



Live well



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Thinking about vaping? Know the facts

Vaping may seem harmless, but it's far from it. A few things you should know before you try it out:

- Vapes contain nicotine. That's the chemical that hooks people on smoking.
- Both the smoke and the devices can contain harmful chemicals that may damage the lungs.
- The high amount of nicotine in vapes poses a poisoning risk. That's something to think about if you spend time around kids.

- Teens who try vaping may be more likely to use tobacco later. In fact, vapes are now the most commonly used form of tobacco among youth in the U.S.

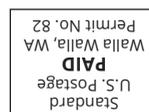
Talk to your doctor if you want to quit smoking or vaping. He or she can steer you to products

and resources that are known to help.

Sources: American Lung Association; National Institute on Drug Abuse; U.S. Food and Drug Administration

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Type 1 diabetes: What every parent should know

When stories are written about diabetes, the focus is often on type 2 diabetes because it is by far the most common form of the disease. But there is another type of diabetes that deserves attention — one that parents, in particular, need to know about — and that is type 1 diabetes. It's usually diagnosed in children, teens and young adults and is a lifelong condition that must be carefully controlled.

How it develops

Type 1 diabetes is caused by the lack of insulin, a hormone that moves sugar from the bloodstream into cells to be used for energy. Without insulin to move it into cells, sugar builds up in the bloodstream.

Signs and symptoms of type 1 diabetes are mainly caused by the inability to use that sugar for energy and by excess levels of unused sugar spilling into the urine, leading to dehydration.

Signs and symptoms of the disease include:

- Hunger, sometimes severe.
- Weight loss.
- Increased thirst.
- Increased urination. This is easily missed in infants who are not yet toilet trained. It can also cause accidents in children previously toilet trained.
- Fatigue.
- Irritability.

How it is detected and treated

If you think your child might have type 1 diabetes, see your child's primary care provider (PCP) right away — it's important to find the disease as early as possible. The PCP can diagnose the disease by checking your child's blood and urine.

Type 1 diabetes is treated with regular daily injections of insulin, which are delivered with small syringes and tiny, short needles that are almost painless.

Blood sugar levels need to be checked several times a day with a finger stick. Blood sugar is measured when a tiny drop of blood is placed on a strip that's inserted into a home glucose meter.

How you can help

If your child is diagnosed with type 1 diabetes, you can help your child by giving him or her a lot of love and support. Children with the disease can lead happy and healthy lives if the disease is kept under control.

Work with a diabetes educator to create a healthy eating plan that will help manage your child's diabetes and will include food that everyone in the family can enjoy. And make staying active a family priority.

You might want to consider joining a support group for parents of children with diabetes. Your child might want to join a support group of their own too.

Let your child know that many successful people — from Olympic athletes to rock stars to famous actors — have diabetes. The disease has not held them back from their dreams, and it shouldn't hold your child back either.

Sources: American Academy of Pediatrics; American Diabetes Association; Centers for Disease Control and Prevention





Early and Periodic Screening, Diagnostic and Treatment (EPSDT)

EPSDT is for children from birth up to age 21 who have Medicaid or the Kentucky Children’s Health Insurance Program (KCHIP).

Your child should get checkups regularly. The EPSDT team is here to help your child get the care and services they need. This includes health screenings, shots, vision, dental, hearing, lead testing and screening, and any other medical services they may need. Our team can call you to help you schedule your child’s doctor visit.

Children should get checkups regularly, at the ages listed below.

Ages recommended for well-child checkups	
3–5 days after birth	12 months
By 1 month	15 months
2 months	18 months
4 months	24 months
6 months	30 months
9 months	1 time per year from ages 3 through 20

Note: Sick visits do not take the place of a regular well-child visit.

What you should expect at these visits:

- A head-to-toe examination by your child’s doctor.

- You can tell your child’s doctor everything going on with your child. This is a good time to ask questions or to share any concerns you may have.
- Your child’s doctor will talk about your child’s health and well-being.
- Your child’s doctor will talk about any immunizations given at this visit and what immunizations (if any) will be due at the next visit. Your child must have a record of these shots in order to begin school. For other rules, see the Centers for Disease Control and Prevention Guidelines for Immunization at [CDC.gov/Vaccines/Schedules/Parents-Adults/index.html](https://www.cdc.gov/Vaccines/Schedules/Parents-Adults/index.html).
- Your child’s doctor will talk about urine and blood tests that are being done and talk about those results with you.
- Your child’s doctor will do a lead screening at every visit, starting at 6 months of age, with at least one by your child’s first birthday. At least one more lead screening should be done by their second birthday no matter what the results were with the previous test.
- A hearing screening at each visit.
- A vision screening at each visit.

Your child should be seen by a dentist when the first tooth comes in, but no later than 1 year of age even if the first tooth has not come in yet.



How to talk to your kids about underage drinking

 Kids aren't supposed to drink alcohol, but many of them do anyway. As a parent, what can you do to help keep your kids from participating in illegal and risky underage drinking? The answer: more than you may realize.

Kids themselves — up to 80% of teens, in particular — say their parents have the biggest influence over whether they drink. So it matters to kids what you say and do.

For starters, you can:

Start talking to them at a young age. Talk to your kids early and often about the risks of drinking. Of course, what you tell your kids will depend on their age and maturity level. Let them know you love them and want them to be safe.

You may want to:

- Ask them what they already know about alcohol.
- Tell them about someone you know who was harmed by alcohol.
- Help them practice saying “no” if offered a drink.
- Give them facts about the risks related to drinking, including poor grades, deadly car crashes, health problems and addiction.
- Encourage them to ask questions — don't do all the talking yourself.

Keep your rules against drinking clear and consistent.

Make sure your child knows, without a doubt, that drinking is not allowed. Be steady with this message and with your enforcement of this rule. For example, you shouldn't joke about getting drunk. This could

send the wrong message. Your kids might think that drinking is funny and therefore OK.

Be involved. Know where your kids go, who they're with and what they do. Check in with other parents about what your kids are doing.

Need more advice about talking to your kids?

There's someone else you may want to talk to about underage drinking: your child's health care provider. Providers are used to talking with children and parents about sensitive topics like alcohol and other substance use.

Sources: American Academy of Pediatrics; National Institute on Alcohol Abuse and Alcoholism

Love the body you're in

Cultivate a positive body image at any age



Appreciate all your body can do. *Move. Dance. Stretch. Explore.*



Recognize and develop your strengths.



Surround yourself with positive people.



Stop comparing yourself to others.



Talk positively about your body.



Focus on health rather than weight.



Love your body like a cherished friend — feed it healthy food, get plenty of rest, etc.



Be yourself — perfectly you.

SKY programs

Through the SKY Program, members are eligible for Aetna's *Be Healthy* Child and Family Nutrition Classes. Classes are offered on a regular basis. Members can register for any of the classes on the Aetna Better Health of Kentucky Events Page and can decide to cancel their registration at any time.

Currently, the *Be Healthy* program is offering the two classes below:

Health Runs Deep will help you learn ways to improve and manage your family's health. This program focuses on the specific nutritional,

physical activity and wellness needs of youth. You will also be eligible for some great rewards. This program meets four times. Your family will receive a check-in call to help and cheer for you along the way.

SKY Child and Adolescent Nutrition and Wellness Training is offered monthly or upon request. DCBS (Department for Community-Based Services) foster parent credits are available upon completion. This training has been developed for foster, adoptive and other fictive kin families. It focuses on the specific nutritional, physical activity and wellness needs of youth involved in the system.

Water is wonderful. Drink up!

Water is a great choice when you're feeling thirsty. It offers your body lots of benefits. For instance:

- It helps you keep a normal body temperature.
- It helps your joints to work smoothly.
- It helps your body get rid of waste.
- It has zero calories.

More fun facts about water:

- The human body is about 60% water.
- If you're drinking enough water, your urine should be pale yellow.
- Strawberries are high in water. So are fruits like grapes, pears and melons.
- Many veggies are also high in water, like lettuce, celery and spinach.

Sources: Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention



Population health management

At Aetna Better Health of Kentucky, we understand that your needs are special to you. Our goal is to help you stay healthy and to make sure you stay involved in your health care. Our population health management program strives to address your needs and your family's needs in the following four key areas:

- Keeping you healthy
- Supporting you if your health is at risk
- Ensuring your safety
- Helping you manage multiple chronic illnesses

 If you are interested in any of the above or have questions about any of these programs, call Member Services at **1-855-300-5528 (TTY: 711)**, Monday through Friday, 7 AM to 7 PM ET. Ask to speak to a care manager. Or look for us online at [AetnaBetterHealth.com/Kentucky](https://www.AetnaBetterHealth.com/Kentucky).



Contact us

For additional details or if you have questions, please call Member Services at **1-855-300-5528 (TTY: 711 or TDD: 1-800-627-4702)**.

This newsletter is published as a community service for the friends and members of Aetna Better Health of Kentucky. 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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Multi-language Interpreter Services

ENGLISH: ATTENTION: If you speak 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**)。

GERMAN: ACHTUNG: Wenn Sie deutschen sprechen, können Sie unseren kostenlosen Sprachservice nutzen. Rufen Sie die Nummer auf der Rückseite Ihrer ID-Karte oder **1-800-385-4104** (TTY: **711**) an.

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**).

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

SERBO-CROATIAN: OBAVEŠTENJE: Ako govorite srpski, usluge jezičke pomoći dostupne su vam besplatno. Pozovite broj na poleđini vaše identifikacione kartice ili broj **1-800-385-4104** (TTY – telefon za osobe sa oštećenim govorom ili sluhom: **711**).

JAPANESE: 注意事項:日本語をお話になる方は、無料で言語サポートのサービスをご利用いただけます。IDカード裏面の電話番号、または**1-800-385-4104** (TTY: **711**)までご連絡ください。

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**).

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.

PENN DUTCH: Geb Acht: Wann du Deitsch Pennsilfaanisch Deitsch schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schpooch. Ruf die Nummer uff, ass hinne uff dei ID card iss, odder ruf **1-800-385-4104** (TTY: **711**).

NEPALI: ध्यान दिनुहोस्: यदि तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंका लागि निःशुल्क रूपमा भाषा सहायता सेवाहरू उपलब्ध छन्। तपाईंको आईडी कार्डको पछाडि रहेको नम्बर वा **1-800-385-4104** (TTY: **711**) मा फोन गर्नुहोस्।

OROMO (CUSHITE): Hubadhu: yoo Oromoo dubbatta ta'ee, gargaarsa tajaajiiloota afaanii, kaffaalitii bilisaa ni jiraa siif. Lakkoofsa bilbiilaa ID kee duuba irraa jiruun yookiin **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**).

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**).

KIRUNDI (BANTU): ICITONDERWA: Namba uvuga Ikirundi, serivisi zigufasha kugusigurira ururimi, ku buntu, ziraboneka ushobora kuzironswa. Hamagara inomero iri inyuma ku gakarata k'akarangamuntu kawe canke iyi nomero **1-800-385-4104** (Ufise ubumuga bwo kutumva neza ifashishe (TTY): **711**).

AETNA BETTER HEALTH® OF KENTUCKY

Nondiscrimination Notice

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

Aetna:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - o Qualified sign language interpreters
 - 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

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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