



Aetna Better Health® of New Jersey



Spring/Summer 2019

Lower your risk of falling

You can make small changes to help prevent falls. One in 4 older adults will fall each year. Falling can lead to broken bones, trouble getting around and other health problems — especially if you are age 65 or older. A fracture (broken bone) can cause pain and disability. It can also make it hard to do everyday activities without help, like cooking a meal or taking a shower. Broken hips are a major cause of health problems and death among older adults.

You don't have to be afraid of falling. Take these steps to prevent falls:

- Talk to your provider about falls and how to prevent them.
- Do exercises to improve your balance and leg strength.
- Review all medicines with your provider or pharmacist. Some

medicines can make you dizzy or sleepy.

Get your vision checked by an eye doctor every one to two years.

Update your glasses or contact lenses when your vision changes.

Make your home safer. For example, add grab bars inside and outside your bathtub or shower — and put railings on both sides of stairs.

Area rugs can also cause trips, slips or falls. Remove any to avoid getting hurt.

Keep kitchen items you use often in easy-to-reach cabinets.

Follow these safety tips:

Always wear shoes with non-slip soles, even inside your home.

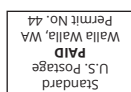
Don't walk barefoot or wear slippers or socks instead of shoes.

Stand up slowly after sitting.

Sit up first and then stand up slowly after lying down.

Source: Health.gov

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Self care is for life — feel good 24/7

Self care is a simple but powerful formula: Healthy habits + taking care of minor and long-term conditions = self care.

If you need additional help or support understanding Seven Pillars of Self-Care, please contact Care Management at **855-232-3596**.

Source: Modified from isfglobal.org/what-is-self-care (International Health Care Foundation)



A winning smile

Five tips for healthy teeth

Good oral health is about more than just cavities. Caring for your teeth can prevent dental disease and protect your overall health. Follow these five steps to keep your teeth and gums happy and healthy.

- 1. Find a dentist you like and trust.** Having consistent dental care is important. Take your time choosing a dentist who is a good fit for you. If you need help finding a dentist, please contact DentaQuest at **1-855-225-1727**.
- 2. See your dentist at least twice a year.** Regular visits let your dentist monitor and treat problems. Complete all recommended treatment.
- 3. Speak up if you're nervous about dental visits.** This way, providers will be better prepared to manage your dental visits.
- 4. Brush twice a day for two minutes.** It helps prevent tooth decay and disease. Hold your toothbrush at a 45-degree angle to your gums. Brush all sides of your teeth. Replace your toothbrush three or four times a year.
- 5. Clean between your teeth every day.** Use dental floss or a cleaner your dentist suggests. Bacteria that cause tooth decay and gum disease can remain, even after brushing.

Sources: Academy of General Dentistry; American Dental Association

Spring tuna salad

Makes 2 servings.

Ingredients

- 1 (6-ounce) can water-packed albacore tuna
- $\frac{3}{4}$ cup finely chopped Honeycrisp, Gala or Fuji apple
- $\frac{1}{2}$ cup finely chopped green bell pepper
- $\frac{1}{2}$ cup finely chopped scallions, green and white parts
- 2 tablespoons fresh lemon juice
- Salt and ground black pepper to taste
- 1 tablespoon canola oil
- $\frac{1}{3}$ cup chopped fresh dill
- 2 teaspoons grated lemon zest
- 4 butter or Boston lettuce leaves
- 4 slices European (English) cucumber
- 2 lightly packed cups watercress sprigs

Directions

In mixing bowl, finely flake tuna with fork. Mix in apple, green pepper and scallions. Add lemon juice, salt and pepper to taste, and toss to combine. Mix in canola oil. The salad may be covered and refrigerated for up to 4 hours.

When ready to serve, mix in the dill and lemon zest. Line 2 salad plates each with 2 lettuce leaves and add 2 cucumber slices. Mound $\frac{1}{2}$ of the tuna salad on each plate. Surround with the watercress sprigs, and serve.

Nutrition information

Serving size: $\frac{1}{2}$ recipe.
Amount per serving:
220 calories, 10g total fat (1g saturated fat),
12g carbohydrates,
22g protein, 3g dietary fiber,
55mg sodium.

Source: American Institute for Cancer Research

Beat the heat with refreshing summer snacking

The heat's on during summer. Eating smart can help you stay cool. Here are some ideas for preparing healthy, refreshing foods and drinks:

Make it a smoothie. Mix your favorite fresh fruits with some low-fat yogurt and ice in a blender. Drink up or freeze and eat with a spoon.

Keep it fresh. Summer fruit is sweet and cool all by itself. Keep some washed in the fridge for quick snacking.

Do the salsa. Try making it with fruit to shake things up. Toss diced strawberries and watermelon with fresh mint. Serve over grilled salmon or with whole-grain chips.

Upgrade your iced tea. Here's a refreshing summer drink that's simple to make: Bring 2¼ cups water to near boiling. Add two green tea bags and 1 tablespoon mint leaves. Steep for three to five minutes. Add 2 tablespoons honey and set aside. Puree 1 cup bite-size watermelon chunks and 1 cup raspberries in a blender. Add fruit to tea, strain any seeds and refrigerate. When cold, pour into glasses over ice. Garnish with lime and mint.



Make a no-cook meal. You don't need the stove for this protein-packed Mexican bean salad. Drain and rinse canned black beans. Mix with fresh corn, tomato, bell pepper and red onion. Add avocado, jicama or diced mango if you'd like. Add lime juice and olive oil and mix well. Serve over romaine leaves or whole-grain chips.

Try a cooling cheesecake treat. Make an easy dessert from 8 ounces cottage cheese and ½ cup blueberries. Serve over 2 tablespoons crushed graham crackers.

Sources: American Academy of Nutrition and Dietetics; American Council on Exercise; American Heart Association; American Institute for Cancer Research

Stay healthy and independent as you age

You can take steps to stay healthy and independent as you age. It's important to:

- Keep your body and mind active.
- Choose healthy foods.
- Get enough sleep.
- Talk to your provider about any health concerns.
- Take steps to prevent accidents.

Stay active to live longer and better. Regular physical activity can help you: Reduce your risk for type 2 diabetes, heart disease, stroke and some cancers.

- Avoid falls and other injuries.
- Live on your own longer.
- Improve your mood.
- Reduce symptoms of depression.
- Feel better about yourself.
- Improve your ability to think, learn and make decisions.

Remember, it's never too late to make healthy changes in your life.

Source: nia.nih.gov/health

6 ways to eat well as you get older

- 1. Eat a variety of healthy foods at each meal, including fruits, vegetables, grains, protein and dairy.** You can see how to build a healthy plate at **ChooseMyPlate.gov**.
- 2. Look for important nutrients.** Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.
- 3. Read nutrition labels.** Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.
- 4. Use recommended servings.** Learn the recommended daily servings for adults aged 60+ at **heart.org**.
- 5. Stay hydrated.** Water is an important nutrient too! Drink fluids consistently throughout the day.
- 6. Stretch your food budget.** Get help paying for healthy food at **BenefitsCheckUp.org/getSNAP**.

Source: National Council on Aging

Spotting the signs of elder abuse

About 1 in 10 adults over age 60 are abused, neglected, or financially exploited.

There are many types of abuse:

- Physical.
- Neglect.
- Financial.
- Emotional.
- Sexual.
- Abandonment.

Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.

Watch for these signs of abuse: Seems depressed, confused, or withdrawn.

Is isolated from friends and family.

Has unexplained bruises, burns, or scars.

Appears dirty, underfed, dehydrated, over- or undermedicated, or is not receiving needed care for medical problems.

Has bed sores or other preventable conditions.

Shows recent changes in banking or spending patterns.

Talk with the older adult and then contact the local Adult Protective Services, Long-Term Care Ombudsman, or the police.

Source: National Institute on Aging

 Visit nia.nih.gov/health/topics/elder-abuse to learn more about elder abuse and how to get help.

Is it simply aging or is it Alzheimer's?

Have you misplaced your car keys — again? Maybe you can't remember a word you've used many times before. We all forget things from time to time. As the years go on, however, you may wonder if these slips are actually signs of Alzheimer's disease.

The first thing to know: Mild forgetfulness is often a normal part of aging. The concern is when memory problems become more and more serious.

Know the signs

- Alzheimer's is a brain disease. It affects memory, thinking and reasoning. It gets worse over time. Signs often show up in people's mid-60s. Those signs include:
 - Getting lost in familiar places.
 - Having trouble paying bills or managing money.
 - Putting things in odd places. For example, mail in the freezer.
 - Asking the same question again and again.
 - Needing more time than usual to do daily tasks.
 - Losing track of the day or year.
 - Trouble following conversations.
 - Not recognizing familiar people.
 - Trouble with multistep tasks, such as getting dressed.

Engaging in impulsive behavior, such as undressing at inappropriate times. Changes in personality or language.

Get help

If you're worried about memory problems, the first step is to talk to a provider. These signs can have other causes, many of which are treatable.

There is no cure for Alzheimer's. However, there are medications that may slow it down. It's good to seek treatment early.

Sources: Alzheimer's Association; National Institute on Aging



Medicine mistakes

Older adults often take their medicines incorrectly.

Here are some common reasons:

Multiple prescriptions	Make it hard to keep doses straight.
Vision problems	Can make it hard to read the label.
Side effects	Can lead people to skip doses.
Cost	Can make people cut back on their medicines.
Memory problems	Can lead to missing a dose.
Seeing more than one provider	Can lead to duplications.

For help understanding how to take your medications correctly, please contact Care Management at **1-855-232-3596**.

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Don't skip provider visits

Provider visits aren't just for sick days. You need routine check-ups too — even when you're feeling fine.

Check-ups are also known as wellness visits. These appointments are meant to prevent problems so you can stay well. They may even help you live longer.

During your check-up, your provider may:

Find some health issues before you have pain or notice a problem.

That's when they're often easier to treat.

Give you immunizations to keep you up-to-date.

Discuss any changes with your body, new conditions or diseases in your family.

Give you advice about diet, exercise, tobacco, alcohol or stress.

Your provider can help you get any screening tests that may be right for you at this time. For instance, it might be time for a blood pressure, cholesterol or cancer screening test. Which tests you may need depends on things like your age and

family health history. Your provider can help you sort it out.

Get wise about wellness

Check-ups are also a good time to ask any questions you might have. Write them down beforehand. Have you noticed a new ache or other symptom? Would you like to eat right, exercise more or quit smoking? Your provider is there to give you good advice and quality care.

Make an appointment today

Your provider can give you a routine check-up. It's a good idea to schedule a visit once a year. Write down the date or set a reminder on your cellphone in case you forget. Regular check-ups are too important to miss or skip.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention

New Jersey State free/low-cost resources

Stress-Busting Program for Family Caregivers

This is a nine-week program that consists of weekly, 90-minute sessions with a small group of caregivers. Caregivers learn many new skills including information about how stress affects you, stress management techniques and other topics. It is designed to improve the quality of life of family caregivers who provide care for persons with chronic diseases and to help caregivers manage their stress and cope better with their lives. To find a class in your area, call the Division of Aging Services (DoAS) at **609-588-6654**.

caregiverstressbusters.org.

Statewide Respite Care Program

This program provides respite care services for elderly and functionally impaired persons age 18 and older to relieve their unpaid caregivers of stress arising from the responsibility of providing daily care. A secondary goal of the program is to provide the support necessary to help families avoid making nursing home placement of their relatives. To reach the Statewide Respite Care Program in your county, call Aging & Disability Resource Connection (ADRC) at **1-877-222-3737**.

Project Healthy Bones

This 24-week exercise and education program for people with, or at risk of, osteoporosis includes

exercises that target the body's larger muscle groups to improve strength, balance and flexibility.

state.nj.us/humanservices/doas/services/phb/index.html;
609-588-6654.

Move Today

Move Today is a 30- to 45-minute non-aerobic exercise class designed to improve flexibility, balance and stamina. Participants assess their health, physical well-being and intent to make behavior changes before and upon completion of the program. The exercises and guidelines are based on current nationally recognized standards and science.

state.nj.us/humanservices/doas/services/move/index.html.



AETNA BETTER HEALTH® OF NEW JERSEY

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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**.

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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>.

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Multi-language Interpreter Services

ENGLISH: ATTENTION: If you speak a language other than 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**)。

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 연락해 주십시오.

PORTUGUESE: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número que se encontra na parte de trás do seu cartão de identificação ou **1-800-385-4104** (TTY: **711**).

GUJARATI: ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. તમારા આઈડી કાર્ડની પાછળ આપેલા નંબર પર અથવા **1-800-385-4104** પર કૉલ કરો (TTY: **711**).

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**).

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**).

ARABIC: ملحوظة: إذا كنت تتحدث باللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل على الرقم الموجود خلف بطاقتك الشخصية أو على **1-800-385-4104** (للصم والبكم: **711**).

TAGALOG: PAUNAWA: Kung nagsasalita ka ng wikang Tagalog, mayroon kang magagamit na mga libreng serbisyo para sa tulong sa wika. Tumawag sa numero na nasa likod ng iyong ID card o sa **1-800-385-4104** (TTY: **711**).

RUSSIAN: ВНИМАНИЕ: если вы говорите на русском языке, вам могут предоставить бесплатные услуги перевода. Позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки, или по номеру **1-800-385-4104** (TTY: **711**).

FRENCH CREOLE: ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd nan lang ou pale a ki disponib gratis pou ou. Rele nan nimewo ki sou do kat Idantifikasyon (ID) w la oswa rele nan **1-800-385-4104** (TTY: **711**).

HINDI: ध्यान दें: यदि आप हिंदी भाषा बोलते हैं तो आपके लिए भाषा सहायता सेवाएं नि:शुल्क उपलब्ध हैं। अपने आईडी कार्ड के पृष्ठ भाग में दिए गए नम्बर अथवा **1-800-385-4104** (TTY: **711**) पर कॉल करें।

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**).

FRENCH: ATTENTION: si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro indiqué au verso de votre carte d'identité ou le **1-800-385-4104** (ATS: **711**).

URDU: توجہ دیں: اگر آپ اردو زبان بولتے ہیں، تو زبان سے متعلق مدد کی خدمات آپ کے لئے مفت دستیاب ہیں۔ اپنے شناختی کارڈ کے پیچھے موجود نمبر پر یا **1-800-385-4104** (TTY: **711**) پر رابطہ کریں۔

Caring for yourself while caring for others

You might be taking care of a family member or a friend who is sick. Caregiving is often an around-the-clock job. You are regularly helping with basic daily tasks which might include:

Help with getting dressed.
Housework.

Grocery shopping, and cooking.
Provider appointments.

Give yourself a break

Set priorities and remember you are doing the best you can. Taking needed breaks will help you be more patient and focused. Caregivers are at an increased risk for:

Depression.
Sleep deprivation.
Stress.
Physical and emotional health problems.

Take care of yourself

Get enough sleep.
Get active, and eat healthy.
Ask for help when you need it.
Make time for yourself, and take breaks.
Join support groups in person or online.

Accept help

Remember it is OK to ask for help and focus on your own needs. Caring for yourself will help you care better for your loved one. Respite care helps relieve caregivers so they can take a break — a respite — from the demands of providing constant care. It offers a mental and physical break. Respite care can be for a few hours or for even a week.

It is important to remember that taking care of yourself is as important as taking care of your



loved one. For information on local respite care in your community, visit archrespite.org/respitelocator.

Source: nia.nih.gov

Get fit for free

Exercise is key to healthy aging.

Physical activity can make your muscles stronger, increase your heart rate, improve your balance, and stretch your muscles, just to name a few benefits.

Try all 4 types of exercise for the most benefits: endurance, strength, balance, and flexibility.

Not sure how to get moving? Here are some free ideas.

Make your own weights with water bottles or other household items. Participate in a community-sponsored cleanup or fun run/walk. Join a local recreational sports league.

Walk or wheel your chair with friends or family at the mall or around your neighborhood.

Visit go4life.nia.nih.gov/get-fit-for-free for more free exercise ideas.

Source: *National Institute on Aging*

Contact us




Member Services
1-855-232-3596
24 hours a day,
7 days a week
TTY: 711
aetnabetterhealth.com/newjersey

March Vision
1-844-686-2724
TTY: 1-877-627-2456

DentaQuest
1-855-225-1727
TTY: 711

Medical Transportation
(LogistiCare)
1-866-527-9933 (TTY: 1-866-288-3133)
Non-medical Transportation
(Access Link — initial approval may take up to 30 days)
1-800-955-2321

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