



Aetna Better Health® of Louisiana



Lean on me

Fall 2019

5 facts to help combat childhood obesity

Obesity among kids is a serious problem. To help an overweight child become healthy, you need to know a few facts. Start with these five:

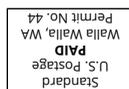
- 1. Neither parent nor child is to blame.** Children put on weight for many reasons. Focus on solutions — not guilt.
- 2. There is no quick fix.** Diets that promise fast results can be dangerous. A pediatrician can help you create a plan for safe and lasting weight loss.
- 3. Kids don't just outgrow weight problems.** Growth spurts rarely take care of weight issues. Changes in eating and exercise habits are needed to slow weight gain.

- 4. The height and weight charts apply to all kids.** Any child outside the normal range for weight is considered overweight. Being “big-boned” doesn't change this.
- 5. A heavy child does not need more food than the average kid.** Larger portions add to a child's weight problem. Feed

a child the amount of food he or she needs to stay at a healthy weight.

Talk with your pediatrician about proper portion sizes and any concerns you have about your child's weight. You'll find lots of help and resources.

Source: American Academy of Pediatrics



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Know the signs: What's ADHD — and what isn't

All kids fidget and act without thinking sometimes. They all get distracted at some point. So how do you tell the difference between typical kid behavior and attention-deficit/hyperactivity disorder (ADHD)?

It's a matter of degree. Kids with ADHD may

never seem to sit still, control their impulses or focus. They don't outgrow these behaviors. ADHD can make it hard to learn and get along with people — at home and at school.

Watch for this

There's no test for ADHD. Instead doctors rely on

symptoms. For instance, your child may have ADHD if he or she *often*:

- Daydreams
- Forgets or loses things
- Talks too much
- Blurts out answers
- Has trouble taking turns
- Squirms or is overly active
- Makes careless mistakes
- Takes needless risks

Get help

If there's any chance your child has ADHD, tell your child's doctor. Treatment can help. For kids to reach their full potential, it's important to get that help as early as possible.

Source: Centers for Disease Control and Prevention

Which medicines help with ADHD?

Every child is unique. And so is every treatment plan for kids with attention-deficit/hyperactivity disorder (ADHD).

But most children take prescribed medications for their ADHD. This helps ease their symptoms so that they can just be regular kids who play and learn.

Medicines for ADHD include:

Stimulants. Up to 8 in 10 kids do much better when they take a stimulant — the most common type of ADHD medicine. They don't really stimulate kids though. Rather, they help kids control their behaviors and pay attention. Short-acting stimulants may be taken

every four hours. Other types can be taken just once in the morning since they can work anywhere from 6 to 12 hours.

Non-stimulant medicines. Other medicines may be considered if stimulants don't work or cause too many side effects. These other meds can include atomoxetine and guanfacine.

Here are a few more things to know if your child takes medicine for ADHD:

- Your child will need checkups. The provider will want to know if the medicine is working.
- The provider may need to adjust the dose or have your child try another medicine.
- Side effects are usually mild. For instance, some kids have poor appetites or sleep problems.

And take note — adults can have ADHD too. If you suspect it in yourself, tell your doctor.

Sources: American Academy of Pediatrics; National Resource Center on ADHD





Looking for ways to stay healthy?

Go to our website aetnabetterhealth.com/louisiana/members to learn more about how to better manage your health. We also have care managers who can assist you in planning your and your child's health care needs. Call Member Services at **1-855-242-0802** today.

Well-child visits: A healthy idea

Q. Why take a healthy child to see the doctor?

A. To help keep him or her feeling well.

It has the ring of a riddle, but it's good advice. What are called well-child visits can go a long way toward helping your child stay healthy.

Well-child visits are regular checkups. How often they occur usually depends on a child's age. Your doctor will want to see your baby every month or so for a while. For an older child, yearly checkups may be enough.

Here are three reasons why well-child visits are a good idea:

1. These checkups let your doctor see how well your child is growing.
2. They are a good way to make sure your child is up-to-date on shots (immunizations).
3. They give you a chance to talk with your doctor about anything that's on your mind. That's hard to do if you made an appointment because your child is sick.

Source: American Academy of Pediatrics

HEALTH TIP: Write down questions as you think of them. Take that list with you to your child's next appointment.

Need help finding a doctor near you?

We can help you find a doctor or schedule a visit for you. We also offer a ride to your doctor's office. Call Member Services at **1-855-242-0802**. We are here to help. If you already have a visit scheduled, please keep it. It is important to do the needed tests and services to keep you and your child healthy.

Contact us



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24 hours a day, 7 days a week

1-855-242-0802 (TTY: 711)

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 - 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
Hours of operation: 8:00 a.m. – 5:00 p.m.

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 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**).

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**).

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**).

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**)。

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**).

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**).

LAOTIAN: ເຊີນຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຫາເບີໂທທີ່ຢູ່ດ້ານຫຼັງບັດປະຈຳຕົວຂອງທ່ານ ຫຼື **1-800-385-4104** (TTY: **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。

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۔

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.

PERSIAN: اگر به زبان فارسی صحبت می کنید، به صورت رایگان می توانید به خدمات کمک زبانی دسترسی داشته باشید. با شماره درج شده در پشت کارت شناسایی یا با شماره **1-800-385-4104** (TTY: **711**) تماس بگیرید.

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**).

THAI: ข้อควรระวัง: ถ้าคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทรติดต่อหมายเลขที่อยู่ด้านหลังบัตร ID ของคุณ หรือหมายเลข **1-800-385-4104** (TTY: **711**)