



# Enjoying Life

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

### COVID-19

Recent CDC study shows about half of people with COVID-19 continued to test positive for antigens after recommended 5 day isolation period. Continue to practice safe distance and wear masks around others after isolation period.

- The **Omicron Strain** is currently the main strain of the virus in the United States. This variant spreads more easily than the original virus that causes COVID-19 and the Delta Variant. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have symptoms.
- **Unvaccinated people remain the greatest concern:** the greatest risk of transmission is among unvaccinated people who are much more likely to contract and transmit the virus.

- **Continue to Mask:** Given what we know about the Omicron variant, vaccine effectiveness, and current vaccine coverage, layered prevention strategies such as wearing masks are needed to reduce the transmission of this variant.
- **Get Vaccinated:** Vaccines in the US are highly effective against COVID-19 and its variants and continue to reduce a person's risk of getting the virus. They are not 100% effective and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. However, the vaccine still provides strong protection against serious illness and death.

Sources: CDC Centers for Disease Control and Prevention, NY.GOV

As of December 9th, 2021, everyone ages 16 and older can now receive their third COVID-19 vaccine dose.

Go to: <https://covid19vaccine.health.ny.gov/> or call NYS COVID-19 Vaccination Hotline **1-833-697-4829** for more information.

You may also inquire more information about the COVID-19 vaccination with your medical providers.



Visit [AetnaBetterHealth.com/NewYork](https://AetnaBetterHealth.com/NewYork) to find out about services for seniors. Or call Member Services at **1-855-456-9126** (TTY/TDD: NY Relay 711).

[AetnaBetterHealth.com/NewYork](https://AetnaBetterHealth.com/NewYork)

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943668-NY-EN  
NY-22-01-20



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# Butternut Squash Soup

Butternut squash soup is the perfect way to start the fall season!

## Ingredients:

- 1/2 tsp of olive oil
- 2 garlic cloves minced
- 1 onion diced
- 1 butternut squash peeled and diced into cubes
- 32 oz vegetable broth
- 1-2 tsp of salt

## Instructions:

1. In a heavy pot, heat olive oil over medium heat. Add onion and garlic. cook until softened, about 5 minutes
2. Add butternut squash and vegetable broth. Bring to a boil then cover and simmer for 15-20 minutes until squash is softened
3. Pour content into a blender and add salt
4. Blend until smooth. Pour into bowl, serve, and enjoy!



## Contact us:

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55 W. 125th St., Suite 1300  
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Call toll-free: **1-855-456-9126**

**(TTY/TDD: NY Relay 711)**

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# Mindfulness of Your Health

## Tips for being mindful for your health

As we continue to live in an ever-changing year, it is more important than ever that we “live in the moment”. Studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem.

- **Take some deep breaths** - Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- **Enjoy a stroll** - As you walk, pay attention to your breath and the sights and sounds around you. If thoughts and worries enter your mind, note them but then return to the present.
- **Practice mindful eating** - Be aware of taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.
- **Find mindfulness resources**, including online programs, yoga and meditation classes, mindfulness-based stress reduction programs and books.

Sources: <https://newsinhealth.nih.gov/2021/06/mindfulness-your-health>

# Healthix Consent Form

## You will soon be receiving a Healthix Consent form by mail and if you have any questions, please reach out to your Case Manager.

Aetna Better Health of New York participates in the New York State Health Information Exchange operated by Healthix. Healthix is certified by NYSDOH to share information about your health electronically. By consenting access your Aetna Better Health of New York Case Manager would be able to view your record every time you visit a hospital, Emergency Room or have a lab test with other providers. This will allow your Case Manager's to gain a fuller picture of your medical health history.

It is very important that you return the completed form and choose either to **GIVE CONSENT** or **DENY CONSENT** to Aetna Better Health of New York.

*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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