

# wellness & you

HEALTHY LIVING

## Budget-friendly healthy snacks your whole family will crave

Handing out the right snacks can do double duty: It can fuel good energy and health now, and boost immunity to help fight off illness as we enter cold and flu season. But common go-tos like packaged chips, cookies and candy can be pricy and harm your health over time. Instead, try these easy, kid-friendly snacks. They're good for your health and kind to your wallet.



### Greek yogurt

It's thick and creamy, and loaded with calcium and protein. Throw in some banana slices for potassium. Or add berries (fresh or frozen) for vitamin C and antioxidants.



### Apple slices and peanut butter

Together, they serve up healthy fats, protein and important vitamins and minerals like vitamin E and potassium.




### Glass of milk

A cold glass — or a warm mug — is an easy way to satisfy hunger. Plus you're drinking up immune-boosting minerals like calcium, and vitamins A and D.

**Need more ideas?** Nuts like almonds and walnuts, air-popped popcorn with a shake of salt, sliced veggies with hummus, frozen grapes, oatmeal and fruit are all great options.

**IT'S TIME TO RENEW!**  
 Renew your coverage by going to [aetna.nj23q4-1](http://aetna.nj23q4-1) or scan the QR code



### Beyond physicals

Get screened now

-  **Body mass index (BMI)**  
 BMI can show if you're at a higher risk for serious health conditions like diabetes.
-  **Lead screenings**  
 Lead poisoning can be serious. Doctors can screen children with a blood test.
-  **STIs**  
 All sexually active people should be screened for STIs like HPV, chlamydia and gonorrhea.

# Kids and diabetes

Diabetes is becoming more common in children and teens. Learn how you can help lower your child's risk.

## What is diabetes?

It's a condition where the body can't make or use insulin properly. Insulin is a hormone that helps your body use sugar, or glucose, from food for energy. Diabetes causes this sugar to build up in the blood.

**Type 1 diabetes:** The body doesn't make insulin at all.

**Type 2 diabetes:** The body doesn't make enough insulin or can't use insulin correctly.

## Risk factors

Being overweight is the biggest

risk factor for type 2 diabetes, according to the American Diabetes Association.

It's genetic, too. If you have diabetes, there is a higher chance that your child will develop it.

## Prevention

To lower diabetes risk, encourage small changes:

**Eat well.** Include veggies or fruit at each meal and cut back on desserts. Choose water over soda or sports drinks.

**Be active.** Get at least an hour of exercise a day. It doesn't

have to be all at once. It can be a 15-minute morning walk and 45 minutes of playtime later.

**Limit screen time.** Limit TV and video games to two hours a day. Sitting too much can lead to weight gain.

**Stick to a regular sleep schedule.** Getting enough rest is important for a healthy weight.

Talk to your child's doctor at your next checkup and ask if your child is at risk for diabetes. Call the doctor sooner if your child has any of these symptoms:

- Increased thirst
- Frequent urination
- Unusual tiredness

For more information on diabetes, go to [diabetes.org](http://diabetes.org).

## Schedule your flu shot now!

You can get your flu shot at your family doctor's office or a local CVS pharmacy. To schedule a flu shot for you and your family, go to [aet.na/nj23q4-2](http://aet.na/nj23q4-2) or scan the QR code below.



**Got a bill?** Most members do not have to pay to get benefits. You should not get a bill for the services you receive unless your benefit package has copays. If you get a bill that you think you should not have gotten, call Member Services at **1-855-232-3596 (TTY: 711)** for help.

# Heart disease 101

Heart disease isn't just one condition. There are many types, including coronary artery disease, congestive heart disease, arrhythmia, heart attack and stroke. But they share a lot of the same symptoms. Screenings are often the same, too. If you're worried about your heart health, talk to your primary care provider (PCP) about having one of these tests.



## CT scan

This looks for calcium in the arteries, which is a sign of plaque buildup. If the test shows plaque buildup, your doctor may recommend medicine to lower your cholesterol levels.

## Stress test

This test usually involves walking on a treadmill and monitoring your heart to see how it's working. If you're having chest discomfort, a stress test can help your PCP decide if that's a coronary problem.

## Electrocardiogram (EKG)

This simple, painless test involves placing electrodes on your chest to record your heart's electrical activity.

## Angiogram

If your other tests are abnormal, or if you're having symptoms, you might get an angiogram. This scan shows blood flow through your arteries and veins to check for blockages.

If you think you may be having a heart attack or stroke, call **911** right away. Getting help fast can save your life and lead to a better recovery.

### Symptoms of a heart attack can include:

- Pain or pressure in the chest
- Discomfort in the jaw or neck
- Shortness of breath
- Sweating, nausea or dizziness

## Know the signs of preeclampsia

This high blood pressure condition happens during pregnancy. It can be dangerous to both mother and baby. During your prenatal checkups, your care provider will screen for preeclampsia. Call your provider immediately if you have any of these symptoms:

- Severe headaches
- Blurred vision, spots in front of your eyes or sensitivity to light
- Nausea and vomiting
- Swollen hands and feet
- Sudden weight gain of more than a pound a day
- Pain in the upper right side of your abdomen
- Shortness of breath

**Ready to quit smoking?** We know quitting isn't easy. Whether you're a cigarette or e-cigarette smoker (or you use a vaping device), we can help you quit. Call the New Jersey Quitline at **1-866-NJ-STOPS (657-8677)** or visit [njquitline.org](http://njquitline.org)





## 3 ways to ease seasonal depression

Did your mood drop right along with the temperature this winter? If so, you don't have to grin and bear it until spring. Here's how to feel better.

If you notice that the blues sink in as summer turns to fall and winter, you may have a condition called major depressive disorder (MDD) with seasonal pattern. (This was formerly known as seasonal affective disorder, or SAD.)

This form of depression is triggered by the seasons, and up to 3 percent of people go through it. Experts don't know exactly what causes it. But it may have to do with changes to the sunlight in winter.

All of the things that normally work to lift mood can help ease symptoms of seasonal depression. That includes exercise, socializing and eating well.

But there are a few treatments that are specifically helpful for MDD with seasonal pattern.

### 1 Light therapy

With light therapy, you sit a few feet away from a special light box within the first hour of waking up. Being exposed to bright light early in the day affects brain hormones linked to mood.

Can't get a light box? Seek out more sunlight during your day. Open your blinds and sit near a sunny window, especially first thing in the morning.

### 2 Talk therapy

Talking with a mental health care professional can help.

## The risk of opioids

Opioids are powerful painkillers. They're often used for short-term pain relief for things like injuries or surgery recovery. But they're also highly addictive. Take these steps to lower your risk of addiction or overdose:

- Use the lowest dose for the shortest amount of time.
- Never take more than prescribed.
- Don't take opioids with alcohol.
- Store opioids in a safe and secure place.
- Throw away any unused pills. Ask your pharmacist how to safely dispose of opioids.

They can help you:

- Identify and change negative thoughts and behaviors that may make you feel worse
- Learn healthy ways to cope
- Learn how to manage stress.

### 3 Medications

Antidepressants can help if your symptoms are very severe. Your doctor may recommend starting one before your symptoms begin each year because they can take several weeks to kick in.



**Know your rights.** You can find a full list of your rights and responsibilities in your Member Handbook or online at [AetnaBetterHealth.com/newjersey/medicaid-rights-responsibilities.html](https://www.aetna.com/betterhealth/newjersey/medicaid-rights-responsibilities.html)

# Care Management

Our care management unit will help you get the services and the care you need.

Some members have special health care needs and medical conditions. Our care management unit has nurses and social workers that can help you:

- Get services including information on how to get a referral to special care facilities for highly specialized care.
- Work with health care providers, agencies and organizations.
- Make a care plan that is right for you.
- Arrange services for children with special health care needs such as well child care, health promotion, disease prevention and specialty care services.

Every plan member is contacted within 45 days of enrollment to complete the Initial Health Screen (IHS). The IHS lets us learn more about your health care needs and your past health care. If you want to complete the IHS on your own, we also send it to you in the mail in your Welcome Kit or in a separate mailing with a postage paid envelope to return to us.

Together, the IHS and your health history let us know if you have special health care needs. If so, we will then contact you to do a Comprehensive

Needs Assessment (CNA). It is important that we have your correct address and phone number so we can reach you.

If you need help completing the IHS, please call Member Services at **1-855-232-3596 (TTY:711)** for help and ask to speak with the care management department.

Once the CNA is completed, an Individual Health Care plan (IHCP) will be made to meet your specific health care needs. IHCPs help providers and our care managers make sure you get all the care you need. We will set up a mutually agreeable time to develop your plan. This will be done within 30 days after the CNA is completed.

You can access services after hours for crisis situations for enrollees with special needs. Call Member Services at **1-855 232-3596 (TTY: 711)** for help and ask to speak with an after-hours nurse.



## Contact us



### Member Services

**1-855-232-3596 (TTY: 711)**

24 hours a day, 7 days a week

**AetnaBetterHealth.com/  
NewJersey**

### 24-hour nurse line

**1-855-232-3596 (TTY: 711)**

24 hours a day, 7 days a week

### MARCH Vision

**1-844-686-2724**

**(TTY: 1-877-627-2456)**

### LIBERTY Dental Plan

**1-855-225-1727 (TTY: 711)**

### Modivcare

**Modivcare.com**

(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)

**1-973-491-4224**

**(TTY: 1-800-955-6765)**

This newsletter is published as a community service for the friends and members of Aetna Better Health® of New Jersey. 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.

**Find information about your plan in the Member Handbook.**

Find it online at **AetnaBetterHealth.com/newjersey/member-materials-forms.html**

or call Member Services at **1-855-232-3596 (TTY: 711)** to have a copy mailed to you.



## AETNA BETTER HEALTH® OF NEW JERSEY

### Nondiscrimination Notice

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](mailto: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.

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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 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 કોલ 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 numer **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۔

NJ-17-08-13





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

<Recipient's Name>

<Mailing Address>

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## HEALTHY LIVING

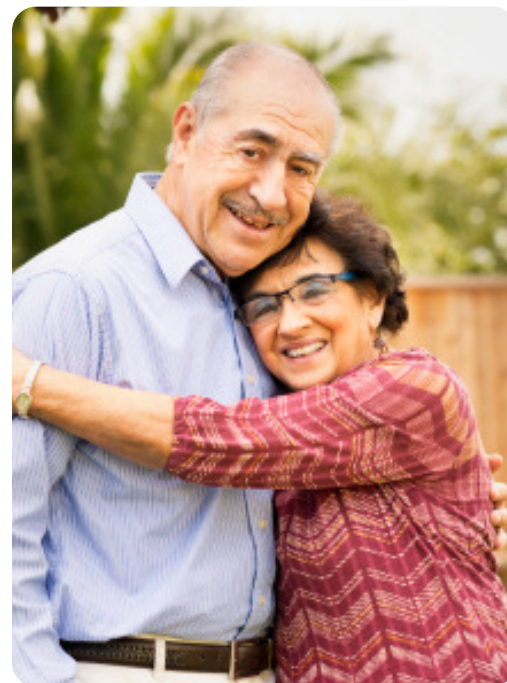
# We value your opinion

### Join the Member Advisory Council (MAC)

We hold multiple meetings a year with the MAC to talk about what is working for our members and what needs improvement. Learn more and register for upcoming MAC meetings by visiting [AetnaBetterHealth.com/newjersey/member-advisory-committee.html](https://www.aetna.com/newjersey/member-advisory-committee.html) or call Member Services at **1-855-232-3596 (TTY: 711)**.

### Take the Medicaid Experience Survey

Every year, Aetna Better Health of New Jersey sends some members a survey in the mail called the Medicaid Experience Survey. If you get this survey, your answers can help us learn how you're doing and also tell us how you think we're doing. The survey may take about 15 minutes to complete and will help the health care system work better for you!



**Ready to meet a healthier you?** With MyActiveHealth you can get coaching and track progress toward your health goals. You can register for MyActiveHealth online through your member portal, or by visiting [MyActiveHealth.com/newjersey](https://www.aetna.com/newjersey/myactivehealth.com)