleeping habits in big ways. You might sleep or eat more or less than usual.

YES

NO

Have you felt sad for more than two weeks?

Sadness usually goes away with a little time. Sadness that lasts for more than two weeks may signal depression.

YES

NO

YOUR RESULTS

If you answered "yes" to any of the above questions, reach out to your care team.

- They can help you get support for your emotional health.
- They can also work with your doctor to review your medications and see if they might be affecting your mood.
- And if needed, they can also help by connecting you with a mental health professional

Questions about staying healthy this spring? Your D-SNP care team can help. Give them a call at **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/betterhealth) for more information.

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<Return Address>

<Recipient's Name>

<Mailing Address>

Health and wellness or prevention information

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at **1-855-463-0933 (TTY: 711)**. They're available 8 AM to 5 PM EST, Monday through Friday.
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Did you know?



✓ Keeping your hearing strong can help improve your quality of life.



✓ You have an allowance for over-the-counter products like sunscreen.



✓ Your care team can help you get support for your emotional health.

Find all the details inside! →