

wellness & you

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, kid-friendly snacks. They're 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!

Find out how to renew your Medicaid/CHIP coverage by going to



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

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)

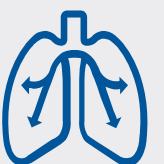
- Feeling overwhelmed or "empty"
- Detachment from baby
- Panic attacks
- Tired
- Decreased interest in activities
- Self-doubt, guilt, anger
- Changes in sleep or eating

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.

Need help managing a condition? Aetna's care management program can help you coordinate care between providers, set health goals, access services and more. Call Member Services at **1-866-316-3784 (TTY: 711)** to be connected with a care coordinator.

Need mental health support? Aetna Better Health® of Michigan covers outpatient visits for behavioral health services. You can call Behavioral Health Services at **1-866-827-8704**. For more information, call Member Services at **1-866-316-3784 (TTY: 711)**

Your family's healthy-all-year secret

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



Chickenpox (varicella)

When it's given: Children get two doses: one at 12 to 15 months old, the second between ages 4 and 6. If you've never been vaccinated or had chickenpox, you'll need the vaccine now.

Diphtheria, tetanus and pertussis (DTaP, TDaP)

When it's given: Younger children usually get five doses of DTaP between ages 2 months and 6 years. TdaP is for older kids, with a first dose between ages 11 and 12, and adults, who need the shot every 10 years (more often if pregnant).

Flu (influenza)

When it's given: Starting at 6 months old, annually. Get the vaccine as soon as it's available — usually in September or October.

Human papillomavirus (HPV)

When it's given: First dose is given between ages 11 and 12. If you're older and haven't had the shot, talk to your doctor. HPV, a sexually transmitted infection (STI), can cause cervical and other cancers.

Measles, mumps and rubella (MMR)

When it's given: Between 12 and 15 months of age for the first dose, and between ages 4 and 6 for the second dose. Sometimes adults need to get it again; ask your doctor if you need the shot.

Pneumococcal

When it's given: Infants, young children and older adults need this. It's given to children at 2, 4 and 6 months and between 12 and 15 months for a total of 4 doses. Adults get one more dose at age 65 or older.

Let's talk PrEP

PrEP (pre-exposure prophylaxis) is a prescription medicine for people at risk of HIV. It helps lower the chances of getting HIV through sex.

Here's what you need to know:

- You must be HIV-negative before you start PrEP:
- You'll need to get tested for HIV at least every 3 months while taking PrEP.
- If you think you were exposed to HIV, tell your provider right away.
- PrEP doesn't prevent other sexually transmitted infections (STIs).

PrEP is covered by your Aetna insurance. Talk to your provider to see if PrEP is the right choice for you.

Get moving with the Active&Fit Enterprise® program

We're happy to tell you that Aetna Better Health® of Michigan offers the Active&Fit Enterprise® program. With this program, you can enjoy:

- Membership at participating fitness centers
- Workout plans to help you start an exercise routine
- A variety of on-demand workout videos on the website
- The Active&Fit Connected!™ tool for tracking workouts
- An online library of resources



Go to ActiveandFit.com to learn more about the program. For questions, call us toll-free at **1-866-316-3784 (TTY: 711)**, Monday through Friday, 8 AM to 5 PM

Please talk with your doctor before starting or changing your exercise routine.



We are happy to announce two new benefits this year:

Adult dental benefits

To learn more, visit Michigan.gov/mdhhs/doing-business/providers/providers/medicaid/policyforms/proposed-medicaid-changes

Doula benefits for pregnant women

To learn more, visit Michigan.gov/mdhhs/keep-mi-healthy/maternal-and-infant-health/mdhhs-doula-initiative

Need a ride?

Your Medicaid benefit provides options for transportation.

We provide transportation at no additional charge for doctor's visits, lab visits, non-emergency hospital services, prescription pick-up and other covered services. In some cases, we may provide bus tokens. Or if you have your own vehicle or someone else to drive you, you can request mileage reimbursement.

Please call Aetna Member Services at **1-866-316-3784 (TTY: 711)** for more information and to schedule a ride. Please call 3 days before an appointment so we can make sure we have someone available to transport you. You can request same-day transportation for an urgent non-emergency appointment.

Have this information ready when you call:

- Your name, Medicaid ID number and date of birth
- The address and phone number of where you will be picked up

Questions? Call Aetna Better Health® Member Services at **1-866-316-3784 (TTY: 711)** or visit our website at AetnaBetterHealth.com/Michigan

Get to know your plan. The member handbook will go over the details of your plan. Visit AetnaBetterHealth.com/Michigan/members/medicaid/handbook to view the handbook. Or call Member Services at **1-866-316-3784 (TTY: 711)** to have it mailed to you.

Dental care is important. We offer dental coverage to all beneficiaries 19 and older enrolled in a Healthy Michigan Plan, and all enrollees 21 and older enrolled in Medicaid. Please contact DentaQuest at **1-844-870-3976 (TTY: 711)** if you have questions.

Nondiscrimination Notice

Aetna complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Aetna does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex, sexual orientation or gender identity.

Aetna:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card or **1-800-385-4104**.

If you believe that Aetna has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex sexual orientation or gender identity, you can file a grievance with our Civil Rights Coordinator at:

Address: Attn: Civil Rights Coordinator
4500 East Cotton Center Boulevard Phoenix, AZ 85040
Telephone: **1-888-234-7358 (TTY: 711)**
Email: MedicaidCRCoordinator@Aetna.com

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, **1-800-537-7697 (TDD)**.

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company, and its affiliates.

Multi-language Interpreter Services

ENGLISH: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

SPANISH: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

CHINESE:注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104 (TTY: 711)**。

VIETNAMESE: CHÚ Ý: nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số có ở mặt sau thẻ id của bạn hoặc **1-800-385-4104 (TTY: 711)**

ALBANIAN: VINI RE: Nëse flisni shqip, janë në dispozicion për ju shërbime përkthimi, falas. Telefononi numrin në pjesën e pasme të kartës suaj ID ose **1-800-385-4104 (TTY: 711)**.

KOREAN: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 ID 카드 뒷면에 있는 번호로나 **1-800-385-4104 (TTY: 711)** 번으로 연락해주시오.

POLISH: UWAGA: Jeśli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany na odwrocie Twojego identyfikatora lub pod number **1-800-385-4104(TTY: 711)**.

GERMAN: ACHTUNG: Wenn Sie deutschen sprechen, können Sie unseren kostenlosen Sprachservicenutzen. Rufen Sie die Nummer auf der Rückseite Ihrer ID-Karte oder **1-800-385-4104 (TTY: 711)** an.

ITALIAN: ATTENZIONE: Nel caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuita. Chiamare il numero sul retro della tessera oppure il numero **1-800-385-4104 (utenti TTY: 711)**.

JAPANESE:注意事項:日本語をお話になる方は、無料で言語サポートのサービスをご利用いただけます。IDカード裏面の電話番号、または **1-800-385-4104 (TTY: 711)**までご連絡ください。



Aetna Better Health® of Michigan
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<Recipient's Name>
<Mailing Address>

<APN CODE>

FAMILY HEALTH

Healthy mom, healthy baby

Give your baby a great start by taking care of yourself while you are pregnant. Take these steps:

- ✔ See your doctor as soon as you think you are pregnant.
- ✔ Work with your care management team. They can help you:
 - Schedule appointments and transportation
 - Find a provider or refer you to a doula
 - Schedule healthy food delivery directly to your home.
 - Assign you to a RN care manager to provide support and education as your body changes
- ✔ Complete important health visits, such as:
 - Dental visits to ensure you don't develop any infections
 - STI screenings, like hepatitis C and chlamydia



Have a health question? Call our 24-Hour Nurse Line at **1-866-711-6664**.

A registered nurse can help you decide if you need to see your doctor or go to the emergency room. Or they can help you treat the problem at home.