

## HEALTHY ALL YEAR

# Key preventive vaccines

Your body needs regular vaccines to stay strong and healthy. Vaccines, like flu and RSV shots, act like special shields that can help protect you from getting sick. And if you do get sick, they can help ease symptoms. Here are some key ones to ask your provider about.



### ✓ Flu

Every year, a new flu vaccine is made to protect against the most common types of flu viruses. It's best to get this shot in the fall, before flu season starts. This way, you'll be ready to face the winter months without worrying about getting sick.

### ✓ Pneumococcal

This vaccine helps protect against pneumonia, a serious lung infection. It's important for older adults and people with certain health conditions like asthma, heart disease or diabetes. Try to get the vaccine in the fall or early winter.

### ✓ Shingles

Shingles is a painful rash that can happen if you've had chickenpox before. The shingles vaccine can help prevent this from happening. People over 50 should ask their provider about this shot.

### ✓ RSV

Respiratory syncytial virus, RSV, can cause cold-like symptoms. It can be dangerous for adults 65 and older and people with weak immune systems. Get this shot in late summer or early fall.

### ✓ COVID-19

This virus can cause coughing, fevers and breathing issues, especially in older adults. The vaccine can protect you and others from illness. Ask your provider about the shot today.

### ✓ Tdap

A Tdap protects against tetanus (bacterial infection), diphtheria (nose and throat infection) and pertussis (whooping cough). Get a booster shot every 10 years to stay protected.

**Don't forget your annual flu shot**

This important vaccine is covered by your plan. Schedule your shot at your primary care provider's (PCP's) office or at an in-network pharmacy. For more information on your vaccine coverage, check out your Summary of Benefits.

**Benefit spotlight**



**Don't miss your annual health survey!** This survey helps us better understand your health care needs so we can help you access the right benefits. Call your case manager at **1-866-600-2139 (TTY: 711)**, 24 hours a day, 7 days a week to complete your survey.

# Get-fit moves for all levels

Getting and staying fit can be fun and easy, no matter your fitness level! Whether you're just beginning your fitness journey, or you've been working out for a while, these simple moves can help you reach your activity goals. The best part? You can do them anywhere, and they can be adjusted to fit your comfort level.



## 1. Seated marching

**Why it works:** Seated marching is a low-impact way to get your heart rate up and improve circulation.

**How to do it:** Sit in a sturdy chair with your feet flat on the ground. Lift one knee up as if you're marching, then lower it and lift the other knee. Switch legs and continue.

**Make it easier:** Move your legs slowly and gently.

**Make it harder:** Add small ankle weights or march faster.

## 2. Neck stretches

**Why it works:** Neck stretches can help relieve muscle tension and improve blood flow.

**How to do it:** Sit with your back as straight as possible. Gently tilt your head to the right, bringing your right ear towards your right shoulder. Hold for 10 seconds. Repeat on the left side.

**Make it easier:** Only tilt your head halfway, with your ear pointing to your shoulder.

**Make it harder:** Hold your neck stretch longer. Try 15 to 30 seconds.

## 3. Arm raises

**Why it works:** Arm raises help build upper body strength and improve flexibility.

**How to do it:** Stand with your arms at your sides. Slowly raise your arms out to the sides until they are parallel to the floor, then lower them back down.

**Make it easier:** Try sitting while doing your arm raises.

**Make it harder:** Hold small weights or raise your arms higher.

Benefit  
spotlight



Keep the  
movement  
going

Did you know your Aetna plan includes a fitness benefit through SilverSneakers®? You can use it to access online or in-person exercise and wellness classes for all fitness levels. Go to [SilverSneakers.com](https://www.silversneakers.com) to sign up today.

**Need support?** Your case manager can help you find resources and support groups within your community, including assistance with food, housing and more. Call them today.

## MAXIMIZE YOUR PLAN

# When to choose telehealth

Telehealth changed the way you get health care. Instead of heading to a provider's office, you can now talk with a medical professional on your phone, tablet or computer. Your provider may offer telehealth services, so you can connect with them online. This makes it easier to get care from home if you're not feeling well enough to travel. But it offers the same quality of care as an in-person visit.

### Good care you can trust

Telehealth can help you take better care of your health. With services like Teladoc, which offers telehealth services covered under your plan, you can see a health care professional whenever you need to, from anywhere. You can access Teladoc at [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) or by calling **1-855-835-2362 (TTY: 855-636-1578)** anytime.

### Resource spotlight



### Another way to get care

If you want an in-person visit but can't wait for a visit with your provider, retail clinics like CVS MinuteClinic® are a great option. You can make an appointment with a licensed health care professional on their website. Other clinics may be located in Walgreens, Costco and other participating retail locations.



### When to use telehealth

Sometimes, seeing a health care provider online is the better choice. Here are a few examples of when telehealth is a great option:

- **Urinary tract infections (UTIs):** If you've had a UTI and know the symptoms, a provider can prescribe medicine without an in-person visit.
- **Seasonal allergies or cold/flu symptoms:** Telehealth professionals can give advice or medicine to help you feel better.
- **Mental health:** You can talk to a therapist or counselor online, which is helpful if you're feeling stressed, anxious or sad.
- **Follow-ups:** Telehealth is also great for follow-ups. For example, you can use telehealth after hearing tests, hearing aid fittings or check-ins about long-term health problems.



**Thinking about getting a new primary care provider (PCP)?**

Visit [AetnaBetterHealth.com/Illinois](https://www.aetna.com/BetterHealth.com/Illinois) to search for an in-network provider in your area.



### Health and wellness or prevention information

**Questions or concerns about your health and wellness?** Reach out to your case manager at **1-866-600-2139 (TTY: 711)**, 24 hours a day, 7 days a week. Se habla español. Or visit **[AetnaBetterHealth.com/Illinois](https://www.aetna.com/betterhealth/illinois)** for more information.

## Did you know?



There are important vaccines you need that can help you stay healthy all year long.



You can get one step closer to your fitness goals with a few simple moves.



Your Aetna plan offers telehealth services so you can receive care from the comfort of home.



**Find out more inside**

Aetna Better Health Premier Plan MMAI is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees. Aetna, CVS Pharmacy® and MinuteClinic, LLC (which either operates or provides certain management support services to MinuteClinic branded walk-in clinics) are part of the CVS Health® family of companies. See Member Handbook for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. The provider network may change at any time. You will receive notice when necessary. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna Better Health. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. All other trademarks are property of their respective owners.