



Together



AetnaBetterHealth.com/Louisiana

Aetna Better Health® of Louisiana

National Infant Immunization Week is April 24 – May 1

Experts recommend that children stay on track with their well-child appointments and routine shots (immunizations). On-time shots are critical to provide protection against potentially life-threatening diseases.

- **Most parents choose the safe, proven protection of shots.** Giving babies the recommended shots by age 2 is the best way to protect them from 14 serious childhood diseases, like whooping cough (pertussis) and measles.
- **Shots are among the most successful and cost-effective tools available for preventing disease and death.** Shots help protect both

individuals and communities by preventing and reducing the spread of infectious diseases.

- **Shots are safe.** The U.S. has a long-standing immunization safety system, which ensures that shots are as safe as possible. As new information and science become available, shot recommendations are monitored, updated and improved.

- **Trust in shots is built through conversations among parents, doctors, nurses, pharmacists and community members.**

You can earn rewards for taking steps to help keep your children healthy. Please call Member Services at **1-855-242-0802** or visit our website at

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Spring 2023

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

Men's health: The strength of preventive care

Studies show men are less likely to seek medical care for several reasons. Some avoid care because they feel fine. Others are nervous about an exam or what it might reveal. Some men even see medical care as a sign of weakness. But staying healthy is a sign of strength. It's important to keep your whole health in check.

Be sure to get your yearly preventive exam and any screenings your primary care provider (PCP) may recommend. Screenings can help find health problems early, when they're easiest to treat, and early treatment can help you save money on future health care costs. More important, it can also help save your life.

Tobacco

One of the best things you can do for your health is to stop using all tobacco products:

- Electronic nicotine delivery systems (e-cigarettes, e-pens, e-pipes, e-hookah and e-cigars) have addictive nicotine and other harmful chemicals in both the aerosol and secondhand emissions.

- Smokeless tobacco (chewing tobacco, snuff and snus) has addictive and cancer-causing chemicals (cancer of the mouth, esophagus and pancreas).
- Cigarette smoking causes heart and lung problems and can lead to cancer, asthma and strokes.



Prostate health

The prostate is a small gland near your bladder. Sometimes the prostate will grow in size as men age. This can make it hard to urinate.

Your PCP may want to do a screening test for prostate cancer.

Type 2 diabetes and high blood pressure

Many people don't know they have type 2 diabetes or high blood pressure (BP). There may not be

National Infant Immunization Week

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AetnaBetterHealth.com/Louisiana and search "Rewards Program" for more details. For example:

Wellness visits

- \$15: for completion of eight wellness exams (birth to age 30 months)
- \$20: for completing your wellness visit once a year (ages 3 to 20)

Shots (immunizations)

- \$5: for getting your flu shot once a year

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention; National Center for Immunization and Respiratory Diseases

Upcoming Enrollee Advisory Council (EAC) meetings

EAC meeting: June 8, 10 AM–12 PM

Our Lady of the Lake Children's Hospital, Auditorium A and B, 8300 Constantin Blvd., Baton Rouge, LA 70809

Or call in (audio only):

860-785-4641

Phone conference ID:

549 472 571#

Scan the QR code to see all local events.



any symptoms. But these conditions can lead to serious health problems. Be sure to talk with your PCP about screening.

Sexually transmitted diseases (STDs)

Anyone who is sexually active can get an STD. You can have an STD or pass it on without even knowing. You're at higher risk of STDs if you have unprotected sex or more than one partner. Tests can reveal many types of STDs. If you have concerns, talk with your PCP.

Heart disease

Problems like irregular heartbeats and narrowing blood vessels can lead to chest pain or a heart attack. You're at more risk for heart disease if you:

- Have high blood pressure, high cholesterol or diabetes
- Are overweight or not active
- Smoke

Colorectal cancer

You can lower your risk of colorectal cancer. Try limiting yourself to two drinks (alcohol) each day. Get active, and stay at a healthy weight for you. Finally, quit smoking. Your PCP can help.

There is no extra cost for preventive care. Better yet, we reward you for taking steps to be healthier. (Note: You must be a member for one year to be eligible for rewards.) Please call Member Services at **1-855-242-0802** or visit our website at **AetnaBetterHealth.com/Louisiana** and search "Rewards Program" for more details.

Mental health awareness and resources

Talking about mental illness can be hard. There is a stigma that surrounds mental health and mental illness. It can prevent people from getting the support and help they need. But mental illness is a common problem. In fact, about 1 in 5 people will experience some sort of mental illness in their lifetime.

The month of May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma that many experience. Your doctor is a good place to start. Deciding to talk to your doctor about your mental health is the first step on your journey to feeling better. Here are some tips that can help you:

- Be as open and honest with your doctor as possible.
- Refer to notes you have taken.
- Bring someone with you if you need support.

Aetna Better Health of Louisiana member benefit

Sometimes you need a little extra support. Sign up for the Pyx Health program and get connected to the help you need to stay happy and healthy. There's no cost to you.



Use your smartphone and go to **HiPyx.com** to sign up, or aim your smartphone camera at the QR code.

Contact us



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

24 hours a day, 7 days a week
1-855-242-0802 (TTY: 711)
AetnaBetterHealth.com/Louisiana

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 complies with applicable federal civil rights laws and does not discriminate based on 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:
 - 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>.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company, and its affiliates.

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**)