



# Feel good



**MyCareOhio**  
Connecting Medicare + Medicaid

[AetnaBetterHealth.com/Ohio](https://www.aetna.com/better-health/ohio)

Aetna Better Health® of Ohio | a MyCare Ohio plan

## Avoid winter slips and falls.

Everyday activities like walking down a sidewalk or going up and down steps can be tricky when they're coated with wet snow and ice.

Here are four tips for staying on your feet when things get slippery:

- 1. Give them something to grip.** Spread sand or salt on icy areas, especially by doorways.
- 2. Wear the right footwear.** Use boots with good rubber treads.
- 3. Be on the lookout.** Pay attention to where you're walking. Watch out for icy patches.

**4. Adjust your walk.** On ice, walk in a shuffle at a slow pace. Bending your knees slightly will help you keep your balance. To walk up an incline, turn sideways. Then walk in side steps upward. Bending your knees will help here too.

### Headed for a fall?

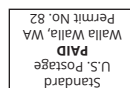
If you find yourself falling anyway, try to land on your side

or buttocks if you can. Wait for help getting up if you're injured. Otherwise, turn your head and roll to one side. Rest for a moment. Then get up on your hands and knees and crawl to something sturdy that can support you as you stand up.

*Sources: AARP; American Academy of Orthopaedic Surgeons; National Institutes of Health; U.S. Department of Labor*

### Winter 2021

APPROVED  
H7172\_21WIMBRNWSLTR.pdf  
86.22.320.0-WI



Aetna Better Health® of Ohio  
7400 W. Campus Road  
New Albany, OH 43054

# Better health by the numbers.

Knowing key numbers — and working to keep them in a healthy range — can add up to better health.

Here's a look at target numbers for most adults. Talk with your provider about what's right for you.

## Blood pressure

**Target:** Systolic less than **120 mm Hg** and diastolic less than **80 mm Hg**.



**What it is:** The force of blood pushing against your blood vessel walls.

**Why it matters:** High blood pressure raises the risk of heart attack, stroke and kidney disease.

## Body mass index (BMI)

**Target:** **18.5 to 24.9**.



**What it is:** A measure of body fat based on your height and weight.

**Why it matters:** The higher your BMI, the greater your risk of heart disease, type 2 diabetes, breathing problems and certain cancers.

## Cholesterol

**Target:** Talk with your provider about what's optimal for you. It depends on your overall risk factors.



**What it is:** A waxy substance produced in the liver and released into the blood.

**Why it matters:** Unhealthy cholesterol levels raise your risk of heart attack and stroke.

## Blood sugar

**Target:** A fasting blood sugar of less than **100 mg/dL**.



**What it is:** The amount of glucose in your blood.

**Why it matters:** Diabetes occurs — or is poorly managed — when blood sugar levels are too high.

*Sources: American Diabetes Association; American Heart Association; National Heart, Lung, and Blood Institute; U.S. Preventive Services Task Force*

## Diabetic supplies coverage change.

Beginning January 1, 2021, OneTouch diabetes testing supplies will be the preferred testing supplies covered by Aetna Better Health of Ohio.

Covered diabetes testing supplies for 2021:

- To avoid interruption in your therapy, please speak with your doctor or pharmacy to ask that they change your diabetic testing supplies to OneTouch products.
- OneTouch products are currently covered. You can make this switch before January 1.

Test strips	Meters
OneTouch Ultra test strips	OneTouch Ultra 2 meter
OneTouch Verio test strips	OneTouch Verio meter
	OneTouch Verio Flex meter
	OneTouch Verio IQ meter

You can receive a OneTouch® meter at no charge by calling **1-877-764-5390** or visiting the website: **www.OneTouch.orderpoints.com**.

Use order code 123AET200.

## Another reason to control your blood pressure.

High blood pressure is a serious threat to your kidneys.

Your kidneys play a vital role in filtering your blood and keeping your body functioning properly. So it's important that your kidneys stay healthy. One way to do that is to make sure your blood pressure stays within a normal range. Blood pressure that is too high can cause kidney disease.

Blood pressure is the force of your blood as it flows through your blood vessels. When blood pressure is too high, blood vessels stretch so the blood can flow through them more easily. This stretching damages blood vessels throughout the body, including those in the kidneys.

Kidneys with damaged blood vessels don't remove wastes and extra fluid through your urine like they should. In turn, the extra fluid that accumulates in blood vessels may cause blood pressure to go even higher, creating a dangerous cycle.

High blood pressure is the second leading cause of kidney failure in the U.S.

### Symptoms of kidney disease

Like high blood pressure, kidney disease does not have symptoms — at least not in its early stages. You may notice swelling in your legs, feet or ankles. This is called edema, and it is caused by a buildup of extra fluid and salt that healthy kidneys would expel.

In its later stages, kidney disease may cause:

- Loss of appetite
- Nausea
- Vomiting
- Fatigue
- Trouble concentrating
- Problems sleeping
- Increased or decreased urination
- Generalized itching or numbness
- Dry skin

### Do you have high blood pressure?

If you have high blood pressure, talk to your health care provider about your risk for kidney disease. Your provider might want to do some tests of your urine and maybe a blood test to determine early signs of kidney damage.

The best way to avoid or slow progression of kidney disease is to lower your blood pressure. You can do that with medications and also changes in your lifestyle.

Lifestyle changes that can help include:

- Following a healthy eating plan that includes reducing sodium (salt).
- Getting regular physical activity. Ask your provider what is safe for you.
- Losing weight if you're overweight.
- Quitting smoking if you light up. Smoking damages blood vessels.
- Reducing stress. Exercise can help with this.

*Sources: American Heart Association; National Institutes of Health*



# Cold or flu?

Colds and the flu share some common symptoms. Colds are usually much milder than the flu.

COLD	SYMPTOMS	FLU
	Aches/pains	●
●	Cough	●
●	Chest discomfort	●
	Exhaustion	●
●	Fatigue	●
	Fever	●
	Headache	●
●	Sneezing	●
●	Sore throat	●
●	Stuffy/runny nose	●
	Vomiting/diarrhea	●

Sources: Centers for Disease Control and Prevention; National Institutes of Health; U.S. Food and Drug Administration



## Surviving cold and flu season.

It's that time of year again — when everybody seems to have a sore throat, a cough or the sniffles. It can seem almost impossible to avoid getting sick yourself.

The good news? You can take steps to keep your family well. More good news? If one of you does get sick, you probably won't have to see a doctor to get well again.

### How to avoid germs

Most people in your family should get a flu shot every year.

Besides that, one of the best ways to protect yourself against germs is by washing your hands often. Use soap to scrub your hands under warm, running water.

Try to stay away from people who are sick so you don't get their germs.

### How to feel better

If you do get sick, it's likely you'll get better on your own.

Antibiotics don't work on colds and most sore throats, and they won't help you get well.

Here are some good steps to take instead:

- Get lots of rest.
- Drink plenty of fluids.
- Avoid smoking or secondhand smoke.
- Gargle with salt water to ease a sore throat.
- Breathe in steam from a bowl of hot water or a shower.
- Use over-the-counter medicines to relieve pain or fever. (Never give aspirin to children, though.)

### When to see a doctor

Call your doctor's office if you or your child isn't getting any better — or if you get worse.

For an infant, call your doctor if your baby isn't eating, has no tears when they cry or has a fever with a rash.

Sources: Centers for Disease Control and Prevention; U.S. Food and Drug Administration

## Winter is here. Are you ready for a storm?

Snow can be beautiful. But there's nothing pretty about a serious winter storm. It can put everyone in danger.

If a winter storm is forecast to strike your area, read these tips to prepare.

### Gather supplies

Think of what you and your family might need if you're without power for several days. Does anyone take medications? Make sure they have enough on hand. Do you have pets? Think of what they may need too. And be sure you have extra batteries for things like flashlights.

### Keep your home safe

Getting ready for a storm sometimes means thinking about alternative heat sources, such as a fireplace or space heater. Be sure to follow this safety advice:

- Don't turn on the stove to heat your home. That's dangerous. Instead, if the power goes out, wrap yourself in extra blankets, a sleeping bag or a warm winter coat. Or use a space heater or a fireplace that is up to code.
- Keep electric space heaters at least 3 feet away from curtains, furniture or bedding. Use electric space heaters with automatic shut-off switches and nonglowing elements. And don't cover your space heater.

- Never leave children alone near a space heater.
- Don't burn paper in a fireplace.
- If the lights go out, use battery-powered flashlights or lanterns, not candles. If you must use candles, never leave lit ones unattended.
- If you use a generator, be sure it is located at least 20 feet from any window, door or vent, and it's in a space where it is protected from rain and snow.

### Protect your water supply

Very cold temperatures can cause water pipes in a home to

freeze and sometimes break. When the weather calls for freezing temperatures:

- Leave all water taps slightly open so that they drip continuously.
- Keep temperatures inside your house warm.
- Open cabinet doors beneath the kitchen and bathroom sinks so heated air can reach the pipes.
- If your pipes do freeze, thaw them slowly with a hair dryer — don't thaw them with a torch.

*Sources: Centers for Disease Control and Prevention; Federal Emergency Management Agency*



## Savor the Mediterranean for a healthier heart.

### Everyday eats



Fruits and vegetables



Whole grains



Beans, legumes and nuts



Olive oil for preparing foods

### Enjoy — daily or weekly



Fish (2–3 servings weekly)



Low-fat dairy foods



Poultry



Eggs

### Limit or avoid



Sweets



Red meat



## Lentil soup.

Makes 11 servings.

### Ingredients

- 2 tablespoons olive oil
- 2 medium carrots, diced
- 2 medium stalks celery, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon ground black pepper
- 2 cups dry lentils
- 1 can (14½ ounces) crushed tomatoes
- 2 cups vegetable broth
- 6½ cups water

### Directions

- In a large soup pot, heat oil over medium heat.
- Add carrots, celery, and onion; cook and stir until the onion is tender.
- Stir in garlic, oregano, basil and pepper. Cook for 2 minutes.
- Stir in lentils and tomatoes; then add the vegetable broth and water.
- Cover and bring to a boil. Reduce heat, and simmer for at least 1 hour or until lentils are tender.
- Serve. (Leftovers can be stored in the refrigerator and reheated on the stove or in the microwave. The soup will taste even better the next day!)

### Nutrition information

Serving size: 1 cup. Amount per serving: 151 calories, 3g total fat (0g saturated fat), 0g cholesterol, 24g carbohydrates, 9g protein, 7g total fiber, 248mg sodium.

Source: National Institutes of Health

## Can you find the whole grains?

Whole grains have a whole lot going for them. They're filled with nutrients your body needs.

When you know where to look, they're easy to find too. See if you can spot these whole grains in the puzzle below. Then look for them on your next grocery run!

- BARLEY
- BROWN RICE
- BULGUR WHEAT
- FARRO
- GRITS
- OATMEAL
- POPCORN
- QUINOA
- RYE CRACKERS
- WILD RICE
- WHOLE-WHEAT BREAD



B	R	Y	F	A	R	R	O	A	W	J	Z	O	C	D
R	J	Y	G	X	I	K	O	I	W	M	T	W	A	J
O	M	Q	E	R	A	N	L	Z	V	E	Z	E	R	C
W	T	H	O	C	I	D	Z	N	G	K	R	W	L	A
N	V	Q	P	U	R	T	U	I	R	B	Z	E	H	N
R	Y	T	Q	I	G	A	S	J	T	O	O	W	B	J
I	E	H	C	R	E	T	C	A	G	U	C	W	S	M
C	L	E	V	S	N	D	E	K	T	Q	R	P	M	T
E	R	T	N	G	U	H	E	O	E	A	P	G	O	J
F	A	O	T	C	W	W	S	T	Y	R	Z	V	I	P
Y	B	L	A	E	M	T	A	O	D	B	S	W	V	C
O	B	U	L	G	U	R	W	H	E	A	T	G	D	Z
R	U	O	Y	K	Y	T	Q	A	J	V	Z	J	M	H
M	H	T	A	V	W	R	C	F	C	F	C	S	H	U
W	E	E	B	I	I	Z	F	H	L	Q	K	M	Y	G

Sources: American Institute for Cancer Research; U.S. Department of Agriculture

## How to turn those worries around.

We all worry. We worry about our finances. We worry about our children. We worry about the weird noise our car started making yesterday.

It's normal to worry from time to time. But how can you tell if you're worrying excessively?

If you find yourself worrying about many things every day or if you can't turn off your worrying, you may have a worry problem. But don't add worry to your list of things to worry about. Instead, take steps to get your excessive worrying under control.

**Make a worry list.** Write down all your worries. Schedule a time every day to read over your list. Set a 15-minute timer to spend on the list. When the timer goes off, carry on with your life. If you start to worry about something after your dedicated worry time, remind yourself it'll have to wait until the next day.

**Pick which worries are solvable.** Take a look at your worry list to determine which worries you can do something about, and then make plans to resolve them.

**Distract yourself in a healthy way.** Exercise, for example, releases endorphins that relieve tension and stress. Deep breathing exercises can calm and quiet negative thoughts.

**Live in the present.** Worry often involves what-ifs about future or past events. Try to


stay focused on the present. Pay attention to everything going on around you now. Feel your feet on the ground or the wind on your face. Listen to the birds in the trees.

**Talk about your worries.** Tell a friend what you're worried about. Giving voice to your worries can help you put them in perspective. And other people may offer solutions that might not have occurred to you.

*Source: HelpGuide.org*



---

**Contact us**  Aetna Better Health® of Ohio  
7400 W. Campus Road  
New Albany, OH 43054

**1-855-364-0974 (TTY: 711)**  
**AetnaBetterHealth.com/Ohio**

---

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. For more information, call Aetna Better Health® of Ohio Member Services at **1-855-364-0974 (TTY: 711)**, 24 hours a day, 7 days a week, or read the Aetna Better Health® of Ohio Member Handbook. This newsletter contains general health information that should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. Models may be used in photos and illustrations.

2020 © Coffey Communications, Inc. All rights reserved.