

MENTAL HEALTH



Why therapy is good for everyone

In both good times and bad, seeing a therapist can lead to a happier, healthier life. Here are some unexpected ways therapy may help you boost your well-being.

✔ It can improve your relationships

We have all sorts of relationships — with our partner, children, parents and coworkers. Misunderstandings and rough patches are a normal part of all of them. Therapy can help you connect more fully with the people in your life. A therapist can help you find ways to understand other's emotions and communicate better.

✔ It can help you manage medical issues

Depression and anxiety are common in people with chronic conditions like diabetes and heart disease. And, poor mental health can make it harder to manage your illness. Talking to a therapist can help you:

- Stay on track with treatment
- Ask for help
- Focus on self-care
- Stay away from unhealthy coping habits like smoking or alcohol

✔ It can help you reach your goals

We all have dreams and goals — eating healthier, getting in better shape, finding a new job. If you're feeling stuck, a therapist can help you break old patterns and habits that are holding you back. They can help you create a plan for going after your goals. And they can share tips for staying motivated. That's something we all need at different times in life.



How to keep your heart strong

Your heart is one of the most important parts of your body. Here's how to take care of your heart and what to do if something feels off.

Common heart issues

High blood pressure: This is when the force of blood pushing through blood vessels is too strong. It can lead to problems like heart disease, kidney disease and stroke.

High cholesterol: Cholesterol is a fat that can build up in your arteries and block blood flow.

Heart disease: This includes problems like:

- Blocked arteries
- Irregular heartbeat
- Heart attack

Heart health screenings

Screenings help catch problems early, before you feel sick. Your provider can check your heart health with tests like:

Blood pressure check:

Measures how hard your blood is pushing in your arteries

Cholesterol test: Checks how much cholesterol is in your blood

Electrocardiogram (EKG or ECG): Monitors your heart's electrical activity

Signs of an emergency

If you have any of these symptoms, call **911** or go to the emergency room:

- Chest pain
- Trouble breathing
- Fainting or sudden dizziness

Important heart health medicines

Your provider might prescribe medicine to help manage your heart health. Always take your medicine exactly as your provider tells you to.

Here are two common heart medicines:

Statins: Helps lower cholesterol in your blood.

Renin-angiotensin system (RAS) antagonists: Helps lower your blood pressure by relaxing your blood vessels.

Heart health tips

Daily habits can help prevent or manage heart problems. Talk to your provider about what you can do everyday.

- Eat nutritious foods like fruits, vegetables, whole grains and lean meats. Limit salty foods, which can raise blood pressure.
- Stay active by walking or doing any kind of exercise you enjoy.
- Don't smoke and try to stay away from people who are smoking.
- Find ways to manage stress. Try breathing exercises or meditation.
- See your provider for regular checkups and screenings.

Prevent cancer at any age

It's never too late to prevent cancer. Many people will face cancer in their lifetime. That's why you want to do everything you can to protect yourself.

Get screened

Talk to your provider about your cancer risk and what screenings you need. Common screenings include:

Breast cancer: Women up to 74 years old should get a mammogram (breast X-ray) every two years (or more).

Colorectal cancer: All adults up to 75 years old should get screened with an at-home stool test or colonoscopy.

Prostate cancer: Men aged 55 to 69 should talk to their provider about whether or not to get screened.

Don't smoke

Smoking is a major cause of cancer. If you smoke, it's never too late to stop.

Help is available. Talk to your provider or care team if you need help quitting, and if you should be screened for lung cancer.

Drink less alcohol

Drinking too much can raise your risk for cancer. If you do drink, stick to less than one or two drinks a day.

Protect your skin

Wear sunscreen, hats and long sleeves when you're outside to help prevent skin cancer. Check your skin for any changes, or have a provider check for you.



Plan your care your way

A time may come when you're too sick to talk to your primary care provider, family or friends about the type of health care you want. That's why you need an advance directive. It's a legal document that spells out what care you want — and don't want. There are two main types of advance directives:

Living will: This gives legal instructions for your care.

Health care power of attorney: This lets you name someone you trust to make health care decisions for you if you aren't able to do so.

Talk to your provider about advance directives. You can change your decisions at any time. Go to [AetnaBetterHealth.com/newjersey/advance-directive.html](https://www.aetna.com/betterhealth/newjersey/advance-directive.html) for more info.

Learn more about your plan with your Member Handbook.

Visit [AetnaBetterHealth.com/newjersey/member-materials-forms.html](https://www.aetna.com/betterhealth/newjersey/member-materials-forms.html) to view your handbook online. Or call us at 1-855-232-3596 (TTY: 711) to have one mailed to you.

Know the signs of elder abuse

Older adults deserve care, respect and safety. Elder abuse happens when someone harms an older adult. It's more common than many people think.

Knowing the types and signs of abuse can help you protect a loved one.

Types of elder abuse

- **Physical abuse.** When someone causes pain or injury.
- **Emotional abuse.** When someone scares, shames or hurts feelings.
- **Financial abuse.** When someone steals or uses it without permission..
- **Neglect.** When someone doesn't meet a person's basic needs..
- **Abandonment.** Leaving someone alone without planning for their care.
- **Sexual abuse.** Includes any sexual contact without consent.

Signs of elder abuse

Watch for these warning signs:

- Bruises, burns or cuts with no clear cause.
- Fear, sadness or confusion, especially around a caregiver.
- Pulling away from others or

sudden mood changes.

- Dirty clothes, poor hygiene or unexpected weight loss.
- Unsafe or unclean living spaces.
- Bedsores or untreated infections.
- Missing items like glasses, walkers or hearing aids.
- Unpaid bills or sudden money troubles.

What to do

If you think someone is in danger, don't ignore it. Talk with the person when you're alone with them. Ask simple

questions and listen. Many adults are ashamed to report abuse. Check in often. Show you care and that they can trust you.

If you feel unsure, ask for help. These services can help:

Adult Protective Services helps protect people from elder abuse. You can find your local agency on their website, or call **202-370-6292**.

The National Center on Elder Abuse can help you report abuse or find help. Visit their website or call **855-500-3537**.

If someone is in urgent danger, call **911** right away.



We want to hear from you. Join our Community Health Education and Advisory Committee to share your feedback and help us improve our services. Visit [AetnaBetterHealth.com/newjersey/member-advisory-committee.html](https://www.aetna.com/newjersey/member-advisory-committee.html) for more info.



8 ways to exercise your brain

Try these fun and easy tips to support memory and focus.

1 Do puzzles

Puzzles challenge your brain to think in new ways and remember info. Find free puzzles in newspapers, magazines or online.

2 Change your routine

Take a new route to the store, walk in a different park or shop at another place once in a while. These small changes can challenge your brain.

3 Learn something new

When you learn, your brain builds new connections. This can help your memory, even

if you already have memory problems. Try learning a new language or taking up a new hobby.

8 Stay active

Exercise supports your body and your brain. Find an activity you enjoy and try to do it regularly. Even a 10-minute walk each day can help.

7 Prioritize sleep

When you sleep, your brain rests and repairs itself. Aim for seven to nine hours of sleep each night.

4 Play board games

Invite people over for a game night. Try chess, Scrabble or Monopoly. The games make

you think and problem-solve. Social time also matters for brain health. It can support mood and lower stress.

5 Feed your brain

What you eat can affect your brain. Foods like blueberries, nuts and fish are great for your brain. They have antioxidants and omega-3 fatty acids. These can protect your brain cells and improve brain function.

6 Manage stress

Long-term stress can harm your brain. Activities like meditation, deep breathing and yoga can help you relax. Whatever helps you feel calm, make it a part of your daily routine.

Smart strategies for managing multiple health conditions

Juggling different medications, specialists and appointments? These tips and tools can help make it easier to take control of your health and feel your best.

Review your medications

If you're taking more than one medication, it's a good idea to review them with your doctor each year.

They might suggest a medication that combines the work of two of your drugs, for example. Which means you'll have fewer pills to keep track of. Or they could offer alternatives that help you steer clear of unwanted side effects.

Keep track of your test results

Ask for copies of your hospital and lab records and doctors' notes. This way, you can track your progress and watch for changes. And it gives you time to process your health information.

You can track your health history in your online Member Portal or in the Aetna Better Health® app. Visit **[AetnaBetterHealth.com/newjersey/member-portal.html](https://www.aetna.com/newjersey/member-portal.html)** to get started.

Keep a symptom journal

It can be hard to keep track of symptoms, especially if they change or are unpredictable. But those details can help you and your provider make decisions about treatment and lifestyle changes.



Find a notebook or notepad to use as a symptom tracker. Write down what symptoms you have, how often you have them and how they make you feel. Share this info with your provider each time you meet.

Educate yourself

We're not talking about going back to college. But you should try to learn as much as you can about the health conditions you have.

Ask your doctor to suggest reliable websites where you can find out more about the

latest research and treatments. Once you understand your health situation better, it will be easier to ask the right questions at your doctor appointments.



Your dedicated care manager can help you find providers, manage appointments, learn about your health and more. We also have special programs that can help you manage certain health issues.

Call us at **1-855-232-3596 (TTY: 711)** and ask to speak with a care manager to get started.



Fall-proof your home

Falls can happen anywhere in any room. A few small changes can make a big difference. Start with better lighting and clear walkways. Then use the room-by-room tips below.

ROOM	FALL-PREVENTION TIPS
 Living room	Remove rugs: If you can't, secure them with tape so they stay put. Use supportive furniture: Chairs with sturdy armrests can help you stand.
 Bedroom	Clear the floors: Remove clutter and keep pathways open. Use bright lighting: Use nightlights and make sure rooms are well-lit.
 Bathroom	Install grab bars: Place near the toilet and inside the shower. Use non-slip mats: Put non-skid mats in the shower and on the floor.
 Kitchen	Organize your cabinets: Keep everyday items on lower shelves. Use a sturdy step stool: Use a stable step stool with a handle if you need to reach high shelves.
 Stairs & hallways	Install good lighting: Motion-sensor lights make for easier navigation. Mark the steps: Use bright tape on stair edges for visibility.

Nondiscrimination Notice

Aetna Better Health of New Jersey 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, sex, health status or need for health care services.

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](tel: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
PO Box 818001
Cleveland, OH 44181-8001
Telephone: [1-888-234-7358](tel:1-888-234-7358) (TTY [711](tel: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](tel:1-800-368-1019), [1-800-537-7697](tel:1-800-537-7697) (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

This notice is available at the Aetna Better Health website: AetnaBetterHealth.com/NewJersey.

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Multi-language Interpreter Services

ENGLISH: ATTENTION: If you speak a language other than 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)**。

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 no verso do seu cartão de identificação ou **1-800-385-4104 (TTY: 711)**.

GUJARATI: ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો, તો ભાષા સહાય સેવાઓ, મફતમાં, તમારા માટે ઉપલબ્ધ છે. તમારા ID કાર્ડની પાછળના નંબર પર અથવા **1-800-385-4104 (TTY: 711)** પર કોલ કરો.

POLISH: UWAGA: Jeśli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany na odwrocie Twojego identyfikatora lub pod number **1-800-385-4104 (TTY: 711)**.

ITALIANO: ATTENZIONE: nel caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuita. Chiamare il numero riportato sul retro della tessera identificativa o il numero **1-800-385-4104 (utenti TTY: 711)**.

ARABIC: ملاحظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوفر لك مجانًا. اتصل على الرقم الموجود في ظهر بطاقة ID أو **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)**.

RUSSIAN: ВНИМАНИЕ: если вы говорите на русском языке, отличном от английского, вам доступны бесплатные услуги перевода. Позвоните по номеру, указанному на обратной стороне вашей идентификационной карты, или по номеру **1-800-385-4104 (TTY: 711)**.

FRENCH CREOLE: ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd nan lang ou pale a ki disponib pou ou gratis. Rele nan nimewo ki sou do kat Idantifikasyon (ID) w lan oswa rele nan **1-800-385-4104 (TTY: 711)**.

HINDI: ध्यान दें: यदि आप हिंदी बोलते हैं, तो आपके लिए भाषा सहायता सेवाएं नि: शुल्क उपलब्ध हैं। अपने ID कार्ड के पीछे दिए गए नंबर पर कॉल करें या **1-800-385-4104 (TTY: 711)** पर कॉल करें।

VIETNAMESE: CHÚ Ý: Nếu quý vị nói tiếng Việt, chúng tôi có sẵn các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Hãy gọi số có ở mặt sau thẻ ID của quý vị hoặc **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)**.

URDU: دھیان دیں: اگر آپ اردو بولتے ہیں، تو زبان کی مدد کی خدمات، آپ کے لیے مفت دستیاب ہیں۔ اپنے شناختی کارڈ کے پچھلے حصے پر درج نمبر یا **1-800-385-4104 (TTY: 711)** پر کال کریں۔