



Time for you



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A good time to consider breast health.

Here are four steps you can take to lower your risk of breast cancer:

Stay at a healthy body weight. This is even more important in midlife and later. Here's why:

After a woman's periods stop, most of her estrogen comes from fat cells. Estrogen can spur the growth of many breast tumors. That's why too many pounds later in life could raise breast cancer risk. This seems to be especially true if those pounds end up on your waist.

Avoid alcohol. Drinking can raise your risk of getting breast

cancer. Your risk goes up the more you drink.

Move more. Exercise may be able to help lower your risk. Try to get 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week.

Know the risks and benefits of hormone therapy. Talk to your doctor to learn more.

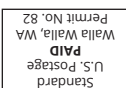
Breast cancer can still develop even with these safeguards. So talk to your doctor about when to have mammograms.

Regular mammograms can help find cancer in its early stages. Finding cancer early can help give you a head start on treatment.

Source: American Cancer Society

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Women

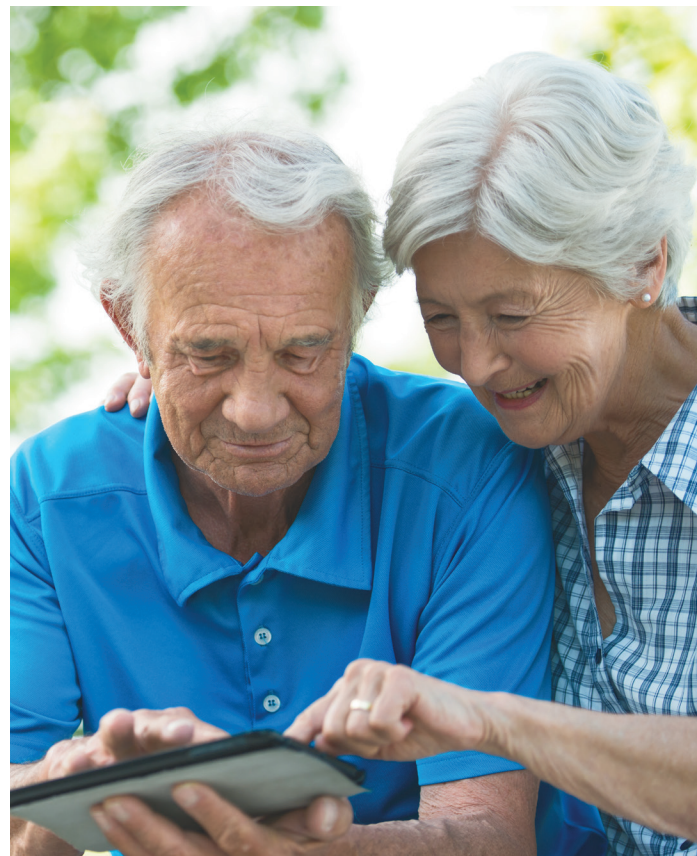
When to start key screenings.

Age	Recommended tests
	Chlamydia and gonorrhea. Be screened yearly through age 24 if sexually active.
20	Blood pressure. Be screened at least every two years. Cholesterol. Be screened every four to six years.
21	Cervical cancer. Have a Pap test every three years.
25	Chlamydia and gonorrhea. Continue screening if at increased risk for infection.
30	Cervical cancer. Have a Pap test plus an HPV test every five years (preferred) or a Pap test every three years.*
	Breast cancer. Start having mammograms.
45	Colorectal cancer. Talk with your doctor about screening options. Diabetes. Be screened at least every three years (or start earlier based on risk factors).
55	Lung cancer. Be screened yearly based on your history of smoking.
65	Osteoporosis. Start screening (or start earlier based on risk factors).

**Women who have been screened regularly and have had normal results may choose to stop screening at age 66.*

These recommendations are for most women. Talk with your doctor about what's right for you.

Sources: American Cancer Society; American Diabetes Association; American Heart Association; U.S. Preventive Services Task Force



National Coverage Determination.

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.aetna.com/better-health/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.

Feel better with the flu.

Most people can get through the flu without a doctor's visit. Still, symptoms can linger for a week or more. Here's how to feel better at home:

- **Take it easy.** Rest until your symptoms go away.
- **Drink lots of fluids.** That way you won't get dehydrated.
- **Ease fever and aches with pain relievers.** Never give aspirin to kids under age 18. It can cause a serious illness called Reye's syndrome.
- **Be careful with cough medicine.** It's usually not helpful. Most coughs get better on their own, and cough medicine isn't good for young children.

See your doctor if you're very sick or worried about your health.

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention; National Institutes of Health; UpToDate

Washing your hands the right way.

Washing your hands is one of the best ways to avoid germs. In order for it to work, though, you have to wash your hands correctly. Follow these steps each time:

1. Wet your hands together with running water (cold or warm). Add some soap.
2. Turn off the faucet and rub your hands together. Get them good and soapy.
3. Scrub your hands for at least 20 seconds. (That's about how long it takes to sing "Happy Birthday" twice.) Be sure to scrub all over. Don't miss the backs of your hands and in between your fingers.

4. Rinse your hands well under running water.
5. Dry your hands with a clean towel or air-dry them.

When should you wash?

- Before handling food
- After using the toilet, changing a diaper or touching garbage
- Before and after caring for a sick person
- After you cough, blow your nose or sneeze

When soap and water aren't handy, you can use a hand sanitizer that contains at least 60% alcohol.

Source: Centers for Disease Control and Prevention



Great reasons to get your flu vaccine.

1. Immunization is the best way to prevent the flu. With rare exceptions, everyone 6 months and older needs a yearly flu vaccine.
2. The flu can bring miserable symptoms and lead to missing work or school.
3. Every year, flu complications lead to hospital stays — and even deaths.
4. The vaccine can't give you the flu — and serious side effects are very rare.

Source: Centers for Disease Control and Prevention

Autumn apple-cranberry crisp.

Makes 8 servings.

Ingredients

Canola oil spray

7 medium Granny Smith apples, peeled, cored and sliced

1 cup fresh cranberries

$\frac{3}{4}$ cup dark brown sugar, firmly packed

$\frac{1}{2}$ cup old-fashioned rolled oats

$\frac{2}{3}$ cup whole-wheat flour

$\frac{1}{4}$ cup pecans or walnuts, chopped

3 tablespoons butter, softened (or trans fat-free margarine)

Frozen low-fat vanilla yogurt (optional)



Directions

- Preheat oven to 375 degrees.
- Lightly coat medium shallow baking dish with canola oil spray.
- Place apples and cranberries in dish and gently toss together.
- In medium bowl, combine brown sugar, oats, flour, nuts and butter.
- Sprinkle brown sugar mixture on top of fruit.
- Bake until apples and cranberries are bubbly and tender, about 50 minutes.

- Transfer dish to wire rack to cool slightly.
- Serve warm with frozen yogurt, if desired.

Nutrition information

Serving size: $\frac{1}{8}$ of recipe.
Amount per serving: 268 calories, 8g total fat (3g saturated fat), 50g carbohydrates, 2g protein, 4g dietary fiber, 9mg sodium.

Source: American Institute for Cancer Research

Is it simply aging or is it Alzheimer's?

Alzheimer's disease is a disorder of the brain that affects memory, thinking and reasoning. It gets worse over time. Most people display their first signs and symptoms when they're in their mid-60s. Those signs and symptoms can include:

- Getting lost in familiar places.
- Having trouble paying bills or managing money.
- Misplacing things in odd places. For example, putting mail in the freezer.
- Taking longer to complete normal daily tasks.
- Losing track of the day or year.
- Having trouble following a conversation or recognizing familiar people.
- Having difficulties carrying out multistep tasks, such as getting dressed.

- Repeating questions.
- Engaging in impulsive behavior, such as undressing at inappropriate times or places or using vulgar language.

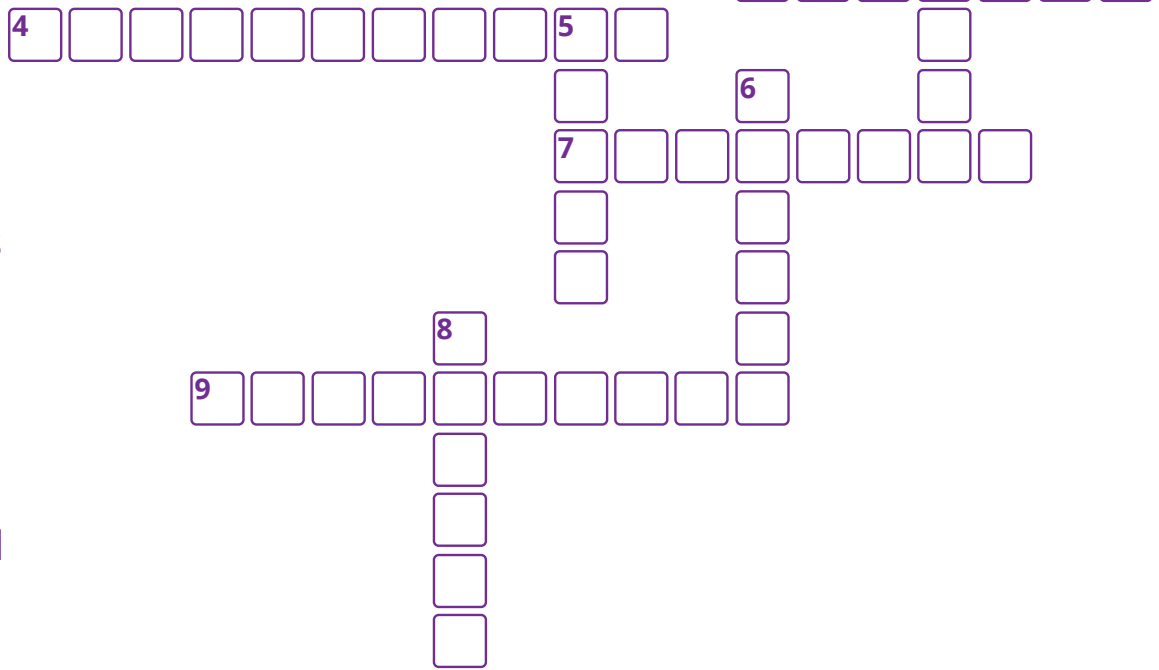
Get help

If you or a loved one has memory problems, or you're concerned about changes in memory and behavior, your first step is to talk to a doctor.

There is no cure for Alzheimer's. But there are medications that might delay progression of the disease. Acting quickly is to your advantage.

Sources: Alzheimer's Association; National Institute on Aging

MIND GAMES.



Give this brain health puzzle

a try. You'll have fun testing your know-how — and you may pick up a few tips too!

Across

- Exercise isn't just for your body. To help keep your brain active, read, play games, do _____ (like crosswords!) and try new hobbies.
- Staying social can help keep your brain sharp. Make time for _____ and family — it's good for you!

- A _____ is a type of doctor who specializes in treating the brain and spine.
- Move your body to protect your brain. Regular _____ has been shown to increase brain function and improve mental health.

- Though it's the most common, _____ disease isn't the only type of dementia.

Down

- Different types of dementia call for different _____, so it's important to get an accurate diagnosis.

- Getting enough _____ every night can help keep your brain healthy.
- Eat a diet with plenty of _____ and veggies, whole grains, fish, and nuts.
- Loss of _____ doesn't always signal dementia. It can have other causes too.

Answers:

Across: 2. Puzzles 3. Friends 4. Neurologist 7. Exercise 9. Alzheimer's
Down: 1. Treatments 5. Sleep 6. Fruits 8. Memory

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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>.

Multi-Language Interpreter Services

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, kansch 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): XIYYEEFFANNAA: 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 दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्त भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ। फोन गर्नुहोस् **1-800-385-4104** (टिस्टवाइ: **711**) ।

Do's and don'ts

of the coronavirus disease (COVID-19).

✓ Do:



Wash your hands often with soap and water or use a hand sanitizer that contains at least 60% alcohol.



Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Throw tissues in the trash.



Clean and disinfect frequently touched surfaces daily, including tables, doorknobs, countertops, desks, phones and keyboards.



Call your health care provider if you have symptoms. Let them know you may have the virus.



Wear a cloth face mask in public.

✗ Don't:



Touch your eyes, nose and mouth with unwashed hands.



Spend time with people who are sick.



Go out in public if you're sick unless it's to get medical care.



Share household items, like dishes, drinking glasses, eating utensils, towels or bedding, with other people if you're sick.

Source: Centers for Disease Control and Prevention

Contact us



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

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