



# Healthy family



[AetnaBetterHealth.com/Michigan](https://AetnaBetterHealth.com/Michigan)

Aetna Better Health® of Michigan

## Help kids have a healthy weight for life

Kids come in every shape and size — and each one is wonderful.

Some kids may struggle more than others to stay at a healthy weight, but all of them can benefit from learning good habits when they're young. As a parent, there are positive ways you can help. For instance:

**Focus on long-term habits, not quick fixes.** Make sure your kids don't fall for fad diets. It's healthier to focus on smart food and exercise choices they can keep up for life.

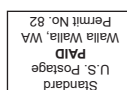
**Offer healthy foods.** Give kids a variety of nutritious choices — like fruits, veggies, whole grains and lean meats — at each meal. Don't worry if your child won't try a food at first. Just offer it again next time. It can take many tries before kids learn to love something new.

**Encourage play every day.** Give kids chances to play outdoors, if it's safe. If not, you might sign them up for classes or organized sports — or do fun indoor activities as a family.

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## The flu shot may be more important than ever this year

This year many of us have been thinking a lot about protecting ourselves from COVID-19, but don't forget about the flu.

According to the Centers for Disease Control and Prevention (CDC), both viruses could be spreading at the same time during the flu season. Since both conditions are spread by respiratory droplets and can cause similar symptoms, it's even more important to get a flu vaccine this year.

Like COVID-19, the flu is a contagious, viral illness and is often spread by coughing; sneezing; or touching contaminated areas and then touching the eyes, nose or mouth. You can protect yourself and your family by making your flu shot a priority, especially this year.

### Who needs the vaccine?

The CDC recommends the flu vaccine for most people over 6 months of age. It is especially

important for adults over 65 and those with other health conditions, like diabetes or heart problems. The flu vaccine should be repeated each year.

**When should we get it?** It's best to get the flu vaccine by the end of October. If you can't get it by then, you can still benefit from getting the flu vaccine throughout the flu season.

**Why get the flu vaccine?** The flu vaccine can reduce your chance of getting the flu and related complications, such as pneumonia or requiring care at a hospital.

**Where can I get the flu shot?** Aetna Better Health Premier Plan members can receive the flu shot at their doctor's office or at participating pharmacies in our network. Talk with your doctor or call Member Services to find out more about where to go.

### What else can I do to protect myself from getting the flu?

- Avoid touching your face, especially your eyes, nose and mouth
- Avoid contact with people who are sick
- Cover your mouth when coughing or sneezing
- Wash your hands often

Source: [cdc.gov/flu](https://www.cdc.gov/flu)





## Help kids have a healthy weight for life

*Continued from front page*

**Promote a positive self-image.** It's OK to praise your child's looks, but be sure to admire their inner beauty too. Talk about how good eating and exercise habits can help your

child be stronger and do more, not just look a certain way. You can also set a good example by talking about your own body — whatever its shape — in positive ways.

Still have concerns about your child's weight? At their next well-child visit, ask the doctor how you can help.

*Sources: American Academy of Family Physicians; American Academy of Pediatrics*

## Now you can search providers by race/ethnicity!

Ever wish you could know which race or ethnicity a provider is when you are using our online provider search? Now you can!

In addition to the languages spoken at a provider's office, you can see the provider's race or ethnicity. This is just another way Aetna Better Health is making sure you can find the provider that is just right for you and your family!

Provider Name	Service Address	Driving Miles	Specialty
Buskirk, Brandi, PA	225 E 5th St, Ste 300 Ste 300 Flint, MI 48502 (810) 406-4246	0	Physicians Assistant
Ages Served 0 - 99			

Provider Information	Service Location	Office Hours	Handicap Accessibility	Languages and Training	Hospital Affiliations	Service Area	Group Affiliation
Gender: Female	County/Service Areas: Genesee	Ethnicity/Race: AFRICAN AMERICAN	NPI: 1245530823	State License Number: 5601005850	Website:	Specialty Physicians Assistant	Board Certified



## Get ready for the CAHPS survey

At Aetna Better Health of Michigan, member satisfaction is our top priority. Soon you may be receiving a CAHPS survey. CAHPS stands for Consumer Assessment of Healthcare Providers and Systems. The goal of the survey is for you to help us identify our strengths and weaknesses so we know where we need to improve. It tells us how we are doing as well as how your doctors are doing. The results of the survey help us make improvements to our health plan to better serve you.

The survey looks at the many ways you have had dealings with the health care system. Some of those are:

- Did your doctors and nurses organize your care activities and share that information with others involved in your care?
- Did you have good communication with health care providers?
- Were you able to schedule appointments in a timely fashion?
- Did your health care provider have easy access to your health information?

The survey lets you rate the care you have received in the six months prior to the survey. It also gives you the chance to tell us how we are doing. We want to hear about your dealings with Aetna Better Health of Michigan by rating our customer service, health care services and drug plan.

### **Your answers to the survey help Aetna Better Health make sure that:**

- You get the care you need in a timely fashion. This includes having your annual visits and sick visits and being seen within 15 minutes of your appointment time.
- Your health care provider explains your health problems, tests and procedures so you understand your medical care.
- Your health care providers have all your medical information. This information includes your current medications, test results and visits with specialists.
- You get reminders about your prescriptions from your doctor or your pharmacy and get your prescriptions when you need them.
- You get information about the benefits of the flu vaccine and can receive the vaccine.



If you have questions or require additional assistance in completing the survey, please call Member Services at **1-866-316-3784** or reach out to your care manager.

## Don't neglect your emotional health

We all know it's important to take care of our physical health. But our emotional health needs just as much attention.

When you're emotionally healthy, you feel good about yourself. You have good relationships. You're aware of your emotions and know how to deal with them. You can cope with stress, anger and sadness. And you're not afraid to get help when you need it.

Here are five tips for improving your emotional health:

### 1. **Focus on the positive.**

Keep negative emotions and thoughts to a minimum. Pay attention to what's good in your life — and what's good about you. Forgive yourself for your mistakes and remember the good things you've done.

### 2. **Lower your stress levels.**

Chronic stress is bad for your mental and physical health. To help you deal with stress, try to:

- Get enough sleep. That means seven to nine hours a night for most adults.
- Get regular exercise. Aim for 30 minutes of moderately intense physical activity most days of the week.

- Set priorities. Find a healthy balance between work and play — and between activity and rest.
- Try relaxation methods, like yoga or deep breathing exercises.

3. **Get good sleep.** Getting enough quality sleep is vital for your mental health. Sleep affects your mood, energy, concentration and ability to cope with stress.

4. **Be mindful.** Be aware of what's going on around you. Accept it without judgment. When you're mindful, you live your life in the present. Being mindful takes practice. To get started:

- Breathe in through your nose to a count of four. Hold your breath for one second. Then exhale through your mouth to a count of five. Repeat frequently.
- Go outside for a walk. Take notice of all that's around you.
- Read books or listen to podcasts on mindfulness.

5. **Strengthen your social connections.** Our connections with others may help us live longer and healthier lives. Make time to visit with friends and family, even if those visits are virtual.


*Sources: American Academy of Family Physicians; HelpGuide; National Institutes of Health*





## Staying fit while staying home

Just a little bit of exercise every day can help improve your health. With some creative thinking, it's easy to get a workout in — even without expensive gym memberships or home fitness equipment.


Here are some fun ways to move more, all from the comfort of your own home.


 **Start with the basics.** Some good shoes and a bottle of water are just about all you need for some basic home exercise routines. Consider adding some hand weights, a yoga mat and a jump rope to round out your routines. If you want ideas for how to build a fitness program, there are home fitness apps and online trainers available to help you start and stay on track.

 **Make good use of spare minutes.** Watching your favorite TV show? Instead of grabbing a snack during commercial breaks, grab that yoga mat and do some sit-ups. Talking to a friend on the phone? Walk around your home while chatting. Waiting for a repair person? Pull that jump rope out of the drawer and embrace your inner child again.

 **Dance the night away.** Play some upbeat music and have a dance party with the kids or your partner — or just practice your moves on your own. Any aerobic activity, like dancing, will raise your heart rate; help strengthen your heart and lungs; and reduce your risk of serious health problems, such as heart disease, high blood pressure, stroke and diabetes. Not into dancing? Try marching in place.



 **Harness the strength of your own body.** You don't need any special equipment to make your body strong. You can practice what's called body-weight training. Staples of body-weight training include push-ups, squats and lunges. There are plenty of online resources to help you design a routine that works for you while targeting different parts of your body.

 **Head to the great outdoors.** Walking is one of the easiest forms of exercise. Remember those hand weights mentioned earlier? Use them to pump your arms up and down as you walk around the block. If you have a backyard and space to spare, plant a garden. Digging in the dirt counts as exercise. So does pushing a lawn mower. (Riding one doesn't count.)

Once you get into the groove of exercising at home, you'll find more ways to work fitness into your everyday life.

*Sources: American Council on Exercise; American Heart Association*

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This newsletter is published as a community service for the friends and members of Aetna Better Health® of Michigan. This is general health information and 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.

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# AETNA BETTER HEALTH® OF MICHIGAN

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  - o 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:
  - o Qualified interpreters
  - o 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, 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](mailto: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>.

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