

HEALTHY LIVING



We cover transportation

Did you know? You can get no-cost transportation for traveling to and from a medical appointment or services related to your Medi-Cal benefits. To get more information or to request transportation services, call Aetna Better Health of California at **1-855 772-9076 (TTY: 711)**. Call at least three days before your appointment. Or call as soon as you can when you have an urgent appointment. Please have your member ID card ready when you call.

We speak your language

Do you need help in another language? Aetna Better Health of California offers interpretative services 24 hours a day, 7 days a week, at no cost to you. There are over 200 languages available. We can get you an interpreter in your language to help you with questions or concerns about your health insurance. We can also help schedule an in-person interpreter to help you at your doctor appointments. For more information or to get an interpreter, please call Member Services at **1-855-772-9076 (TTY: 711)**.

IT'S TIME TO RENEW!

Renew your Medi-Cal coverage every year to keep your benefits and services active! Visit **KeepMedicalCoverage.org** or scan here for more details.



You can also call your county!
Sacramento: **(916) 874-3100**
San Diego: **1 (866) 262-9881**

In-home diabetes eye screening

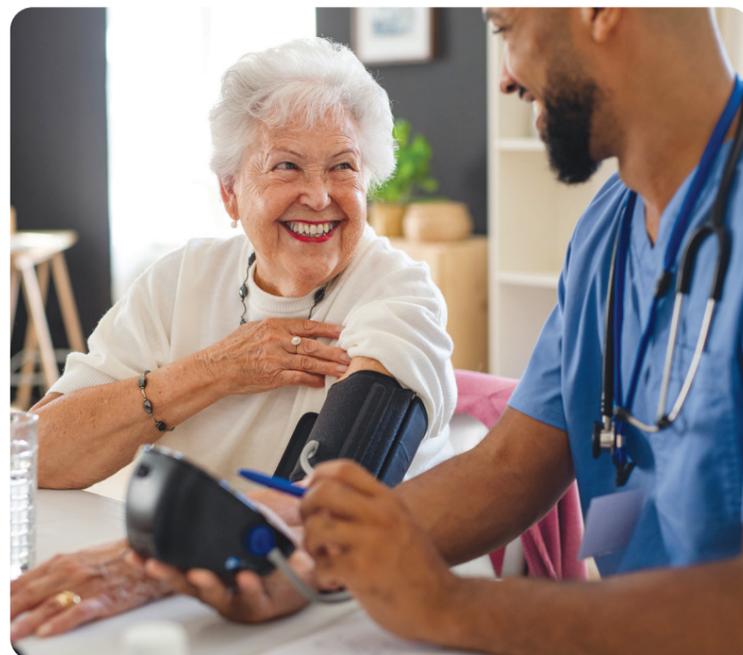
People with diabetes have a higher risk of eye problems. But the earlier we find problems, the easier they are to treat. So we've partnered with HealPros to provide in-home services for members with diabetes. Simple screenings can help us find eye problems earlier. It's easy and part of your benefits. So there's no extra cost.

HealPros provides a retinal eye exam at no cost to eligible members. You can also get a Hemoglobin A1C test if you're due for a blood sugar screening. The best part? You can do it all in the privacy and comfort of home.

You and your primary care provider get the results. Want to learn more? Just call us at **1-855-772-9076 (TTY: 711)**.

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 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.

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 is a simple, painless test. It 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. It 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

It's your choice

Aetna Better Health of California's member preference survey will let us know the best way to communicate with you.

To get started, scan the QR code with your phone.



Or, visit aetna.com/joinca; text **JOIN** to **85886**; or call Member Services at **1-855-772-9076 (TTY: 711)**

Tell us about yourself

Take our optional survey on your language preference, race, ethnicity, sexual orientation and gender identity. Information shared is kept confidential.

Depression signs through the ages

Depression can happen to anyone. It's also highly treatable. Since some symptoms vary between age groups, it's important to know what to watch for.

Children

- More argumentative, grouchy or annoyed
- Often tired or agitated
- Problems concentrating in school
- Feeling inadequate, guilty or worthless
- Self-injury or self-destructive behaviors
- Angry outbursts or tantrums

Teenagers

- Doing poorly in school
- Often restless or agitated
- Overreacting to criticism
- Lacking energy, motivation or enthusiasm
- Using substances like alcohol or drugs
- Poor self-esteem
- Not taking care of appearance

Adults

- Often annoyed, frustrated, irritable and/or angry
- Loss of interest in socializing and hobbies
- Restless, agitated or sluggish
- Feeling worthless or very guilty
- Hard time concentrating, remembering and making decisions

- Older adults may also be anxious, confused, helpless or quick to cry

New mothers (called postpartum depression)

- Feeling overwhelmed or "empty"
- Detachment from baby
- Panic attacks
- Tired
- Decreased interest in activities
- Self-doubt, guilt, anger
- Changes in sleep or eating

If you see any of these signs in a loved one or yourself, reach out to your primary care provider (PCP) for help.



What are the treatments for depression?

Your doctor or mental health provider can help you decide what treatment is best for you. Options include:

- **Therapy** You'll work with a therapist to learn skills to help you cope with life, change behaviors, and find solutions.
- **Medication** Many people with depression find that taking antidepressants can help. Follow your doctor's instructions closely. Antidepressants can take 4–8 weeks to work. You'll need to give the medication a chance to work before deciding if it's the right one for you.

Talk to your doctor if you experience side effects. Don't stop taking an antidepressant without talking to your doctor. Stopping suddenly could worsen depression. Work with your doctor to safely adjust how much you take.

Maternity Matters Rewards Members who are pregnant can earn gift card rewards for: Completing Notice of Pregnancy (NOP) form (\$50); First prenatal visit (\$25); Each additional prenatal visit (\$10, up to 12 visits); Postpartum visit (\$25). Call Member Services at **1-855-772-9076 (TTY: 711)** or visit AetnaBetterHealth.com/California.

Need mental health care? Your doctor can refer you for a mental health screening or you can schedule an appointment on your own. Call Member Services at **1-855-772-9076 (TTY: 711)** for help.

New Health Education Courses

Aetna Better Health of California is excited to share new virtual courses in the Fall of 2023

When you join a course, you'll be entered into a random drawing and have a chance to receive a \$50 gift card. For more information on our health education courses or interest in registering for our upcoming courses, call **1-855-772-9076 (TTY: 711)** or email us at **Medi-CalQuality Mgmt@AETNA.com**.

Growing Up Healthy: Child and Adolescent Health. This course supports growth and development of children and teens 0-21 years old. It covers recommended vaccinations, annual checkups, and screenings from the Centers for Disease Control and Prevention (CDC). Plus, the course outlines the benefits of Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) and the type of recommended services in this age group.

Let's Talk about Diabetes and Heart Health. This course includes education for understanding and managing diabetes and heart health. It covers tips for living a healthy lifestyle, checking your blood pressure and sugar level

regularly and help to manage your condition.

Women's Health. This course suggests vaccinations and recommended screenings, such as breast and cervical cancer, and tips for healthy family planning.

All three courses also share information on:

- Services available to members such as transportation, translation and interpretation services, member portal, mobile app, member handbook, and member ID
- Behavioral health information on maintaining good mental health and available resources for members
- Care management resources

Aetna Better Health Rewards

As part of our Aetna Better Care Rewards program, members can earn gift cards every time they complete an approved healthy activity.

\$25 Breast cancer screening

\$25 Cervical cancer screening

\$25 Chlamydia screening

\$50 Childhood immunizations

\$25 Adolescent immunizations

\$25 Lead screening in children

\$25 Child and adolescent well-visit

Health Education Materials

Aetna Better Health of California continues to update our website for members to access helpful health education materials. This includes our diabetes, maternal health, healthy heart booklets, and the Medi-Cal for Kids and Teens brochures. Like the health education courses, these booklets review important details on health and wellness activities to maintain good health. For more information, visit our website at <https://www.aetnabetterhealth.com/california/health-wellness-programs.html>. If you would like to obtain a copy of any of these booklets, call Member Services at **1-855-772-9076 (TTY: 711)**.

Aetna Medicare Preferred Plan (HMO D-SNP) complies with all applicable state and federal civil rights laws and does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

English Tagline

ATTENTION: If you need help in your language call 1-866-409-1221 (TTY/TDD 711). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1-866-409-1221 (TTY/TDD 711). These services are free of charge.

الشعار العربي (Arabic)

كما تتوفر وسائل (TTY/TDD 711) تنبيه: إذا كنت بحاجة إلى مساعدة في لغتك اتصل بالرقم 1-866-409-1221 (TTY/TDD 711). أids والمساعدة والخدمات للأشخاص ذوي الإعاقة، مثل الوثائق بطريقة برايل والطباعة الكبيرة. اتصل بالرقم 1-866-409-1221 (TTY/TDD 711). هذه الخدمات مجانية.

Հայկական տապան (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե ձեր լեզվով օգնության կարիք ունեք, զանգահարեք 1-866-409-1221 (TTY/TDD 711): Առկա են նաև հաշմանդամություն ունեցող անձանց համար նախատեսված օժանդակ միջոցներ եւ ծառայություններ, ինչպես բրեյլի եւ մեծ տպաքանակի փաստաթղթեր: Հանգահարեք 1-866-409-1221 (TTY/TDD 711): Այս ծառայությունները անվճար են:

ស្លោកសម្លាញ់កម្ពុជា (Cambodian)

យកចិត្តទុកដាក់: ប្រសិនបើអ្នកត្រូវការជំនួយជាភាសារបស់អ្នក សូមទូរស័ព្ទទៅលេខ 1-866-409-1221 (TTY/TDD 711)។ ជំនួយ និងសេវាកម្មសម្រាប់ជនពិការ ដូចជាឯកសារជាអក្សរស្តុប និងការបោះពុម្ពផ្តិតមានផងដែរ។ ទូរស័ព្ទទៅ 1-866-409-1221 (TTY/TDD 711)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃទេ។

简体中文标语 (Simplified Chinese)

请注意：如果您需要以您的母语提供帮助，请致电 1-866-409-1221 (TTY/TDD 711)。我们另外还提供针对残疾人士的帮助和服务，例如盲文和大字体阅读，提供您方便取用。请致电 1-866-409-1221 (TTY/TDD 711)。这些服务都是免费的。

فار زبان به مطلب (Farsi)

توجه: اگر میخواهید به زبان خود کمک دریافت کنید، با 1-866-409-1221 (TTY/TDD 711) تماس بگیرید. کمکها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با حروف بزرگ، نیز موجود است. با 1-866-409-1221 (TTY/TDD 711) تماس بگیرید. این خدمات رایگان ارائه میشوند.

Want to learn more? You can use your Aetna Better Health Rewards gift cards at participating retailers, like CVS, Walmart, Walmart.com, Albertsons, Kroger, and Safeway. For more information on how you can start earning rewards, call Member Services at **1-855-772-9076 (TTY: 711)** or visit [AetnaBetterHealth.com/California](https://www.aetnabetterhealth.com/california).

हिंदी टैगलाइन (Hindi)

ध्यान दें: यदि आपको अपनी भाषा में सहायता चाहिए तो 1-866-409-1221 (TTY/TDD 711) पर कॉल करें। विकलांग लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में दस्तावेज़ भी उपलब्ध हैं। कॉल 1-866-409-1221 (TTY/TDD 711)। ये सेवाएं नि:शुल्क हैं।

Nqe Lus Hmoob Cob (Hmong)

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau 1-866-409-1221 (TTY/TDD 711). Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv su thiab luam tawm ua tus ntawv loj. Hu rau 1-866-409-1221 (TTY/TDD 711). Cov kev pab cuam no yog pab dawb xwb.

日本語表記 (Japanese)

注意日本語での対応が必要な場合は 1-866-409-1221 (TTY/TDD 711)へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。1-866-409-1221 (TTY/TDD 711)へお電話ください。これらのサービスは無料で提供しています。

한국어 태그라인 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 1-866-409-1221 (TTY/TDD 711)번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. 1-866-409-1221 (TTY/TDD 711) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

ແທກໂລພາສາລາວ (Laotian)

ຂ້ອນລະວັງ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານ, ໃຫ້ໂທຫາ 1-866-409-1221 TTY/TDD 711. ການຊ່ວຍເຫຼືອ ແລະ ການບໍລິການຕ່າງໆສໍາລັບຄົນເມັດການ, ຄຸ້ນເອກະສານທີ່ເປັນຕົວອັກສອນນູນ ແລະ ພິມໃຫຍ່, ອັງກິດຊື່. ໂທຫາ 1-866-409-1221 TTY/TDD 711. ການບໍລິການເຫຼົ່ານີ້ແມ່ນບໍ່ເສຍຄ່າ.

Mien Tagline (Mien)

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih qiex longc mienh tengx faan benx meih nyei waac nor douc waac daaih lorx taux 1-866-409-1221 (TTY/TDD 711). Liouh lorx jauv-louc tengx aengx caux nzie gong bun taux ninh mbuo wuaaic fangx mienh, beiv taux longc benx nzangc-pokc bun hlou mbiute aengx caux aamz mborqv benx domh sou se mbenc nzoih bun longc. Douc waac daaih lorx 1-866-409-1221 (TTY/TDD 711). Naaiv deix nzie weih gong-bou jauv-louc se benx wang-henh tengx mv zuqc cuotv nyaanh oc.

ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਚਾਹੀਦੀ ਹੈ ਤਾਂ 1-866-409-1221 (TTY/TDD 711) 'ਤੇ ਕਾਲ ਕਰੋ। ਅਪੰਗਤਾਵਾਂ ਵਾਲੇ ਲੋਕਾਂ ਵਾਸਤੇ ਸਹਾਇਤਾਵਾਂ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬਰੇਲ ਲਿਪੀ ਵਿਚਲੇ ਦਸਤਾਵੇਜ਼ ਅਤੇ ਵੱਡੇ ਛਾਪੇ ਵਾਲੇ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। 1-866-409-1221 'ਤੇ ਕਾਲ ਕਰੋ (TTY/TDD 711)। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Русский слоган (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру 1-866-409-1221 линия (TTY/TDD 711). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру 1-866-409-1221 линия (TTY/TDD 711)). Такие услуги предоставляются бесплатно.

Mensaje en español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al 1-866-409-1221 (TTY/TDD 711). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al 1-866-409-1221 (TTY/TDD 711). Estos servicios son gratuitos.

Tagalog Tagline (Tagalog)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1-866-409-1221 (TTY/TDD 711). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa 1-866-409-1221 (TTY/TDD 711). Libre ang mga serbisyonang ito.

ภาษาไทย (Thai)

ความสนใจ: หากคุณต้องการความช่วยเหลือในภาษาของคุณ โทร 1-866-409-1221 (TTY/TDD 711) นอกจากนี้ยังมีบริการช่วยเหลือและบริการสำหรับคนพิการ เช่น เอกสารอักษรเบรลล์และตัวพิมพ์ขนาดใหญ่ โทร 1-866-409-1221 (TTY/TDD 711) บริการเหล่านี้ไม่เสียค่าใช้จ่าย

Примітка українською (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер 1-866-409-1221 (TTY/TDD 711). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер 1-866-409-1221 (TTY/TDD 711). Ці послуги безкоштовні.

Khẩu hiệu tiếng Việt (Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1-866-409-1221 (TTY/TDD 711). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số 1-866-409-1221 (TTY/TDD 711). Các dịch vụ này đều miễn phí.



Aetna Better Health® of California
10260 Meanley Drive
San Diego, CA 92131

<Recipient's Name>
<Mailing Address>

2536191-08-01-FA (10/23)

HEALTHY LIVING

4 tips for healthy lungs

Whether you have a chronic lung condition like asthma, or a respiratory infection like a cold, use our tips to breathe easier.

- 1** Take your medicine as directed by your doctor. Also, make sure you are using your inhaler correctly.
- 2** Get a flu shot. Ideally, by the end of October.
- 3** See an allergist if needed. Allergies can trigger an asthma attack.
- 4** If you smoke, quit now. It's the best way to stop more lung damage.



Need help managing a condition? Our Care Management team can help coordinate your care and develop a personalized care plan. If you are interested, call **1-855-772-9076 (TTY: 711)** and ask to speak to Care Management.