



# Enjoying Life

## Aetna Better Health® of New York - Summer 2022

### COVID-19

All unvaccinated persons should start vaccination as soon as possible. All adults who had received the first two Covid vaccines should receive a third dose, and all eligible persons should stay up to date with COVID-19 vaccinations. Studies during the Delta and Omicron periods have shown that a 3rd vaccine dose helps prevent covid related medical visits and hospitalizations. Talk to your doctor today to see if you should get a third vaccine dose.

**Source:** <https://www.cdc.gov/mmwr/volumes/71/wr/mm7104e3.htm>

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### Health Care Proxy

A Health Care Proxy (HCP) allows you to choose someone you trust as your representative to make health care decisions on your behalf. If you cannot make medical decisions for yourself, a Health Care Proxy instructs health care providers involved with your care that the person you appointed as your representative is the person who you want making care decisions for you. If you have not yet filled out a Health Care Proxy form or if there are any changes to who you want as your Health Care Proxy, speak to your Care Manager to find out how to obtain a HCP form or go online to <https://www.health.ny.gov/publications/1430.pdf> to download a blank copy.



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## Getting Enough Fluids

Liquids are important to our health. As we age, we can lose some of our sense of thirst. Water is calorie free, helps our bodies with digestion, nutrient absorption and helps flush wastes. Some medication may even require taking with healthy amounts of water. It is important to drink water often throughout your day which can be found in other beverages and foods like fresh fruit. Try these tips for getting enough fluids:

- Don't wait until you feel thirsty; take sips of water, milk or juice throughout the day and a glass of water with medication and before exercising.
- Stay hydrated and healthy with a cup of low-fat soup as an alternative snack and avoid adding sugar to your beverages.
- Speak with your doctor or healthcare provider about treatment if you have urinary control problems or daily fluid intake restrictions.

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**Source:** <https://www.nia.nih.gov/health/maintaining-healthy-weight#eat>



### Contact us:

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## Brain boosting smoothie recipe (Serving size: 2)

Eating a heart-healthy diet benefits both your body and your brain. In fact, the Alzheimer's Association describes how brain-healthy foods increase blood flow to the brain, reducing risks for Alzheimer's disease and helping prevent heart disease and diabetes.

### Ingredients:

- 1 cup of apple juice
- 1 fresh, ripe banana
- 1 ½ cups of frozen blueberries
- ½ cup of frozen strawberries
- ¼ cup of raw walnuts (soaked and drained)

### Instructions:

1. Combine the apple juice and banana in a blender.
2. Add remaining ingredients and blend until smooth.

*This newsletter is published as a community service for the friends and members of Aetna Better Health® of New York. This is general health information and 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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