

## FAMILY HEALTH



## Your guide to well-child visits

Well-child visits are routine checkups for kids. At each visit, the provider checks your child from head to toe. They may also give vaccines and do screenings. These visits are also a chance for you to ask questions. Here's what to expect at each age.

### Babies

**3 to 5 days, 1 month,  
2 months, 4 months,  
6 months, 9 months**

The provider will measure your baby's head and height at every visit. They'll ask about their feeding and sleeping schedule. Babies get many vaccines at this age, too.

### Toddlers

**12 months, 15 months,  
18 months, 24 months**

The provider will ask how your child is eating, sleeping and playing. They'll check milestones, too. Is your child talking or walking? Do they like to explore? You can also ask questions and share any concerns you have.

### Little kids

#### Once a year

Kids learn new skills fast. The provider will want to know if your child can put on clothes by themselves, for example. They may talk about behavior and can share tips for routines.

### School-age kids

#### Once a year

The provider may start checking your child's blood pressure at every visit. They'll want to talk to you and your child about school and friendships. They can also help you deal with screen time and other issues, like bullying.

### Teenagers

#### Once a year

At this age, the provider may want to talk to your child without you for part of the visit. They may do a screening for depression. And you'll get a chance to talk to them about your concerns, like driving safety, safe sex and more.

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Well-child visits are covered at no cost to you. Better yet, your child can earn gift cards for completing visits. Go to [AetnaBetterHealth.com/florida/rewards-program.html](https://www.aetna.com/florida/rewards-program.html) for more info.

# Understanding diabetes

Diabetes is a chronic (life-long) illness that affects how your body uses food for energy. It's common — about one in eight Americans has the condition. And it can affect children and adults.

There is no cure for diabetes. But there are ways to manage it. With the right care, people of all ages can live healthy lives.

## Know your risk

Anyone can get diabetes. But healthy habits — like eating healthy, staying active and keeping a healthy weight — can lower your risk.

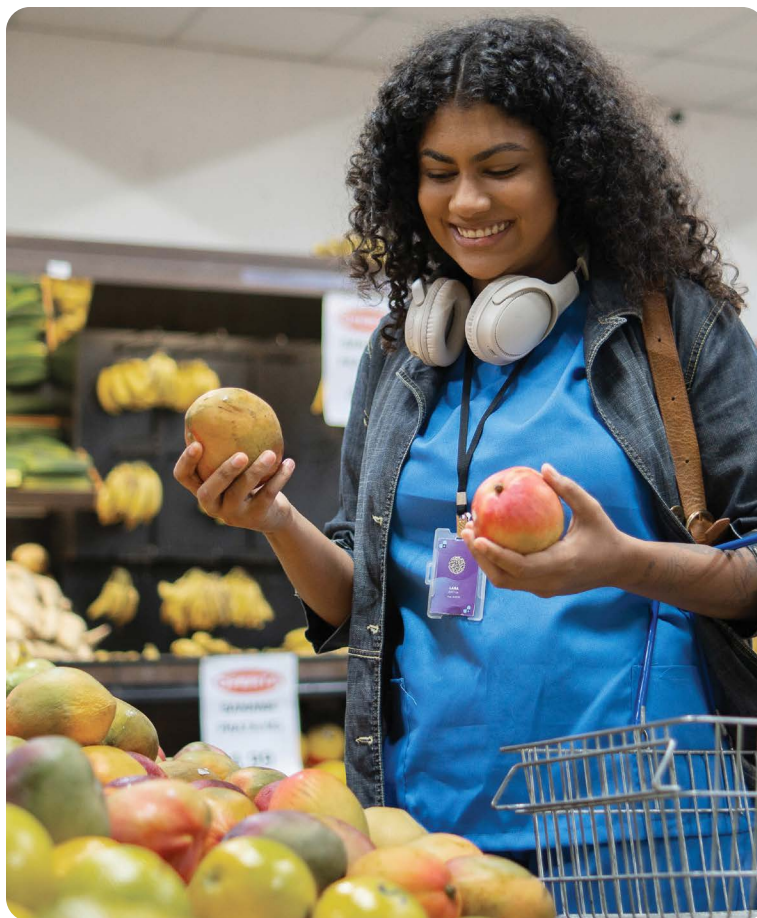
Signs of diabetes can be hard to spot. You may not notice any signs at all. Your provider can test you for diabetes. Talk to them about your risk level and if you should get tested.

## How to manage diabetes

You and your doctor will work together to come up with a plan that works for you. They may prescribe medicine to help manage your blood sugar. People with type 1 diabetes usually take insulin. They may also prescribe a statin to lower your risk of heart disease.

You also play a big role in managing your diabetes every day. Your provider may refer you to a diabetes self-management education (DSME) program. You'll learn the skills you need to live well with diabetes.

Managing your blood sugar every day is key to staying healthy. Over time, high blood sugar can hurt your heart, eyes, kidneys, nerves and more. Regular screenings can help catch these problems early, when they are easier to treat.



## Key diabetes checkups

High blood sugar can lead to damage to your eyes, kidney, heart and nerves over time. If you have diabetes, talk to your provider about these tests and any others you may need:

- **A1C test:** Checks your average blood sugar over several months
- **Eye exam:** To check for damage to your retina
- **Kidney tests:** To make sure they are working like they should
- **Cholesterol test:** To check for heart disease risk
- **Foot check:** To check for nerve damage

**Get help managing diabetes.** Our care managers can help you manage diabetes or other chronic conditions. They can help coordinate your care, answer your questions and connect you to helpful resources. Call us to learn more.

# Stop these common oral health problems

Taking care of your mouth is a key part of your overall health. Daily habits and regular dental visits can help prevent these common oral health problems.

## Keep up with dental visits



Babies should see a dentist as soon as their first tooth appears, or by their first birthday.

Kids and adults should see their dentist every six months for routine cleaning and checkup. Some people may need to go more often based on their health.

### Cavities

| What is it                                                                                                                        | Who is at risk                                                                        | How to prevent it                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Cavities are holes in your teeth. They happen when sugar and germs damage the tooth. They are painful and can lead to infections. | Babies, young kids and teens tend to get more cavities. But adults can get them, too. | Floss and brush daily with fluoride toothpaste. Ask about dental sealants for kids. They can protect their new permanent teeth. |

### Gum disease

| What is it                                                                                                                                                    | Who is at risk                                                           | How to prevent it                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------|
| Gum disease is caused by plaque (a sticky film of germs) on teeth. It can harm the bones that support your teeth and even spread to other parts of your body. | Smokers, people with diabetes and people who don't brush or floss daily. | Brush and floss every day. Get regular cleanings at the dentist. |

### Tooth loss

| What is it                                                                                                            | Who is at risk                                             | How to prevent it                                                              |
|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------------------|
| Gum disease, cavities or accidents can cause adults to lose teeth. Losing a tooth can make it harder to eat and talk. | Older adults and people who don't get regular dental care. | Brush and floss every day. See a dentist for checkups and cleanings regularly. |

### Dry mouth

| What is it                                                                                                                                                                                 | Who is at risk                                      | How to prevent it                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------|
| Saliva protects your teeth and mouth from harmful germs. Some medicines or health conditions can cause your mouth to make less saliva. Not drinking enough water can also cause dry mouth. | Older adults and adults who take certain medicines. | Sip water often. Try chewing sugar-free gum. Special mouth-wash could also help. |



## How to protect your child from lead at home

Lead is a metal that's found in some older houses, water pipes, soil and other everyday items.

Even small amounts can harm a child's brain, growth and learning. But these steps can help keep your kids safe.

**Get your home tested.** Was your home built before 1978? If so, it may contain lead-based paint. Contact your local health department about getting it tested for lead. Or, ask your landlord about lead.

**Fix peeling or chipping paint.** Hire a certified lead professional to repair paint safely. Cover peeling paint with duct tape or contact paper until repairs are complete.

**Dust often.** Lead can spread in dust. Clean your floors and windowsills often. Use a wet mop or rag to catch dust.

**Watch for lead in water.** Run tap water for a few minutes before using it. Use cold tap water for drinking, cooking and making baby formula.

**Watch where your child plays.** Soil near old homes may contain lead. Stop kids from playing in dirt and wash their hands often. Keep doormats outside your home. And take your shoes off at the door to avoid tracking dirt in the house.

### Lead screening

You may not notice signs of lead poisoning right away. But a simple blood test can check your child's blood lead levels.

Children on Medicaid must be tested at 12 months and 24 months. Children ages 2 to 6 years old need testing if they never received one. Ask your child's doctor about lead testing or possible exposure.

### Get more tips for healthy living.

Our health and wellness library is packed with info to help you feel your best. Check it out at [AetnaBetterHealth.com/education](https://www.aetna.com/betterhealth/education).

# How to tell if your child is being bullied

Bullying can happen to any child, at any age. Learn how to spot the warning signs — and how to support your child.



Bullying can take many forms. It can be physical, like hitting or pushing. Or it can be verbal or social. That can include teasing or leaving someone out. Bullying can also happen online — often out of sight from adults.

Kids don't always tell someone when bullying is happening. That's why knowing the warning signs can help you step in early.

## Signs of bullying in young kids

- Unexplained bruises, cuts, or injuries
- “Lost” or damaged items
- Fear of going to school or riding the bus
- Frequent headaches or stomachaches
- Asking for help with things they used to do on their own

## Signs of bullying in older kids

- Being more irritable or withdrawn at home
- Sudden change in friend groups or stopping contact with certain friends
- Quitting activities they used to enjoy
- Lower self-esteem
- Failing grades or more trouble at school
- Changes in eating habits, like skipping meals or overeating
- Spending much more or much less time on their phone or online

Keep in mind, your child might not show clear signs of being bullied. Check in with them often, even when things seem “fine.”

## What to do if your child is being bullied

Start by listening. Let them know it's not their fault, and you're glad they told you. Feeling believed and supported can help your child open up.

Ask gentle questions. Avoid rushing to fix everything right away. Some kids want advice. Others just want to talk.

You can also take action. If bullying is happening at school, reach out to school staff. Ask what they will do next. Keeping notes about what's happening and when can be helpful.

Get help right away if your child ever talks about hurting themselves, feeling hopeless or wanting to disappear.

Contact a healthcare provider or school counselor. You can also call or text **988**. Or chat at **chat.988lifeline.org** anytime.

**Get help in a crisis.** The 988 Suicide & Crisis Lifeline provides private, no-cost counseling and emotional support. Call or text **988** or chat at **988lifeline.org** for help. You can get help 24 hours a day, 7 days a week.

# What to know about substance use disorder

Many people struggle with alcohol or drug use. Learn the signs and how to get help.

Substance use disorder (SUD) is a medical condition. It's not a personal failure or lack of willpower.

SUD changes how the brain works. It makes it hard to control alcohol or drug use, even when it causes harm. With the right care and support, people can recover.

Learn the signs and treatment options. Then take the next step.

## Signs of substance use disorder

Substance use can change how people think, feel and behave. Not everyone shows the same signs, but common ones include:

- Wanting to use alcohol or drugs every day or many times a day
- Needing more of the drug to feel the same effect
- Thinking about using or getting high most of the time
- Spending money you don't have on alcohol or drugs
- Doing risky things, such as driving while high or stealing
- Keeping using even when it causes problems with family, friends or coworkers
- Losing interest in activities you enjoyed
- Missing school or work, or having trouble at your job
- Changes in health, like low energy or weight changes



If you notice several of these signs, it may be time to talk with a health care provider.

## Getting treatment

Substance use disorder is a disease. People usually cannot stop on their own without support. Treatment helps, especially when you start early.

**Talk therapy:** Counseling may take place one-on-one or in a group. A counselor can help you:

- Find triggers
- Understand your substance use
- Learn healthy ways to cope

**Medications:** Some medicines can lower cravings and ease withdrawal symptoms. That can help lower the chances of starting again.

**Medication-Assisted Treatment (MAT):** MAT combines medicine and counseling.

Your provider can help guide your care. If you ever end up in the ER for an overdose or mental health crisis, call your provider. It's best to see them within a week. That way, they can help plan the next steps and start your ongoing care.

# Your natural disaster action plan

You can't stop floods, fires, or hurricanes. But you can prepare for them. Take these steps now to prepare for a hurricane or other disaster.



## 1 Know your threats

Find out if you live in an evacuation zone or flood prone area. Check your city or county website for maps. You can also call your local government office and ask.

## 2 Make a plan

Think about where you'd go if you had to evacuate. If you have pets, keep in mind: Some shelters and hotels do not accept pets. Set a meet-up spot in case you are separated from your family.

## 3 Keep valuables safe

Store important papers in a waterproof container. Save copies on your phone if possible. And don't forget to keep this info up to date. Set a reminder to review and update it at least once a year.

## 4 Build an emergency kit

It may include:

- Water (one gallon per person daily)
- Food that won't go bad, like canned and packaged foods
- Flashlights and extra batteries
- A battery-powered or hand-crank radio
- Phone chargers or backup power sources (get solar-powered chargers if you can)
- A first aid kit
- Hand sanitizer and personal hygiene items
- Sturdy shoes, rain gear and a change of clothes
- Food, medicines and a leash or carrier for pets

Be sure to include any prescription meds. Talk to your doctor or pharmacist. They may give you an extra supply of your meds. Make sure to store your meds safely. For example, insulin needs to stay cool.

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  - o Written information in other formats (large print, audio, accessible electronic formats, other formats)
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  - o Information written in other languages

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Address: Attn: Civil Rights Coordinator  
PO Box 818001  
Cleveland, OH 44181-8001

Telephone: [1-888-234-7358](tel:1-888-234-7358) (TTY [711](tel:1-888-234-7358))

Email: [MedicaidCRCoordinator@aetna.com](mailto:MedicaidCRCoordinator@aetna.com)

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**ENGLISH:** Attention: If you speak English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call **1-800-385-4104 (TTY: 711)** or speak to your provider.

**SPANISH:** ATENCIÓN: Si habla español, tiene a su disposición servicios de idiomas gratuitos. También, están disponibles sin cargo ayudas y servicios auxiliares apropiados para brindarle información en formatos accesibles. Llame al **1-800-385-4104 (TTY: 711)** o hable con su proveedor.

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