



Cuddle time



AetnaBetterHealth.com/Louisiana

Aetna Better Health® of Louisiana

Benefits of breastfeeding

Breast milk helps keep your baby healthy by:

- Supplying all of the necessary nutrition in the proper proportions
- Protecting against allergies, sickness and obesity
- Helping to prevent diseases like diabetes and cancer
- Preventing recurring infections, such as ear infections
- Providing an easily digested food source for baby with little or no constipation, diarrhea or upset stomach
- Promoting healthier weights as babies grow
- Promoting healthy brain development, which may lead to higher IQ test scores

- Changing as your baby grows to provide just the right nutrients and amounts at the right time

Breast milk is always ready and good for the environment:

- It's ready and available wherever and whenever your baby needs it without mixing.
- It's always at the right temperature, clean and free,

with no bottles to clean.

- Breastfeeding requires no handling or special packaging with virtually no waste.

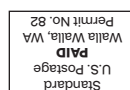
Breastfeeding is great for mom too. Moms who breastfeed:

- May find it easier to return to their pre-pregnancy weight
- Save money — after all, it's free!

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Aetna Better Health® of Louisiana
2400 Veterans Memorial Blvd., Suite 200
Kenner, LA 70062

What is sickle cell disease?

Sickle cell disease is a lifelong disease caused by abnormal red blood cells. Red blood cells carry oxygen through our bodies. Oxygen helps our bodies work properly.

Normal red blood cells are round and can move easily around the body. Someone with sickle cell disease has red blood cells that are C-shaped and stick together. This makes it harder for oxygen to get to different parts of the body and can cause severe symptoms, like episodes of pain.

Sickle cell disease is passed down to children through their parents' genes.

What is sickle cell trait?

A person with sickle cell disease has two copies of the sickle cell trait gene (one from each parent). Sometimes a child will just get one copy of the gene. This means they have sickle cell trait, but not sickle cell disease. This child will likely not have symptoms of sickle cell disease. But they can pass this trait on, so their

own children may have sickle cell disease.

About 100,000 people in the United States have sickle cell disease. It is most common in people who identify as Black or African American. Sickle cell trait is more common than sickle cell disease. 1 in 13 people who identify as Black or African American have sickle cell trait.

How do I get tested?

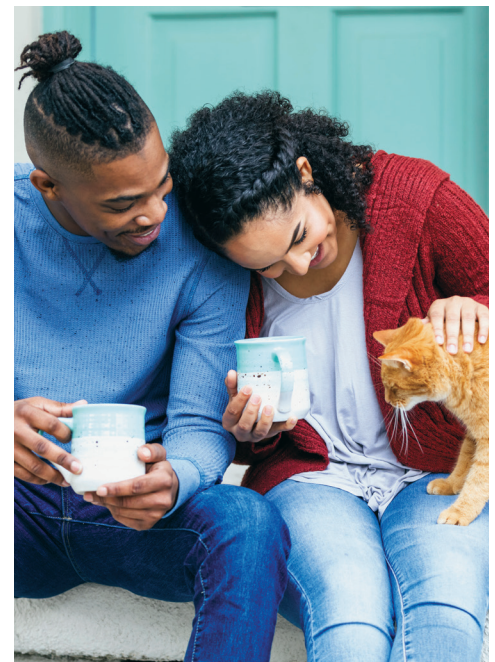
Contact your doctor to get a blood test to find out if you have sickle cell disease or sickle cell trait. If you need a doctor, you can call Member Services.

What can I do to manage symptoms?

To prevent severe symptoms, you can:

- Stay hydrated! Try to drink 8 to 10 glasses of water per day.
- Avoid being outside when it is too hot or too cold. If you have to be outside, wear a hat in the sun and layer up when it's cold.
- Take lots of breaks when you exercise or play sports.
- See your doctor regularly.

If you have questions, or to connect with your doctor, call Member Services 24 hours a day at **1-855-242-0802 (TTY: 711)**. To contact a sickle cell clinic in Louisiana, visit **[LDH.LA.gov/assets/oph/Center-PHCH/FamilyHealth/Louisiana_Sickle_Cell_Clinics_2020.pdf](https://ldh.la.gov/assets/oph/Center-PHCH/FamilyHealth/Louisiana_Sickle_Cell_Clinics_2020.pdf)**. Learn more about sickle cell from the Louisiana Department of Health at **[LDH.LA.gov/assets/oph/Center-PHCH/Center-PH/genetic/SickleCellDisease2017.pdf](https://ldh.la.gov/assets/oph/Center-PHCH/Center-PH/genetic/SickleCellDisease2017.pdf)**.



Benefits of breastfeeding

Continued from front page

- Miss fewer work days caused by being home with a sick baby
- Enjoy more quality feeding time with baby
- Become more relaxed with the natural release of oxytocin caused by breastfeeding

To contact Member Services about any questions, connect with an OB Care Manager or to connect with your doctor, call **1-855-242-0802 (TTY: 711)**, available 24 hours a day.

Visit **LouisianaBreastfeeding.org/resources/** or **LouisianaWIC.org/About/Extra** for breastfeeding education and resources in your community.

Living with HIV

Even if you feel fine, it is important to visit your doctor once a year to discuss age- and gender-specific health screenings, such as testing for sexually transmitted infections (STIs). If you test positive for an STI, such as human immunodeficiency virus (HIV), you need to discuss starting treatment as soon as possible with your doctor so that viral load suppression (a very low or undetectable amount of HIV in the body) can be achieved.

For those living with HIV, the management of this condition has changed considerably with the advancement of newer, more potent antiretroviral therapy (ART) agents as compared to the first treatments developed in the 1990s.

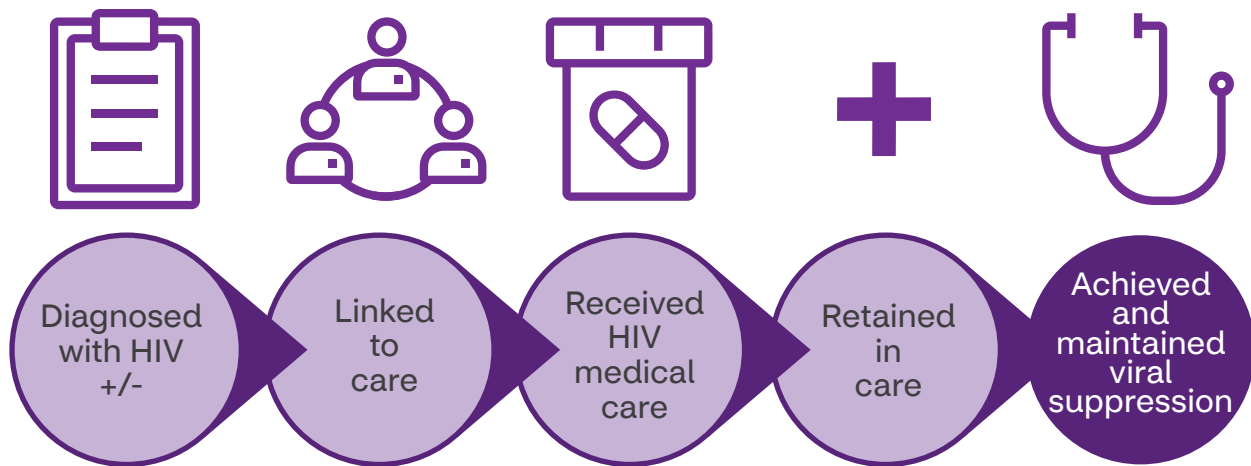
Benefits of early initiation of ART:

- Shortens the time between diagnosis and viral suppression
- Lowers the risk of transmission sooner
- Improves retention in care



Aetna Better Health of Louisiana supports its HIV-positive members in achieving viral load suppression through proper care coordination. Call Care Management today at **959-299-6401** to start your journey on the HIV care continuum.

The HIV care continuum includes the steps that people with HIV take from diagnosis to achieving and maintaining viral suppression. The best way to stay on top of your HIV treatment is to follow the HIV care continuum. For more information on HIV treatment, visit [CDC.gov/HIV/Risk/Art/index.html](https://www.cdc.gov/HIV/Risk/Art/index.html).



Contact us



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24 hours a day, 7 days a week
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This newsletter is published as a community service for the friends and members of Aetna Better Health of Louisiana, 2400 Veterans Memorial Blvd., Suite 200, Kenner, LA 70062. This is general health information that 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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Aetna:

- 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 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 based on 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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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**)