

# wellness & you

Your Aetna Better Health® Premier Plan MMAI (Medicare-Medicaid Plan) member newsletter

## HEALTHY ALL YEAR

# 8 ways to meet your 2024 goals

The new year is here, and that means many of us have set new health and wellness goals. But don't push yourself too hard! Sometimes the best way to stick to your goals is to go slow. Here are eight more tips to help you stay committed to feeling your best this year.



### 1 Make SMART goals

SMART stands for: Specific, Measurable, Attainable, Relevant and Time-bound. Creating SMART goals helps you stay on track and measure your success. The goals should also be realistic and important to you.

### 2 Be patient

Don't stress if you're feeling tired or behind. Reaching your goals takes time.

### 3 Set daily goals

A small, daily goal can create a path to larger goals. Try tracking your steps or activity minutes. Set a number that's right for you and raise it each week if you can.

### 4 Warm up

Slow walks and stretching are good warm-ups that can make your workout more comfortable.

### 5 Motivate yourself

Write a note about why you want to reach your goal. Then place it on a mirror, next to your walking shoes or somewhere you'll see it regularly for motivation.

### 6 Tell your loved ones

Announcing your goals can help you hold yourself responsible. Try posting on social media or telling family or friends.

### 7 Be mindful

Focus on what you're doing and what's around you. What is your breathing like? How do your feet feel on the ground?

### 8 Have fun

Enjoy your workouts by doing your favorite physical activities. Mix up your routines or where you exercise. Or ask friends or neighbors to work out with you.

## Your secret to success? SilverSneakers®!

SilverSneakers is here to help you reach your goals. As an Aetna® member, you have a covered SilverSneakers membership. This includes:

- Group exercise classes, pools, equipment and more\*
- SilverSneakers Community classes offered both in-person and online
- 200+ videos with SilverSneakers On-Demand
- SilverSneakers GO mobile app

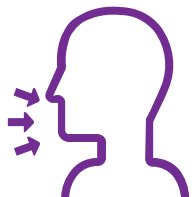
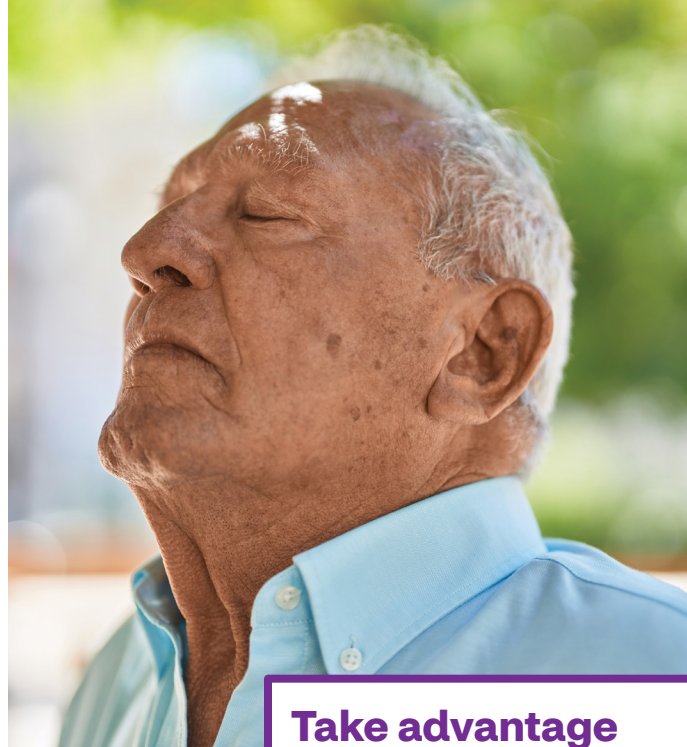
Visit [SilverSneakers.com/StartHere](https://www.silversneakers.com/) to activate your account.



**Explore your plan.** Visit [AetnaBetterHealth.com/Illinois](https://www.aetnabetterhealth.com/illinois) to learn more about the benefits and services offered by your health plan.

# Your breathe-easy action plan

If you have asthma, chronic obstructive pulmonary disease (COPD) or even seasonal allergies, an action plan can help you prepare for a flare-up. Your primary care provider (PCP) can help you develop one. Follow these steps to breathe easier in the meantime.



## 1. Learn what takes your breath away

Pay attention to external causes that make it harder to breathe. Depending on your condition, symptoms might worsen because of air pollution, tobacco smoke or pollen.



## 2. Plan ahead

Take steps to avoid possible triggers. Indoors, close your windows and shower after being outside to keep outdoor allergens away. Going outside? Have a mask on hand to help manage symptoms. And if you use an inhaler, bring it along as well.



## 3. Take your medication

Over-the-counter (OTC) antihistamines and sprays can help with seasonal allergies. As an Aetna member, you have a monthly benefit amount on your Extra Benefits Card. It can be used to buy approved OTC products like allergy remedies (but not prescription medications).\* To learn more, check your OTC catalog.

\*Medications for asthma and COPD, like inhalers and steroids, can be prescribed by your PCP. Call your Case manager to see what treatment options are best for you.

## Take advantage of your telehealth coverage

Did you know you can meet with a health professional without leaving the comfort of your couch? You and a provider can connect by video chat or phone call. Virtual visits are covered for many in-network providers.

Telehealth is best for non-urgent concerns such as:

- ✓ Allergies or sinus problems
- ✓ Cold and flu symptoms
- ✓ Prescription refills
- ✓ Skin rashes
- ✓ Mental health

Not all PCPs offer telehealth services. To find out if yours does and if telehealth is covered, call Member Services at **1-866-600-2139 (TTY: 711)** 24 hours a day, 7 days a week.



**Have questions about your benefits?** Member Services is here to help. Call them at **1-866-600-2139 (TTY: 711)** 24 hours a day, 7 days a week. Visit [AetnaBetterHealth.com/Illinois](https://www.aetna.com/betterhealth/illinois) to learn more.

# Helpful mental health benefits

Mental health is just as important as tending to physical health. That's why your plan offers benefits to help support your emotional well-being. Here are answers to frequently asked questions about your mental health coverage, virtual therapy sessions and more.



## 1. What services am I covered for?

Aetna MMAI members are covered for certain prescription medications, telehealth services and therapy sessions with a mental health professional. Visit [AetnaBetterHealth.com/Illinois](https://www.aetna.com/betterhealth/illinois) to sign in to your secure member website and look up details of your plan.

## 2. How do I find a mental health provider?

Your Case manager is here to help you find an in-network provider. Call them at **1-866-600-2139 (TTY: 711)** Monday through Friday, 8 AM to 5 PM local time, to ask about your options. Or go to [AetnaBetterHealth.com/Illinois](https://www.aetna.com/betterhealth/illinois) to search for a provider.

## 3. What are virtual therapy sessions?

Speaking with a therapist can help improve your mood and well-being. Even better: You may be able to get the support you need without leaving the comfort of home. Ask your provider if they offer telehealth. Then make sure your plan will cover your virtual sessions by calling your Member Services team at **1-866-600-2139 (TTY: 711)**.

## 4. What's my copay for my prescriptions?

Aetna MMAI members have \$0 copays on all covered prescription medications, but not on over-the-counter (OTC) medications. Search the Aetna formulary (drug list) to find out if your medications are covered. Visit [AetnaBetterHealth.com/Illinois/Formulary](https://www.aetna.com/betterhealth/illinois/formulary) to see a complete list of covered prescription medications.

## Make the most of therapy

A standard therapy session is 45 to 50 minutes long.<sup>1</sup> Here are a few ways to make the most of this short time with your therapist.

**Jet down your thoughts.** Before your session, write down problems or questions. Keep your notes handy.

**Be open.** Your therapist has one goal: To help you. Be honest and speak your mind.

**Do your homework.** Your therapist may give you homework like worksheets or coping skills to practice. Try to do these assignments before your next session.

<sup>1</sup> American Psychiatric Association. What is Psychotherapy? April 2023. Accessed on November 27, 2023. Available at <https://www.psychiatry.org/patients-families/psychotherapy>.

**Need help scheduling an appointment?** Your Case manager can help. Call them at **1-866-600-2139 (TTY: 711)**. Visit [AetnaBetterHealth.com/Illinois](https://www.aetna.com/betterhealth/illinois) for more information.



## Health and wellness or prevention information

**Questions or concerns about your health and wellness?** Reach out to your Aetna® MMAI Case manager at **1-866-600-2139 (TTY: 711)** Monday through Friday, 8 AM to 8 PM local time. Visit **AetnaBetterHealth.com/Illinois** for more information.

# Did you know?



You can access online and in-person fitness classes at no extra cost to you through your Aetna plan.



Our three-step action plan for easing asthma, COPD and allergy symptoms can help you breathe easier.



You can support your mental health from home with covered telehealth therapy sessions.



**Find out more inside**

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