

Aetna Better Health<sup>®</sup> of Ohio | a MyCare Ohio plan



Winter 2019

**Herbs: Skip the salt, not the flavor**

When you have high blood pressure, it's important to limit your salt intake. That doesn't mean you have to eat bland food, though. Herbs and spices — fresh or dried — can liven up almost any dish. Here are a few delicious pairings:

**Basil.** Team sweet basil with any Italian food, such as pasta with red sauce or lasagna. It's versatile too. Try it with berries, peaches, apricots or other fruits.

**Cinnamon.** Add this sweet spice to whole-grain muffins, toast or pancakes. It matches well with meat dishes such as lamb or beef stew too.

**Smoked paprika.** Use this to add the smokiness of bacon to egg dishes. Paprika can also perk up tomato sauce or even a fruit salsa.

**Thyme.** This earthy herb blends

well with bean dishes and roasted veggies.

**Cumin.** This spice adds a toasty flavor to Mexican food and fish, such as tilapia. Fish tacos, anyone?

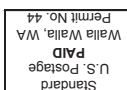
**Rosemary.** Woody and lemony, rosemary complements roasted root veggies; oily fish; and roasted chicken, lamb or salmon.

**Mint.** This herb adds a sweet, cool taste to fruit cups, carrots, cucumbers and iced tea.

**Parsley.** Flat-leaf parsley is light and fresh, while its curly cousin is slightly peppery. Add either to egg dishes, seafood, salads and potatoes.

**Curry powder.** This blend of spices usually includes cumin, coriander and turmeric. Try it in Indian food (like lentil potato stew), eggs scrambled with veggies, or tuna salad with celery and low-fat yogurt.

*Source: American Heart Association*



## Cell service at no cost to you!

See if you're eligible for Assurance Wireless Lifeline cell service plus an Android™ Smartphone

We know how important it is to stay connected to healthcare, jobs, emergency services and

family. That's why Aetna Better Health of Ohio is partnering with Assurance Wireless Lifeline service.

Each month eligible Assurance Wireless customers receive, at no cost:

Data  
Unlimited Texts  
Voice Minutes

 **To learn more, go to [aetnabetterhealth.com/ohio](https://aetnabetterhealth.com/ohio).**

## Plus an Android Smartphone

You may qualify for Assurance Wireless Lifeline service if you are on certain public assistance programs, like Medicaid or Supplemental Nutrition Assistance Program (SNAP).

To apply now or learn more, visit **[aetnabetterhealth.com/ohio](https://aetnabetterhealth.com/ohio)**.

## When you apply, you'll be able to receive health extras from Aetna:

- Health tips and reminders by texts
- One-on-one texting with your health care team
- Unlimited calls with our member services team

Already have Lifeline? It's easy to switch to Assurance Wireless and receive Aetna health extras at no cost.



*Android is a trademark of Google LLC.*

*Offer limited to new eligible customers who are approved for Lifeline service residing in selected geographic areas and is non-transferable. One Lifeline discounted service (landline or wireless) is available per household. A household is defined as any individual or group of individuals who live together at the same address and share income and expenses. **Data speeds may vary.** Offers not available in all states/areas and may vary by state. Visit **[assurancewireless.com](https://assurancewireless.com)** for the offer available in your state. Consumers who willfully make false statements in order to obtain the benefit can be punished by fine or imprisonment or can be barred from the program. Phone models may vary. Minutes do not roll over. Add'l voice: 10c/min. Int'l & Data services may be extra per plan. Accessing voicemail draws from plan minutes & charges may apply once free minutes have been depleted. Customers de-enrolled from the federal Lifeline program may use service with funds remaining in the account for max. 150 days, after which account expires and balance is forfeited unless customer adds funds to the account. State and local sales taxes and fees may apply. Assurance Wireless reserves the right to modify, extend or cancel offers at any time. Coverage not available everywhere. Nationwide coverage area reaches more than 295 million people. Virgin Mobile® USA network services are provided on the Nationwide Sprint® Network. Assurance Wireless is subject to Important Service/Product and General Terms of Conditions found on **[assurancewireless.com](https://assurancewireless.com)**. Assurance Wireless is provided by Virgin Mobile. VIRGIN and the Virgin signature logo are registered trademarks of Virgin Enterprises Limited and are used under license. Android is a trademark of Google Inc. All other marks are the property of their respective owners.*

**[aetnabetterhealth.com/ohio](https://aetnabetterhealth.com/ohio)**





## Are you due for a mammogram?

You know that breast cancer screening is an important part of your health care. Screening tests (mammograms) can help find breast cancer early. That's when treatment often works best.

But advice on breast cancer screening has changed. That may make you wonder, *When should I have a mammogram?*

### When to be screened

The answer to that question isn't the same for everyone. Experts do not always agree when it comes to when and how often to have a mammogram.

For instance:

**When?** Some experts say most women should start breast cancer screening at age 45, but others say exams should start at age 50. But all women over 40 have the option to get screened if they choose, and most types of health insurance will cover the costs completely.

**How often?** Some experts say women should get mammograms every year. Others say women only need one every two years after age 50 or 55. It also depends on a woman's age.

There is different advice when it comes to how long women should keep getting mammograms as they age. And if you're at high risk for breast cancer, you may need to be screened earlier and more often than most women. And you may need another type of screening test in addition to a mammogram. You may be at high risk if you have a family history of breast cancer or an inherited breast cancer gene mutation.

All of this is why it is important to talk to your doctor. Learn more about breast cancer screening and its benefits and risks. Find out what's best for you.

### Watch for changes too

It's also a good idea to know how your breasts normally look and feel. This may make it easier to spot any new lumps or other changes. If you notice such changes, tell your doctor right away.

*Sources: American Cancer Society; Centers for Disease Control and Prevention*

## National Coverage Determinations

The Centers for Medicare & Medicaid Services (CMS) sometimes changes coverage rules for a benefit or service. When this happens, CMS issues a National Coverage Determination (NCD).

NCDs tell us:

- What's covered
- What's changing
- What Medicare pays

We post NCDs on our website at least 30 days prior to the effective date. To view them, visit **[aetnabetterhealth.com/ohio](https://www.aetnabetterhealth.com/ohio)**. Then go to For Members > Aetna Better Health of Ohio (Medicare-Medicaid) > Member Materials and Benefits. You can also visit **[cms.gov](https://www.cms.gov)** for more information. Once on the website, click on "Medicare" then type "National Coverage Determination" in the search box. Or call us at the number on your member ID card.

## 45 or older? Get screened for colon cancer

Turning 45 is a milestone. It's a reason to cheer! For most people, it's also a time to start getting screened for colorectal cancer.

Cancer of the colon or rectum is a top killer of people in the U.S. But you can protect yourself. The best way to do that is to get screened if you're 45 or older.

### This test could save your life

Colorectal screening helps save lives in two ways. It can:

- 1. Prevent cancer.**  
Colorectal cancer often starts with growths (polyps) in the colon or rectum. These growths can be removed before they turn into cancer.
- 2. Find cancer early.**  
Screening can help find colorectal cancer before symptoms start. This is when treatment works best.

Most people diagnosed with colorectal cancer are older than 50, but rates

are increasing among younger adults. That's why it's important to start screening at age 45. But you may need to start even earlier if you are at higher risk. This might be the case if colon cancer or polyps run in your family. Other diseases or medical conditions can raise your risk too.

### More than one test

There are different colorectal cancer screening tests. These include:

**Colonoscopy.** A thin tube with a light on its end is used to check the entire rectum. With this test most polyps can be taken out on the spot. You will need to cleanse your bowels before this test.

**Stool test.** You can do it yourself with a kit at home and then return your sample to a lab. But it may miss some polyps or cancer. And you may need a colonoscopy if you have a positive stool test result.



**Flexible sigmoidoscopy.** It's like a colonoscopy, but it checks only part of the colon.

Your doctor can help you decide which test is right for you. Each has pros and cons. You can also ask your doctor how often you should be tested.

## Annual member survey

Every year we send out a Consumer Assessment Health Plan Survey (CAHPS®) to a large number of our members. This survey is your chance to speak up and tell us what you like and what you feel we can do to improve our services.

If you receive this survey, please take a moment to complete it and return it to us. Your opinion is important and allows us to provide the best quality of care and service. Please speak up and allow your voice to be heard.



## The anatomy of smoking

### How tobacco affects your body

If you're a smoker, you may know you should stop. That's a good start toward quitting.

But you need a powerful reason to quit for good. Knowing the truth about how smoking harms your health may be what it takes.

It's a fact that smoking is bad for nearly every part of your body. Here are a few places smoking does damage.

**Airways.** When you smoke, the soft tissues in your lungs are inflamed. This can lead to serious disorders. One is chronic obstructive pulmonary disease. Smoking can also bring on cancer in your:

- Lungs
- Throat
- Mouth

**Heart.** Smoking harms the cells lining the blood vessels and heart. And it can raise the risk of clots that cause heart attacks.

Smoking can also play a part in causing an abdominal aortic aneurysm. This is when the larger artery near the stomach grows weak.

**Other blood vessels.** Damage to vessel linings can cause them to narrow. This means not enough blood flows to the:

- Kidneys
- Stomach
- Arms, legs and feet

This can lead to problems like pain and gangrene.

**Brain.** Blood clots that form in damaged arteries can travel to your brain.

This can cause a stroke that may be deadly.

**Bones and tendons.** Smoking raises the risk for osteoporosis in both men and women. This is when bones grow weak and are more likely to break.

Smokers are also at higher risk of:

- Overuse injuries, like tendinitis
- Traumatic injuries, such as sprains

**Immune system.** Smokers have smaller amounts than nonsmokers of some types of cells that destroy germs. That leaves you more vulnerable to infections.

In addition, smoking can cause cancer of the:

- Pancreas
- Kidneys
- Cervix

A tobacco quitline can also help you quit for good. Call **1-800-QUIT-NOW (1-800-784-8669)**.

Stomach  
Blood (leukemia)

And smoking raises your risk for eye disease and dental problems.

Women who smoke tend to have more problems with pregnancy. These include:

- Premature births
- Low-birth-weight babies
- Stillbirths

And their babies are more likely to die of SIDS (sudden infant death syndrome) than babies whose mothers don't smoke.

### Turn your risks around

On the bright side, there are many benefits to giving up smoking. They are listed at [morehealth.org/quit4good](https://www.morehealth.org/quit4good). There you'll also find a guide to help you quit.

Why wait? If you quit now, your health risks start dropping now too. And they keep going down, no matter how long you've smoked.

*Sources: American Academy of Orthopaedic Surgeons; Centers for Disease Control and Prevention*



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

Aetna, Inc.:

- 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 these services, contact Aetna Medicaid Civil Rights Coordinator

If you believe that Aetna, Inc. 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: Aetna Medicaid Civil Rights Coordinator, 4500 East Cotton Center Boulevard, Phoenix, AZ 85040, 1-888-234-7358, TTY 711, 860-900-7667 (fax), MedicaidCRCoordinator@aetna.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Aetna Medicaid 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, 800-537-7697 (TDD)  
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

**[www.aetnabetterhealth.com/ohio](http://www.aetnabetterhealth.com/ohio)**

OH-16-09-12

**[aetnabetterhealth.com/ohio](http://aetnabetterhealth.com/ohio)**

**English:** ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-800-385-4104** (TTY: **711**).

**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame 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 **1-800-385-4104** (TTY: **711**)。

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-385-4104** (TTY: **711**).

**Arabic:** ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-385-4104** (رقم هاتف الصم والبكم: **711**).

**Pennsylvania Dutch:** Geb Acht: Wann du Deitsch Pennsilfaanisch Deitsch schwetzsch, kantscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call **1-800-385-4104** (TTY: **711**).

**Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-385-4104** (телетайп: **711**).

**French:** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-385-4104** (ATS: **711**).

**Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-385-4104** (TTY: **711**).

**Cushite (Oromo):** XIYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa **1-800-385-4104** (TTY: **711**).

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-385-4104** (TTY: **711**) 번으로 전화해 주십시오.

**Italian:** ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-385-4104** (TTY: **711**).

**Japanese:** 注意事項:日本語を話される場合、無料の言語支援をご利用いただけます。**1-800-385-4104** (TTY: **711**) まで、お電話にてご連絡ください。

**Dutch:** AANDACHT: Als u nederlands spreekt, kunt u gratis gebruikmaken van de taalkundige diensten. Bel **1-800-385-4104** (TTY: **711**).

**Ukrainian:** УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером **1-800-385-4104** (телетайп: **711**).

**Romanian:** ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la **1-800-385-4104** (TTY: **711**).

**Somali:** FEEJIGNAAN: Haddii af-Soomaali aad ku hadasho, adeegyada gargaarka luqadda, oo bilaash ah, ayaad heli kartaa. Wac **1-800-385-4104** (Kuwa Maqalka ku Adag **711**).

**Nepali:** ध्यान दनुहोस्: तपाइंले नेपाली बोलनुहुन्छ भने तपाइंको नमिति भाषा सहायता सेवाहरू नःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् **1-800-385-4104** (टटिवाइ: **711**) ।





## Don't skip doctor visits

Doctor visits aren't just for sick days. You need routine checkups too — even when you're feeling fine.

Checkups 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 checkup, your doctor may:

- Find some health issues before you have pain or notice a problem. That's when they're often easier to treat.

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

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

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

Your doctor 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 doctor can help you sort it out.

## Get wise about wellness

Checkups 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 doctor is there to give you good advice and quality care.

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

**Make an appointment today.** Your doctor can give you a routine checkup. 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 checkups are too important to miss or skip.

---

### Contact us




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



**1-855-364-0974 (TTY: 711)**  
**[aetnabetterhealth.com/ohio](https://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. Limitations and restrictions may apply. 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. Benefits may change on Jan. 1 of each year. 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. For more information, call Aetna Better Health® of Ohio Member Services at **1-855-364-0974** or read the Aetna Better Health® of Ohio Member Handbook. Benefits, List of Covered Drugs, pharmacy and provider networks may change from time to time throughout the year and on Jan. 1 of each year. Models may be used in photos and illustrations.