

# wellness & you

Your Aetna Better Health® Premier Plan MMAI (Medicare-Medicaid Plan) member newsletter

**HEALTHY ALL YEAR**

## Your diabetes checkup checklist

At-home care and regular checkups can help prevent health problems that can come with diabetes. Use this checklist to keep track of the self-checks and screenings you need every day, every 6 months and every year to stay on top of your health.



**Every day**

**✓ Blood sugar**  
Monitoring your blood sugar once or twice per day will help you make sure your levels are in the healthiest range for you. This number can tell you if you need to eat a certain food or take your medicine. You can check your blood sugar levels at home by using a meter.

**✓ Foot check**  
Certain foot problems are common for those with diabetes. They include open sores, numbness or swelling. It's important to look for any changes to your feet every day. Call your doctor if something isn't right.

**Every six months**

**✓ A1C**  
Your A1C is the average of your blood sugar levels over time. It's a good idea to get this test at least twice a year or more often if your doctor recommends it.

**✓ Dental visit**  
High glucose, or blood sugar, helps harmful bacteria grow in your mouth. The bacteria mixes with the food you eat to form sticky plaque on your teeth and gums. This can lead to gum disease, which might make your diabetes worse. It's important to have your teeth checked twice a year.

**Every year**

**✓ Cholesterol test**  
People with diabetes can have lower levels of "good" cholesterol, or HDL, which helps remove cholesterol from the blood. And they tend to have higher LDL, or "bad" cholesterol. LDL can build up in arteries and cause heart problems. Stay on top of your heart health with an annual blood cholesterol test.

**✓ Dilated eye exam**  
People with diabetes can develop eye problems like cataracts and damage to the blood vessels in the back of the eye that can cause vision loss. So it's important for you to get your eyes checked every year.

**Stay healthy and save money? Yes!**

You can use the monthly allowance on your Extra Benefits Card to buy approved over-the-counter (OTC) health items at approved in-store locations. Allowances become available on the first day of each month and they expire on the last day. Be sure to select credit, not debit, at checkout — no PIN is required.

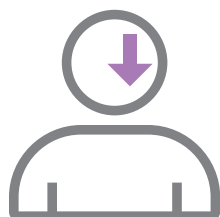
Didn't get a card or need a replacement? Call NationsBenefits at 1-833-838-1307 (TTY:711) from 8 AM to 8 PM CT, seven days a week.

**What covered screenings do you need?** If you need help booking your covered screenings, your Care Team can help. Call them at **1-866-600-2139 (TTY: 711)** Monday through Friday.

# How to respond to a stroke FAST

Strokes are a leading cause of death and disability in the United States. Luckily, the chances of recovery are higher if treatment is given in time. Use the FAST method to recognize the signs of a stroke so you can act quickly.

**F**



## Face drooping

Does one side of your face droop, or is one side numb?

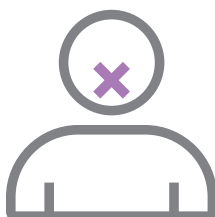
**A**



## Arm weakness

Does one arm feel weak? Can you raise both arms? Or does one drop down?

**S**



## Speech difficulty

Are you slurring your words? Can you repeat a simple sentence?

**T**



## Time

Time is critical. Call **911** as soon as possible.

## 3 ways to lower your risk of any stroke

There are steps you can take to lower your risk of any type of stroke. These include:



### Get active

Aim to get at least 2.5 hours of physical activity every week.<sup>1</sup> Do activities you love, like brisk walking or dancing.



### Control your blood pressure and cholesterol

If needed, make a plan with your Primary Care Provider (PCP) to get your numbers lower.



### Choose heart-healthy foods

Focus on plant-based foods such as fruits, veggies, whole grains and beans.

<sup>1</sup>U.S. Department of Health and Human Services. **Physical Activity Guidelines for Americans, 2nd Edition**. September 1, 2022. [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf) Accessed September 21, 2023.

**Ready to stop smoking?** Aetna can help you quit through counseling services and covered nicotine replacement therapy. Call Member Services at **1-866-600-2139 (TTY: 711)** 24 hours a day, 7 days a week to learn more.

# How to lower your fall risk

One out of four adults aged 65 and older falls every year.<sup>2</sup> Falling can lead to serious injuries like broken bones. As an Aetna member, your plan has covered benefits that can help you stay safe and steady on your feet.



## 1 Risk assessment

Your annual wellness visit (AWV) is a covered exam where you can talk with your PCP about fall prevention. They can do a fall risk assessment and share ways to lower your risk of falling. Your Care Team can help schedule your next AWV. Call them at **1-866-600-2139 (TTY: 711)** Monday through Friday.

## 2 Vision tests

You're more likely to fall if you have trouble seeing people and objects around you. And because eyesight tends to weaken as you get older, it's important to stay up to date on your annual vision exams. As an Aetna member, you are covered for one eye exam per year.

## 3 Blood pressure check

Too high or too low blood pressure levels can cause dizziness, weakness and confusion. These symptoms might cause you to lose your balance. Get your blood pressure checked during your AWV to make sure it's at a healthy level.

## 4 Hearing tests

Hearing loss impacts more than just your ears — it can also raise your risk of falling. This is because your inner ear helps you balance. Plus, when you're struggling to hear, you may have an accident. Annual hearing exams are covered by your Aetna plan and can help spot problems before they get worse.

## 5 Medication review

Certain medications may cause side effects that raise your risk of falling. Understanding your prescriptions and their side effects can help you stay safely on your feet.

## Don't forget your fall prevention allowance

As an Aetna member, you have an annual \$150 fall prevention allowance. You can use it to buy approved safety devices like shower grab bars and canes. To learn more, call Member Services at **1-866-600-2139 (TTY: 711)** seven days a week. Visit **AetnaBetterHealth.com/Illinois** for more information.

<sup>2</sup>Centers for Disease Control and Prevention. Facts about falls. May 12, 2023. <https://www.cdc.gov/falls/facts.html> Accessed September 21, 2023.

**Explore your benefits.** Learn more about your plan from your Member Services team. Give them a call at **1-866-600-2139 (TTY: 711)** 24 hours a day, 7 days a week for more information.

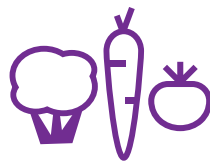
### Health and wellness or prevention information

**Questions or concerns about your health and wellness?** Reach out to your Care Team at **1-866-600-2139 (TTY: 711)** Monday through Friday. Visit **AetnaBetterHealth.com/Illinois** for more information.

## Did you know?



A dedicated Care Team is available to help you schedule your covered appointments, including diabetes checkups.



You can lower your risk of stroke by following three tips.



You have a \$150 annual fall prevention allowance for approved safety items like shower grab bars and canes.



**Find out more inside**

Aetna Better Health Premier Plan MMAI is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees. See Member Handbook for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. The provider network may change at any time. You will receive notice when necessary. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna Better Health. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. All other trademarks are property of their respective owners. Nations OTC is not a product or service of The Bancorp Bank, N.A. or Mastercard. The Bancorp Bank, N.A., is issuer of the card only and not responsible for other products, information or recommendations provided on this site. Please visit [AetnaMMP.NationsBenefits.com](https://AetnaMMP.NationsBenefits.com) for more information. ©2023 NationsBenefits, LLC. And NationsOTC, LLC. NationsOTC is a registered trademark of NationsOTC, LLC. All other marks are property of their respective owners.