

# wellness & you

## The best foods for your blood sugar

Keeping your blood sugar levels in balance is important — even if you don't have diabetes. It can improve your energy levels and prevent mood swings. And it can help lower your A1c, a test that measures your average blood sugar levels over time. Use these healthy eating tips to help keep your levels steady.



### Start with healthy carbs

These are high-fiber carbs, such as whole grains and legumes (like beans and peas). They digest slowly, help keep you full and prevent blood sugar spikes.

### Add protein and produce

At meals, have high-fiber carbs with lean protein (like chicken or fish), healthy fat (like avocado or nut butter) and non-starchy vegetables (like lettuce or bell pepper).

### Watch out for added sugar

Aim to get most sugar from whole fruit, not drinks or sweets. Seltzer with citrus juice can taste just as great as soda.

## Eat-wise tips

### Enjoy more...

- ✓ Beans and fish
- ✓ Berries and grapes
- ✓ Low-fat dairy
- ✓ Herbs and spices
- ✓ Oatmeal
- ✓ Leafy greens and sweet potatoes

### Enjoy in moderation...

- ✓ Hard candy
- ✓ Soda
- ✓ Red meat
- ✓ Artificial sweeteners
- ✓ Pastries

**Need help managing your blood sugar levels or understanding your A1c results?** Call your Care Team. They're here to help you get the care and support you need to feel your best.

**Have questions about your medications?** Your Care Team is here to help. Call them at **1-844-362-0934 (TTY: 711)**. They're available from **8 AM to 5 PM ET, Monday through Friday**. Visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/betterhealth) for more information.

# These screenings could save your life

Cancer screenings can fall to the bottom of your to-do list when life gets busy. But when cancer is found early, the cure rate is higher. Put these screenings at the top of your list.

Screening	What it is	Recommended frequency
<b>COLORECTAL CANCER SCREENINGS</b>		
<b>Colonoscopy</b>	A provider uses a thin, flexible tube to check for polyps (extra tissue growth) or cancer inside the entire colon. Polyps can be removed during the screening to stop cancer from developing.	Every 10 years (more often if you're at a high risk for colorectal cancer)
<b>Flexible sigmoidoscopy</b>	A provider uses a short tube to find polyps in the sigmoid, or end part, of the colon.	Every 5 years
<b>Non-DNA at-home stool test</b>	There are several different types that find hidden blood in stool. Usually, your provider gives you this test or has you pick up the test at a lab to take home. You may be able to have the test sent to your home at no extra charge — ask your Care Team.	Every year
<b>BREAST CANCER SCREENING</b>		
<b>Clinical breast exam</b>	Your provider will examine both of your breasts with the tips of their fingers. They'll check the shape, size and texture of your skin and feel for any lumps.	Every year
<b>Mammogram</b>	A mammogram is an X-ray picture of your breast. Providers use a mammogram to look for early signs of breast cancer.	Every year from age 45 to 54, and every 2 years after that
<b>PROSTATE CANCER SCREENING</b>		
<b>Blood test</b>	A blood test measures prostate specific antigen (PSA), a protein made by the prostate. An elevated amount of PSA found in the blood could be a sign of cancer.	Every year for men whose PSA level is 2.5 ng/mL or higher; every 2 years for men who have a PSA of less than 2.5 ng/mL
<b>Digital rectal exam</b>	The provider inserts a gloved, lubricated finger into the rectum. They feel for any bumps or hard areas on the prostate that might be cancer.	Every year



## Are you up to date on all your cancer screenings?

If you're not sure, call your Care Team. They can help you find an in-network provider, schedule appointments and get the ongoing care and benefits you need.

You can reach your Care Team at **1-844-362-0934 (TTY: 711)**. They're available from **8 AM to 5 PM ET, Monday through Friday**.

# 4 simple ways to lower your blood pressure

Making a few changes to your routine can have a big impact on your blood pressure. Choose your favorites from the list below and get started today.



## 1. Do a 5-minute workout

Sometimes doing just a little more exercise can reduce blood pressure by as much as some standard medications. A few 5-minute exercise breaks throughout the day to get your heart pumping can really add up.



## 2. Trade salt for other seasonings

Limiting salt as much as possible is a sure way to keep blood pressure down. The ideal limit: no more than 2,300 mg of sodium per day, according to the American Heart Association.



## 3. Limit alcohol

Experts recommend women have no more than one alcoholic beverage per day. The recommended limit for men is no more than two. Regularly drinking more than that can lead to long-term increases in blood pressure, the Mayo Clinic reports.



## 4. Check your medications

Some common over-the-counter medications such as cold and flu remedies can mess with your blood pressure levels. To learn more and go over your medications, call your Care Team.



## Quitting smoking can also help lower your blood pressure.

Find help to quit smoking from the Centers for Disease Control and Prevention (CDC) by calling **1-800-QUIT-NOW (1-800-784-8669)**.

You can also get free help from the New Jersey Quitline. Visit them online at **NJQuitline.org**.

As an Aetna® Assure Premier Plus (HMO D-SNP) Plan member, you are also covered for smoking cessation programs. And you can use your quarterly over-the-counter (OTC) allowance to buy approved nicotine replacement patches, gum and lozenges. Call your Care Team to learn more.

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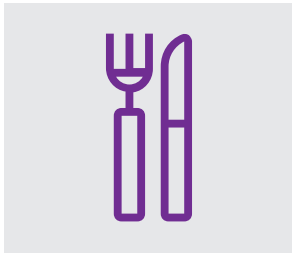
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Health and wellness or prevention information

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# Did you know?



Eating the right foods can help keep your blood sugar levels steady.



Staying on top of your regular screenings can help you prevent and beat cancer.



Cutting back on salt and alcohol can boost your heart health.



**Find all the details inside!**