

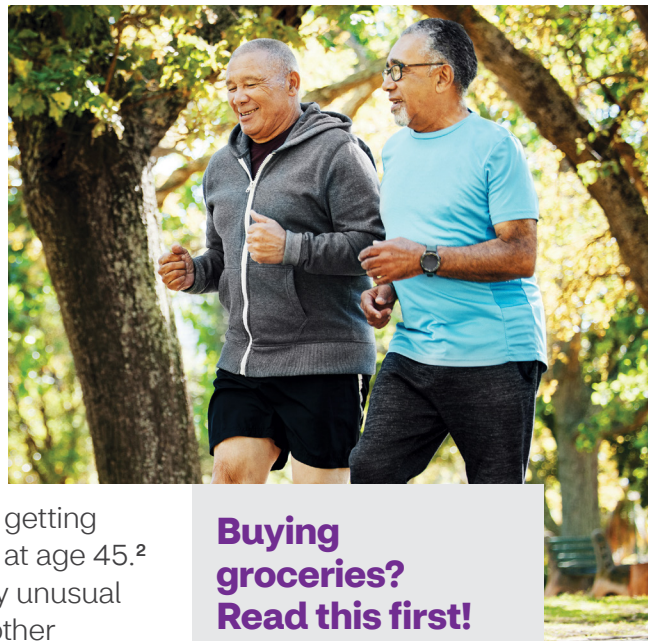
wellness & you

Your Aetna® Dual Eligible Special Needs Plan member newsletter

HEALTHY ALL YEAR

Lower your risk of colon cancer

Colon cancer is a common cancer in the United States.¹ You can help lower your chances of developing this disease by making healthy lifestyle choices. These include eating more fiber, staying active and avoiding tobacco.



Get regular screenings

The American Cancer Society recommends getting a colonoscopy every five to 10 years starting at age 45.² This lets your doctor look for and remove any unusual growths on your colon. Colonoscopies and other screenings can help catch problems early when they're often easier to treat. You're covered for a colonoscopy with a \$0 copay at an in-network facility.

Eat more fiber

Fiber is a superfood that can lower your risk of cancer. Fill your plate with foods like whole grains, berries, leafy greens and nuts and seeds.

Keep moving

Exercise helps to keep you healthy. Experts recommend getting 2.5 hours of exercise every week.³ Try activities like water aerobics, dancing or taking long walks.

Quit smoking

Tobacco is packed with chemicals that can damage your cells, tissues, bones and more. If you smoke, make a plan with your doctor to help you quit.

Buying groceries? Read this first!

You can use the monthly benefit amount on your Extra Benefits Card to buy fiber-filled foods or select over-the-counter health items at approved locations. Be sure to select credit, not debit, at checkout. No PIN needed.

To learn more, call a NationsBenefits® Member Experience Advisor. They're available 24 hours a day, 7 days a week at **1-877-204-1817 (TTY: 711)**. You can also visit **aet.na/1-mar24** or scan this QR code with your smartphone.



¹ **American Cancer Society.** Key statistics for colorectal cancer. Last revised January 17, 2024. Accessed January 23, 2024.
² **American Cancer Society.** American Cancer Society Guideline for Colorectal Cancer Screening. Last revised November 17, 2020. Accessed November 20, 2023.
³ **Centers for Disease Control and Prevention.** How much physical activity do adults need? Last reviewed June 2, 2022. Accessed November 20, 2023.

Ready to quit smoking? Your plan covers a smoking cessation program that includes unlimited counseling sessions. To learn more, call your care team at **1-866-409-1221 (TTY: 711)** from 8:30 AM to 5:00 PM local time, Monday through Friday.

How to lower your fall risk

One out of four adults aged 65 or older falls each year.⁴ Falling can lead to injuries like broken bones or concussions. As an Aetna® member, you have benefits that can help you stay safe on your feet.

1 Annual Wellness Visit 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 chances of falling. Your care team can help you schedule your next AWV.

2 Vision tests

You're more likely to fall if you have trouble seeing people and objects around you. Because eyesight tends to get weaker 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

If your blood pressure is too high or too low you could experience dizziness, weakness

or 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 what's going on around you, you may bump into others or have an accident. Your Aetna plan

covers yearly hearing exams and can help spot problems before they get worse.

5 Medication review

Some drugs may raise your risk of falling. Understanding your prescriptions and their side effects can help you stay on your feet. Your care team can help answer questions about your meds. Call them weekdays at **1-866-409-1221 (TTY: 711)** from 8:30 AM to 5:00 PM local time.



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 **1-866-409-1221 (TTY: 711)** from 8 AM to 8 PM local time, 7 days a week. Visit aetna.com/5-mar24 or scan this QR code with your smartphone to learn more.



⁴Centers for Disease Control and Prevention. Facts about falls. May 12, 2023. <https://www.cdc.gov/falls/facts.html> Accessed September 21, 2023.

Take advantage of your covered hearing test. Call NationsHearing® at **1-877-225-0137 (TTY: 711)** any time to get started. They can test your hearing and work with your provider to find the best hearing aid for you.

BENEFIT SPOTLIGHT

Prescription drug help is here

As an Aetna® Dual Eligible Special Needs Plan (D-SNP) member, you may be eligible for Extra Help paying for your prescription drugs. New laws mean more adults in the United States qualify for the Medicare Part D Extra Help program. Here are answers to frequently asked questions about the program and how to qualify.



What is the Extra Help program?

The Extra Help program is a way for Medicare members with limited resources to get financial support on prescription drug costs. These costs may include deductibles, copayments, coinsurance and other payments.

Do I qualify for Extra Help?

Some members qualify automatically for Extra Help. This might be the case if you have any of the following:

- Full Medicare coverage
- Help from your state through a Medicare Savings Program
- Supplemental Security Income (SSI) benefits

How can I apply for Extra Help?

You'll need to fill out an application online at **SSA.gov/Medicare**. Need help filling it out? You can set up an appointment with an SSA representative. Call them at **1-800-772-1213** from 8 AM to 7 PM local time, Monday through Friday.

Your Medicaid renewal checklist

Is it time to renew your Medicaid plan? Doing so will help you stay enrolled in your D-SNP. But before you start filling out your Medicaid renewal packet,

make sure you have all the documents you need. Here's a list to help the process go smoother and more quickly.

✓ **Proof of date of birth**

✓ **Proof of citizenship**

✓ **Proof of income**

✓ **Financial documents**

Head to **Medicaid.gov** for more information. Or call your Member Services team at **1-866-409-1221 (TTY: 711)** from 8 AM to 8 PM local time, Monday through Friday.



Have questions about your health plan? Your Member Services team is here to help. Give them a call at **1-866-409-1221 (TTY: 711)** from 8 AM to 8 PM local time, Monday through Friday.



Health and wellness or prevention information

Questions or concerns about your health and wellness? Reach out to your D-SNP care team at **1-866-409-1221 (TTY: 711)** from 8:30 AM to 5:00 PM, local time, Monday through Friday. Or visit **AetnaMedicare.com/MyDSNP** for more information.

Did you know?



You can lower your chances of getting colon cancer by making healthy lifestyle choices.



You can schedule appointments to help you lower your fall risk and stay safe on your feet.



You may qualify for the Extra Help program and other savings on prescription drugs.



Find out more inside

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. This material is for informational purposes only and is not medical advice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Contact a health care professional with any questions or concerns about specific health care needs. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna is not a provider of health care services and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to our website. Participating health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. If your plan's Extra Benefits Card includes roll-over, any unused amount will rollover into the next month. The monthly amount can be rolled over through the end of the plan year but will not carry over into the next plan year.

NONDISCRIMINATION NOTICE

Discrimination is against the law. Aetna Medicare Preferred Plan (HMO D-SNP) follows State and Federal civil rights laws. Aetna Medicare Preferred Plan (HMO D-SNP) does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

Aetna Medicare Preferred Plan (HMO D-SNP) provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- 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 Medicare Preferred Plan (HMO D-SNP) between 8 AM-8 PM, 7 days a week by calling 1-866-409-1221 . If you cannot hear or speak well, please call 711. Upon request, this document can be made available to you in braille, large print, audiocassette, or electronic form. To obtain a copy in one of these alternative formats, please call or write to:

Aetna Medicare Preferred Plan (HMO D-SNP)
Aetna Medicare, PO Box 7405 London, KY 40742
1-866-409-1221
TTY/TDD 711
California Relay 711

HOW TO FILE A GRIEVANCE

If you believe that Aetna Medicare Preferred Plan (HMO D-SNP) has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation, you can file a grievance with Aetna Medicare Grievances. You can file a grievance by phone, in writing, in person, or electronically:

- **By phone:** Contact Aetna Medicare Grievances between 8 AM to 8 PM, 7 days a week. by calling 1-866-409-1221. Or, if you cannot hear or speak well, please call TTY/TDD 711.
- **In writing:** Fill out a complaint form or write a letter and send it to:
Aetna Medicare Grievances
PO Box 14834 Lexington, KY 40512

- In person: Visit your doctor's office or Aetna Medicare Preferred Plan (HMO D-SNP) and say you want to file a grievance.
- Electronically: Visit Aetna Medicare Preferred Plan (HMO D-SNP) website at **AetnaMedicare.com**

OFFICE OF CIVIL RIGHTS – CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing, or electronically:

- By phone: Call **916-440-7370**. If you cannot speak or hear well, please call **711 (Telecommunications Relay Service)**.
- In writing: Fill out a complaint form or send a letter to:

**Deputy Director, Office of Civil Rights
Department of Health Care Services
Office of Civil Rights
P.O. Box 997413, MS 0009
Sacramento, CA 95899-7413**

Complaint forms are available at
http://www.dhcs.ca.gov/Pages/Language_Access.aspx.

- Electronically: Send an email to CivilRights@dhcs.ca.gov.

OFFICE OF CIVIL RIGHTS – U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing, or electronically:

- By phone: Call **1-800-368-1019**. If you cannot speak or hear well, please call **TTY/TDD 1-800-537-7697**.
- In writing: Fill out a complaint form or send a letter to:

**U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201**

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

- Electronically: Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

English Tagline

ATTENTION: If you need help in your language call 1-866-409-1221 (TTY/TDD 711). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1-866-409-1221 (TTY/TDD 711). These services are free of charge.

الشعار العربي (Arabic)

كما تتوفر وسائل (TTY/TDD 711) تنبيه: إذا كنت بحاجة إلى مساعدة في لغتك اتصل بالرقم 1-866-409-1221 المساعدة والخدمات للأشخاص ذوي الإعاقة، مثل الوثائق بطريقة برايل والطباعة الكبيرة. اتصل بالرقم 1-866-409-

Հայկական տառիչք (Armenian)

ՈւՇԱԴՐՈՒԹՅՈՒՆ: Եթե ձեր լեզվով օգնության կարիք ունեք, զանգահարեք 1-866-409-1221 (TTY/TDD 711): Առկա են նաև հաշմանդամություն ունեցող անձանց համար նախատեսված օժանդակ միջոցներ եւ ծառայություններ, ինչպես բրեյլի եւ մեծ տպաքանակի փաստաթղթեր: Ձանգահարեք 1-866-409-1221 (TTY/TDD 711): Այս ծառայությունները անվճար են:

ស្លោកសញ្ញាកម្ពុជា (Cambodian)

យកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកត្រូវការជំនួយជាភាសារបស់អ្នក សូមទូរស័ព្ទទៅលេខ 1-866-409-1221 (TTY/TDD 711)។ ជំនួយ និងសេវាកម្មសម្រាប់ជនពិការ ដូចជាឯកសារជាអក្សរស្តុប និងការបោះពុម្ពផ្តល់ឯកសារផងដែរ។ ទូរស័ព្ទទៅ 1-866-409-1221 (TTY/TDD 711)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃទេ។

简体中文标语 (Simplified Chinese)

请注意：如果您需要以您的母语提供帮助，请致电 1-866-409-1221 (TTY/TDD 711)。我们另外还提供针对残疾人士的帮助和服务，例如盲文和大字体阅读，提供您方便取用。请致电 1-866-409-1221 (TTY/TDD 711)。这些服务都是免费的。

فار زبان به مطلب (Farsi)

توجه: اگر میخواهید به زبان خود کمک دریافت کنید، با 1-866-409-1221 (TTY/TDD 711) تماس بگیرید. کمکها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با حروف بزرگ، نیز موجود است. با 1-866-409-1221 (TTY/TDD 711) تماس بگیرید. این خدمات رایگان ارائه میشوند.

हिंदी टैगलाइन (Hindi)

ध्यान दें: यदि आपको अपनी भाषा में सहायता चाहिए तो 1-866-409-1221 (TTY/TDD 711) पर कॉल करें। विकलांग लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में दस्तावेज़ भी उपलब्ध हैं। कॉल 1-866-409-1221 (TTY/TDD 711)। ये सेवाएं नि:शुल्क हैं।

Nqe Lus Hmoob Cob (Hmong)

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau 1-866-409-1221 (TTY/TDD 711). Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv su thiab luam tawm ua tus ntawv loj. Hu rau 1-866-409-1221 (TTY/TDD 711). Cov kev pab cuam no yog pab dawb xwb.

日本語表記 (Japanese)

注意日本語での対応が必要な場合は 1-866-409-1221 (TTY/TDD 711)へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。1-866-409-1221 (TTY/TDD 711)へお電話ください。これらのサービスは無料で提供しています。

한국어 태그라인 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 1-866-409-1221 (TTY/TDD 711)번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. 1-866-409-1221 (TTY/TDD 711) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

ແທກໂລພາສາລາວ (Laotian)

ຂໍ້ຄວນລະວັງ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານ, ໃຫ້ໂທຫາ 1-866-409-1221 TTY/TDD 711. ການຊ່ວຍເຫຼືອ ແລະການບໍລິການຕ່າງໆສໍາລັບຄົນພິການ, ຄຸ້ນເອກະສານທີ່ເປັນຕົວອັກສອນນູນ ແລະ ພິມໃຫຍ່, ອັງມິຢູ່. ໂທຫາ 1-866-409-1221 TTY/TDD 711. ການບໍລິການເຫຼົ່ານີ້ແມ່ນບໍ່ເສຍຄ່າ.

Mien Tagline (Mien)

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiex longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux 1-866-409-1221 (TTY/TDD 711). Liouh lorx jauv-louc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hluc mbiutc aengx caux aamz mborqv benx domh sou se mbenc nzaih bun longc. Douc waac daaih lorx 1-866-409-1221 (TTY/TDD 711). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਚਾਹੀਦੀ ਹੈ ਤਾਂ 1-866-409-1221 (TTY/TDD 711) 'ਤੇ ਕਾਲ ਕਰੋ। ਅਪੰਗਤਾਵਾਂ ਵਾਲੇ ਲੋਕਾਂ ਵਾਸਤੇ ਸਹਾਇਤਾਵਾਂ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬਰੇਲ ਲਿਪੀ ਵਿਚਲੇ ਦਸਤਾਵੇਜ਼ ਅਤੇ ਵੱਡੇ ਛਾਪੇ ਵਾਲੇ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। 1-866-409-1221 'ਤੇ ਕਾਲ ਕਰੋ (TTY/TDD 711)। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Русский слоган (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру 1-866-409-1221 линия (TTY/TDD 711). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру 1-866-409-1221 линия (TTY/TDD 711). Такие услуги предоставляются бесплатно.

Mensaje en español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al 1-866-409-1221 (TTY/TDD 711). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al 1-866-409-1221 (TTY/TDD 711). Estos servicios son gratuitos.

Tagalog Tagline (Tagalog)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1-866-409-1221 (TTY/TDD 711). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa 1-866-409-1221 (TTY/TDD 711). Libre ang mga serbisyo ng ito.

สโลแกน (Thai)

ความสนใจ: หากคุณต้องการความช่วยเหลือในภาษาของคุณ โทร 1-866-409-1221 (TTY/TDD 711) นอกจากนี้ยังมีบริการช่วยเหลือและบริการสำหรับคนพิการ เช่น เอกสารอักษรเบรลล์และตัวพิมพ์ขนาดใหญ่ โทร 1-866-409-1221 (TTY/TDD 711) บริการเหล่านี้ไม่เสียค่าใช้จ่าย

Примітка українською (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер 1-866-409-1221 (TTY/TDD 711). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер 1-866-409-1221 (TTY/TDD 711). Ці послуги безкоштовні.

Khẩu hiệu tiếng Việt (Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1-866-409-1221 (TTY/TDD 711). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số 1-866-409-1221 (TTY/TDD 711). Các dịch vụ này đều miễn phí.