



Aetna Better Health® of New Jersey



All smiles

Spring/Summer 2020

Healthy teeth mean a healthier you.

Do you have a dentist you visit on a regular basis? Do you know that your benefits cover two dental exams and cleanings per year? Increased frequency of certain dental services is covered for children and adults with special needs, which includes exams and preventive services up to four times a year. These are just a few of your dental benefits to help keep your teeth and mouth healthy.

Aetna Better Health of New Jersey wants to help you care for your smile and to help you have healthy teeth and gums to support your overall health.

Our teeth are meant to last a lifetime. A healthy smile is important for everyone at every age. It is important to take proper care of our teeth with regular brushing, flossing, a balanced diet and regular dental visits. Visit your dentist twice a year for a

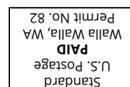
check-up and dental cleaning. Make sure to complete treatment plans recommended by your dentist.

For urgent or emergent dental needs, most dentists have openings built into their daily schedules. A member should call their dentist if they have tooth or gum pain, bleeding, a broken tooth, or other non-trauma problems.

Aetna Better Health of New Jersey now partners with LIBERTY Dental Plan to manage your dental benefits. To find a dentist, call **1-855-225-1727 (TTY: 711)** or visit **AetnaBetterHealth.com/NewJersey**.

For help or other questions, call Member Services toll-free at **1-855-232-3596 (TTY: 711)**. You may call 24 hours a day, 7 days a week.

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Aetna Better Health® of New Jersey
3 Independence Way, Suite 400
Princeton, NJ 08540-6626

Get fit without breaking the bank.

You don't need a gym or costly equipment to stay fit. Many free or low-cost activities can be fun and good for you.

Here are some ideas:

Exercise at home. You might work out to a fitness DVD from a library or watch one online. Try building your own strength routine, too, with planks, pushups and squats.

Sign up for a free fitness class. Call your community center or the parks and recreation department in your area to see what they may offer.

Fit fitness bursts into your day. For example, get off the bus early and walk the rest of the way, if it's safe. Stroll around the block or mall before you shop. Put some extra energy into everyday chores.

Turn family time into active time. Play ball with your kids. Visit a community pool together. Bikes are available in many places and provide good exercise.

Just getting started? That's great! Your provider can help. Ask how much exercise and what activities might be best for you.

Sources: American Council on Exercise; American Heart Association



Connect with others: It's good for your health.

When life is hectic, it's easy to become isolated. We put our heads down and push through chores and deadlines. The to-do list never ends.

Take time to connect

Taking the time to connect with others is important. Social networks can help lift our mood and improve our health too. Strong ties with family, friends and workmates can help:

- Ease stress.
- Reduce the risk of depression.
- Reduce loneliness.
- Lower blood pressure.
- Boost the immune system.
- Increase happiness. According to one study, the key difference between happy people and those who were less happy was good relationships.
- Provide support if you're dealing with a chronic illness.

Having a circle of support may help us live longer too.

Making bonds stronger

It's true that humans are wired to connect, but sometimes the wiring needs a new place to plug in.

Take some time to think about your interests. Ask yourself these questions:

- What do you enjoy?
- What would you like to learn?
- What would you like to do?

Then, brainstorm ways to enjoy those interests in a social setting.

Building social connections takes time and effort, but it's a skill you can use all of your life.

After all, no matter what your age, a hug from a friend can help lighten a heavy load. A co-worker's support can lift your spirits. Sharing a laugh with friends boosts positive feelings that can strengthen your mind, heart and health.

Source: Mental Health America

Having strong ties with family and friends can actually help you stay healthy.

Tick talk: Learn the basics about these bad bugs.

Ah! How relaxing it can be to take a hike in the woods or play with your dog in a grassy field. There's just one thing to be cautious about: ticks.

Ticks can pass on diseases when they bite. That's why it's important to check yourself, your kids and your pets for ticks after any nature time.

Ticks are most active during warmer months. Still, in some places they can occur year-round.

How to check for ticks

When you get home, take a close look at everyone's clothing for ticks that may have hitched a ride. Pull a comb through your cat's or dog's fur. Then have each person do a full-body check.

Pay special attention to:

- Underarms.
- Ears.
- Inside the belly button.
- Back of the knees.
- In and around hair.
- Between the legs.
- Around the waist.

How to remove a tick

If you find a tick, don't try to make it back out with petroleum jelly,

nail polish or a match. It's best to remove the tick yourself right away.

Follow these steps:

1. Grab the tick with fine-tipped tweezers. Get as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist, crush or jerk the tick.

3. After it's out, clean the bite area with soap and water or rubbing alcohol.

4. Flush the tick down the toilet or throw it away in a sealed bag.

If you get a rash or fever within the next few weeks, call your provider.

Source: Centers for Disease Control and Prevention



Be safe when it's sunny.

Summer means hot days and outdoor adventures. It also means taking extra steps to keep your family safe from too much sun.

The sun can damage skin. Too much sun can lead to wrinkles, age spots and skin cancer.

Heat illnesses, such as heatstroke, are another concern. Children and older adults are most at risk. To protect against heat illnesses:

- Drink plenty of water to stay hydrated.
- Keep inside when it's hot. If it is very hot and you don't have air conditioning at home, go someplace cooler, like the library.
- Stay in the shade when you're outdoors.
- Use sunscreen. Choose a type that has a sun protection factor (SPF) of at least 30 and that protects from both UVA and UVB rays. Apply more every two hours.
- Wear clothes that will protect your skin, such as long-sleeved shirts and wide-brimmed hats.

The 101 on ^ e-Cigarettes

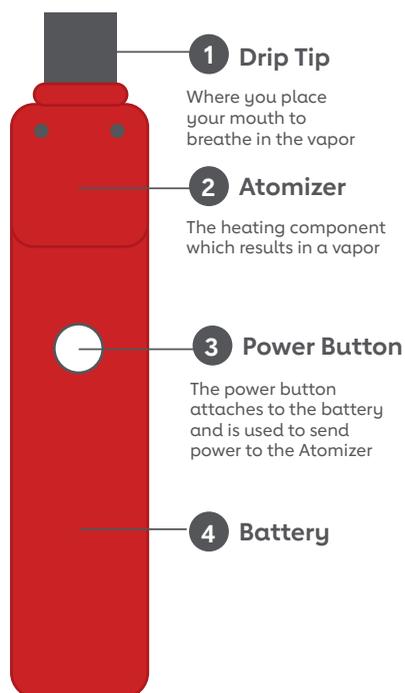


American
Heart
Association.

Vaping is becoming an increasing epidemic among teens. In 2018, e-cigarette use nearly doubled in high school students.

What is vaping?

Vaping is the **act of inhaling and exhaling the aerosol, often referred to as vapor**, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, **often mistaken for water vapor, that actually consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory diseases and cancer.**

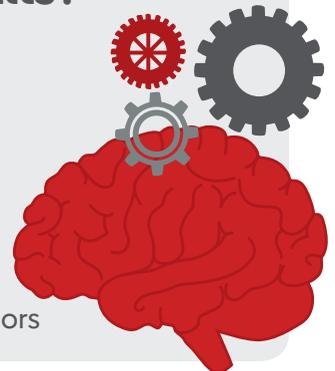


What is an e-cigarette?

Electronic cigarettes (e-cigarettes) are **battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol.** Most have a battery, a heating element, and a place to hold a liquid or nicotine salts. Flavors that make e-cigarettes so appealing can have toxic effects themselves, although they are GRAS (generally regarded as safe) when ingested in food or drinks.

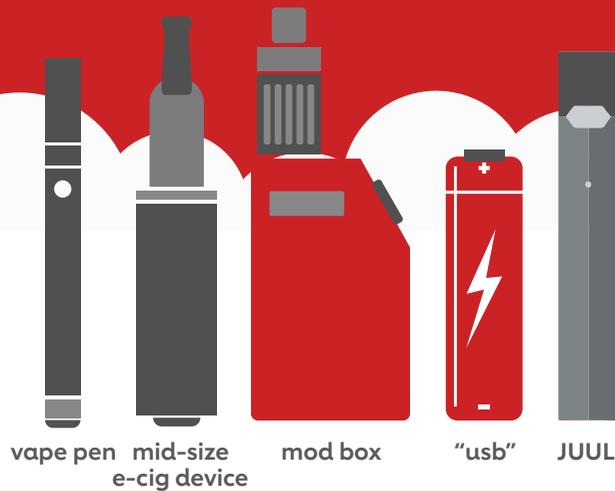
Why are e-cigarettes unsafe for kids, teens and young adults?

- Nicotine can harm the developing adolescent brain
- e-cigarettes contain nicotine
- Nicotine addiction that occurs with e-cigarette use may lead to transition to use of combustible tobacco products
- Addiction itself, whether to nicotine or other drugs, can drive undesirable behaviors





American Heart Association.



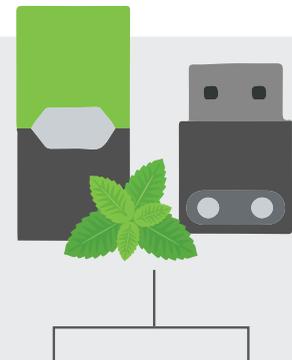
What do e-cigarettes look like?

E-cigarettes come in a wide variety of shapes and sizes; **mini** (often called cig-a-like), **mid-size**, **vape pens**, **vape pod systems** like JUUL, **e-hookahs**, **e-cigars**, **advanced personal vaporizers or mods**; even ones shaped to look like pens and usb drives.

What Is JUUL?

JUUL is a rapidly growing type of e-cigarette that became available in the US in 2015. It now accounts for about 72 percent of the market share of vaping products in the United States.

- JUUL is particularly appealing to adolescents and young adults because it has a slim design **shaped like a USB flash drive** (which makes it easier to hide).
- It comes in different colors, and a wide variety of flavors, including many that appeal to kids.
- **JUUL does not emit large smoke clouds**, making it optimal for discreet use.
- Not only is nicotine high in JUUL pods, it is present in a **benzoic acid salt** rather than a free base which **increases the rate of nicotine delivery** and decreases the harsh sensation in the mouth and throat.



The JUUL nicotine refill ("pods") contain **as much nicotine as a pack of 20 regular cigarettes**. Average pod length varies but can last up to 200 puffs.

Noting this unprecedented spike in e-cigarette use in youth, in December 2018, the US Surgeon General issued an advisory for parents, teachers and health professionals about the negative health consequences of e-cigarettes in kids.

What can parents do?

- Do not use any tobacco products
- **Talk with your kids about the dangers of smoking and the importance of avoiding any tobacco use** (conventional cigarettes or e-cigarettes)
- Educate your kids that **e-cigarettes contain nicotine, a HIGHLY addictive substance**
- **Advocate for comprehensive tobacco prevention policies** (that include e-cigarettes)

Prenatal care for moms-to-be.

If you're pregnant, the health of your baby is likely at the top of your mind. To keep your baby well, it's important to take care of yourself.

Regular prenatal care by your medical provider can help prevent problems or find them early.

Schedule appointments with your provider

As soon as you think you're pregnant, call your provider. He or she will tell you how often to come in. You will most likely visit:

- Once a month for weeks 4 to 28.
- Twice a month for weeks 28 to 36.
- Once a week from week 36 until birth.

Some women may need to see their provider more often.

Remember: It's important to go to every appointment, even if you feel fine.

What to expect

Each time you see your provider, he or she will:

- Weigh you.
- Take your blood pressure.
- Measure your belly.
- Listen to the baby's heartbeat.

We want our members to have a healthy pregnancy and deliver a healthy baby. If you need help finding a provider, call us toll-free at **1-855-232-3596 (TTY: 711).**



Your postpartum check-up: Questions to ask.

If you've just had a baby, you've probably seen a lot of your provider. Prenatal check-ups were important for your health, and so is your postpartum check-up.

That's when your provider will check to see how you're recovering from your baby's birth. It's a great time to ask any questions you have about your health. Make sure to schedule your postpartum visit with your provider between 21–56 days after delivery. Some examples of questions to ask:

Q: When will I have my period again?

Why it's worth asking: There's a range of what's normal. If you nurse — which delays periods — your next one might be months away. Your provider can tell you what to expect.

Q: What are my options for birth control?

Why it's worth asking: Becoming pregnant again within a year after giving birth raises the risk that your baby will be born too early. There are many options

for birth control. Your provider can help you decide.

Q: What's the best way to lose baby weight?

Why it's worth asking: The safest way is to drop pounds gradually, especially if you're nursing. Your provider can give you tips for a healthy diet and exercise plan.

Q: When will I feel like myself again?

Why it's worth asking: Many new moms feel sad or weepy for a few days after giving birth. That's normal.

If your sadness doesn't go away, you might have what's called postpartum depression. It's a serious illness that can make it hard to care for your baby — and yourself — but it can be treated. Be sure to speak up if you're sad or depressed.

Sources: March of Dimes; Office on Women's Health

5 facts to know about Parkinson's disease.

Nearly a million people in the U.S. are living with Parkinson's disease — a disorder that affects movement and gets worse over time. Here are five key facts to know about this all-too-common illness.

1. **Parkinson's is a brain disorder.** It occurs when nerve cells in the brain that produce a chemical called dopamine either don't work properly or die. As a result, the cells make less dopamine, which helps coordinate movement. That decrease in dopamine hinders the ability to control movement. Scientists still don't know what causes these cells to stop working or die.

2. **One risk factor is age.** Parkinson's usually develops at about age 60. However, up to 10% of those with it have early-onset Parkinson's, which begins before age 50 and is often inherited. Parkinson's also affects about 50% more men than women.

3. **Symptoms begin gradually.** Often, Parkinson's symptoms start on one side of the body and then later affect both sides. Symptoms include:

- Trembling of the legs, hands, arms, jaw and face.

- Stiffness of the arms, legs and trunk.
- Slowed movements.
- Poor balance and coordination.

As symptoms get worse, Parkinson's may make it difficult to walk, talk or accomplish simple tasks. People with the disease may also experience depression, sleep problems, constipation, and trouble chewing or swallowing. Some people also have problems with memory.

4. **There is no lab test for Parkinson's.** That means it can be difficult to diagnose. Providers

use a person's medical history and a neurological exam to identify it.

5. **While there's no cure, treatment can help.** It's common to take a variety of medicines to manage symptoms, including ones that increase levels of dopamine in the brain. Surgery and deep brain stimulation (DBS) can also help in severe cases. With DBS, providers implant electrodes in the brain, which stimulate the parts of the brain that control movement.

Sources: National Institutes of Health; Parkinson's Foundation



Care management.

You may be a person who needs more care right now. Perhaps you have special health care needs or a serious medical condition. You can get extra help if you are in a care management program. Care managers are licensed nurses or social workers, and they work with both adults and children.

Our care managers can help you:

- Get services and care.
- Work with health care providers, agencies and organizations.
- Assist with scheduling provider visits and transportation.
- Learn more about your condition.
- Set up a care plan that's right for you.

If you have questions about care management, call Member Services at **1-855-232-3596 (TTY: 711)**.

7 facts about opioids everyone should know.

It's vital to have the facts when it comes to prescription opioids. The more you know, the likelier you are to get the best pain control safely — which may not include opioids at all. Check out the following info and tips:

1. **Not every pain problem requires an opioid.** Ask your provider about other ways to treat your pain. For example, nonopioid medications and physical therapy have fewer risks and side effects. Sometimes these other treatments may work better than opioids.
2. **Opioids have serious risks, including addiction.** Tell your provider if you have a personal or family history of addiction. This can increase your risk of opioid addiction.
3. **You must follow directions when taking opioids.** If you and your provider decide opioids are right for you, it is extremely important to take them just as prescribed. For instance, never take opioids in greater doses or more often than you should. This can cause an overdose, which may cause someone to stop breathing and die.



4. **Opioids, alcohol and some medicines don't mix.** Combining opioids with alcohol or certain medicines can increase the risk of an overdose. It's especially dangerous to take opioids and anti-anxiety medicines (such as Xanax or Valium), sleeping pills (such as Lunesta or Ambien) or muscle relaxants (such as Soma or Flexeril).
5. **You should understand possible side effects before taking an opioid.** For instance, opioids can cause constipation, nausea and vomiting, depression, decreased sex drive, and (ironically) increased sensitivity to pain. In addition, some people need more of their opioids, over time, to get the same effect.
6. **Opioids can fall into the wrong hands.** You should store your opioids in a secure location, such as a locked cabinet. Never share your opioids with anyone else. If you have leftover pills when you finish treatment, ask your provider or pharmacist what to do with them. All of this helps reduce the risk of opioid misuse.
7. **Opioids are effective at managing pain in cancer patients.** Pain is a common side effect of cancer and its treatment. Federal guidelines for limiting the use of opioids to control pain don't apply to people with cancer.

Sources: American Society of Clinical Oncology; Centers for Disease Control and Prevention

New Jersey state resources.

Project Healthy Bones. This 24-week exercise and education program for people with, or at risk of, osteoporosis includes exercises that target the body's larger muscle groups to improve strength, balance and flexibility. Call **609-588-6654** or visit **State.NJ.US/humanservices/doas/services/phb/index.html**.

Move Today. Move Today is a 30-minute to 45-minute non-aerobic exercise class designed to improve flexibility, balance and stamina. Participants assess their health, physical well-being and intent to make behavior changes before and upon completion of the program. The exercises and guidelines are based on current nationally recognized standards and science. Please visit **State.NJ.US/humanservices/doas/services/move/index.html**.

#kNOWLEAD

Protect your child from lead exposure.
Know the sources of lead contamination:



Lead based paint

If your house was built before 1978



Imported goods

Some imported goods such as toys, cosmetics, candy, and spices



Herbal remedies

Some herbal remedies and folk medicines



Leaded pipes

Old water pipes with lead



Ceramic pottery

Lead has long been used in ceramic ware in glazes

Get your child tested at ages 1 & 2, and get the facts at nj.gov/health/childhoodlead or follow **#kNOWLEAD**



MIND GAMES.



Give this brain health puzzle a try. You'll have fun testing your know-how — and you may pick up a few tips too!



Across

- Exercise isn't just for your body. To help keep your brain active, read, play games, do _____ (like crosswords!) and try new hobbies.
- Staying social can help keep your brain sharp. Make time for _____ and family — it's good for you!

- A _____ is a type of doctor who specializes in treating the brain and spine.
- Move your body to protect your brain. Regular _____ has been shown to increase brain function and improve mental health.

- Though it's the most common, _____ disease isn't the only type of dementia.

Down

- Different types of dementia call for different _____, so it's important to get an accurate diagnosis.

- Getting enough _____ every night can help keep your brain healthy.
- Eat a diet with plenty of _____ and veggies, whole grains, fish, and nuts.
- Loss of _____ doesn't always signal dementia. It can have other causes too.

Answers:

Across: 2. Puzzles 3. Friends 4. Neurologist 7. Exercise 9. Alzheimer's
Down: 1. Treatments 5. Sleep 6. Fruits 8. Memory

Pasta caprese.

Makes 4 servings.

Ingredients

- 8 ounces whole-wheat thin spaghetti
- 1 tablespoon olive oil
- 4 large tomatoes, rinsed, cored and cubed
- ¼ cup fresh basil leaves, rinsed, dried and cut into ⅛-inch-wide slivers
- 3 ounces part-skim mozzarella cheese (chunk package), cubed
- 8 pitted black olives, cut into long slivers

Directions

- In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- Add spaghetti, and cook according to package directions for the shortest recommended



time, about 6 minutes. (Whole-wheat pasta tends to fall apart if overcooked.)

- Reserve 1 cup of the cooking water and set aside. Drain spaghetti.
- Add the spaghetti back into the pasta pot. Toss with olive oil and just enough reserved water to coat well.
- Add the tomatoes, basil, mozzarella and olives. Toss gently until well mixed.

- Divide pasta evenly among 4 dinner plates (about 2¼ cups each). Serve immediately.

Nutrition information

Serving size: 2¼ cups pasta. Amount per serving: 342 calories, 10g total fat (3g saturated fat), 11mg cholesterol, 52g carbohydrates, 13g protein, 9g dietary fiber, 233mg sodium.

Source: National Heart, Lung, and Blood Institute

How to help yourself or a loved one eat well.

We all need to eat well for good health. That can be difficult if it's hard to move around because of a disability. It can also be a challenge to help those who have memory problems, like dementia, or who have other special needs eat healthy foods.

If nutritious eating is difficult for you:

- Tell your provider. You should also speak up if you have lost weight.
- Ask friends or family to take you food shopping.
- Look into home aides or services that deliver meals.

How to help

If you are caring for a loved one, these tips may help him or her eat a healthy diet:

Make dining pleasant. Turn off the TV, and focus on the meal. Set the table nicely, and maybe put on some music.

Don't offer too many meal choices. More than two options may be confusing.

Encourage your loved one to eat. If the food is refused, don't push. Sometimes it helps to offer:

- Smaller, more frequent meals (for those who won't eat three traditional meals).
- One food at a time, rather than full meals.
- Food on smaller plates (it may seem less overwhelming).

Offer finger foods, if using a fork is difficult.

Sandwiches are one option.

Get help for swallowing problems. A speech therapist can help with swallowing problems.

Flavor with spices. Some foods taste bland to older people. Adding spices can make the food more enjoyable.

Be patient with kids. Like all children, those with special needs often need time to try new foods.

Sources: Family Caregiver Alliance; My Child Without Limits; National Council on Aging

ADULTS



What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

Is it moderate or vigorous? Use the “talk test” to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

health.gov/MoveYourWay/Activity-Planner



AETNA BETTER HEALTH® OF NEW JERSEY

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Aetna 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 or sex.

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**.

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

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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NJ-17-08-13

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 na parte de trás do seu cartão de identificação ou **1-800-385-4104 (TTY: 711)**.

GUJARATI: ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. તમારા આઈડી કાર્ડની પાછળ આપેલા નંબર પર અથવા **1-800-385-4104** પર કૉલ કરો (TTY: 711).

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)**.

ITALIAN: ATTENZIONE: Nel caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuita. Chiamare il numero sul retro della tessera oppure il numero **1-800-385-4104 (utenti 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)**.

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)**.

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

HINDI: ध्यान दें: यदि आप हिंदी भाषा बोलते हैं तो आपके लिए भाषा सहायता सेवाएं नि:शुल्क उपलब्ध हैं। अपने आईडी कार्ड के पृष्ठ भाग में दिए गए नम्बर अथवा **1-800-385-4104 (TTY: 711)** पर कॉल करें।

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)**.

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: 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۔

Cervical cancer: Is it time to start screening?

Did you know you could help protect yourself from cervical cancer just by getting tested? There are two tests:

The Pap test looks for cell changes that might become cancer if not treated.

The HPV test looks for the virus that causes these cell changes. It's called human papillomavirus.

When should you be tested?

Women should have their first Pap test at age 21. You'll need to be tested every three to five years after that. Exactly how often depends on your age and which test — or tests — you decide to have.

Ask your provider what schedule is right for you.

What about the HPV vaccine?

Teen girls won't need cervical cancer tests until they're older — but there is something parents can do to protect preteens. Make sure they get the HPV vaccine before their 13th birthday. It can help protect them from the HPV virus.

HPV is very common. Most people who have sex get infected with some type of HPV during their lifetime. Getting the



vaccine early in life can protect you from cervical cancer in the future.

It's best to get these shots when you're 11 or 12 years old. (Boys need them too.) If you missed them, though, you may still be able to get them later. Ask your provider.

Sources: Centers for Disease Control and Prevention; U.S. Preventive Services Task Force

24-hour nurse line.

Our members can call our toll-free medical advice line at **1-855-232-3596 (TTY: 711)** 24 hours a day, 7 days a week. Trained medical professionals answer every call. They are always ready to help with medical questions and problems. You and your family can get health advice whenever you need it, at no cost to you.

Contact us



Member Services

1-855-232-3596

24 hours a day, 7 days a week

TTY: 711

**AetnaBetterHealth.com/
NewJersey**

24-hour nurse line

1-855-232-3596

24 hours a day, 7 days a week

TTY: 711

March Vision

1-844-686-2724

TTY: 1-877-627-2456

LIBERTY Dental Plan

1-855-225-1727

TTY: 711

LogistiCare

(medical transportation only)

1-866-527-9933

TTY: 1-866-288-3133

Access Link

(non-medical transportation — initial approval may take up to 30 days)

1-800-955-2321

TTY: 1-800-955-6765



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