



Aetna Better Health[®] of Kansas



Let's talk

Get together: Have a family meeting

How often does your family sit down together? Try to have a family meeting once a week. This is a good time to talk about what's going on with each of you.

May is National Foster Care month. If you are a foster family, having a family meeting is a great way to deal with issues in your family.

These ground rules can get you started:

Pick a relaxing time, such as after dinner, with dessert.

Make sure it is understood that parents have the final word.

Give each person a chance to talk without anyone cutting in or criticizing.

Bring up things like goals you are working on.

Share details about family news, including trips or school events.

Use the time to reward successes. Someone may have found a job or gotten good grades.

Don't scold or bring up past disputes or mistakes.

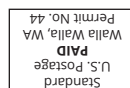
Keep it short. Don't meet for more than 20 or 30 minutes.

At the end, ask if anyone has ideas on how to make the next meeting better.

Family meetings can bring your family closer together. Put one on your calendar today.

Source: American Academy of Pediatrics

HEALTH TIP: Choose someone to write down the main points from your family meetings. That way you can keep track of goals and progress.



Aetna Better Health[®] of Kansas
9401 Indian Creek Parkway, Suite 1300
Overland Park, KS 66210

Sun safety

Tips to beat the burn

Use sunscreen

Choose a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or more. Apply it generously. Reapply at least every two hours and after swimming or sweating.

Cover up

Cover as much of your skin as possible. Choose a hat that shades your face, ears and neck — and wear sunglasses that block 99 to 100 percent of UV rays.

Seek shade

Take extra care near reflective surfaces like water, sand and snow. They increase the likelihood of sunburn.

Sources: American Academy of Dermatology; American Cancer Society

A family guide to sunscreens

Does your idea of family fun include spending time together outdoors? Then it's important to protect the whole gang from the sun's damaging ultraviolet (UV) rays.

There's nothing cool about painful sunburns, early wrinkles or a raised risk of skin cancer. And yet that's just what too much UV exposure can bring. One way to help keep your family safe: Make sure everyone gets their sunscreen on.

Here's what you need to know to get started:

Check the label. When shopping for sunscreen, make sure you choose one that:
Offers broad-spectrum protection from UVA and UVB rays.
Has a sun protective factor (SPF) of at least 30. This dermatologist-recommended level of protection blocks 97 percent of the sun's rays.
Is water-resistant.

Apply sunscreen before you go outside. It takes about 15 minutes for its protection to kick in.

Use enough of the stuff. Many people make



the mistake of using too little sunscreen. Experts recommend using at least 1 ounce — about the amount you can hold in the palm of your hand — to cover exposed skin. This includes the face, ears, arms, hands, nose, neck and feet. Use a lip balm with sunscreen in it to protect your lips.

Reapply at least every two hours. But put some more on immediately after you swim or sweat excessively.

Slather up the kids too. Follow the label instructions when applying sunscreen to

children's exposed skin. If you have a baby younger than 6 months, it's best to keep him or her in the shade to protect that sensitive skin.

You'll also want to help your family avoid getting too much sun. For instance, encourage everyone to seek a shady spot whenever possible. And before you head outside, hand out some wide-brimmed hats and sunglasses.

Sources: American Academy of Dermatology; U.S. Food and Drug Administration

Our website — help anytime

Our website is aetnabetterhealth.com/kansas. It has information to help you get health care, plus help you:

Learn about your benefits and health information
Find a primary care provider or specialist in your area
Send us questions through email
View your Member Handbook
Learn about your rights and responsibilities

Make sure to get your child's shots

The chart below summarizes the Centers for Disease Control and Prevention's (CDC) recommended immunizations. You can get this information on its website at cdc.gov/vaccines/schedules/easy-to-read.

Age	Immunization
Birth	HepB (hepatitis B)
1-2 months	HepB
2 months	RV (rotavirus), DTaP (diphtheria, tetanus and pertussis), IPV (polio), Hib (<i>Haemophilus influenzae</i> type b), PCV (pneumococcal)
4 months	RV, DTaP, IPV, Hib, PCV
6-18 months	HepB, IPV, influenza (every year)
12-15 months	Hib, MMR (measles, mumps and rubella), PCV, varicella (chickenpox)
12-23 months	HepA (hepatitis A)
15-18 months	DTaP
4-6 years	MMR, DTaP, IPV, varicella
11-12 years	Tdap (tetanus, diphtheria and pertussis), HPV (human papillomavirus), MCV4 (meningococcal conjugate) If your child is catching up on missed vaccines, he/she may need MMR, varicella, HepB and IPV
13-18 years	If your child is catching up on missed vaccines, he/she may need Tdap, HPV and MCV4
16 years	booster
Every year starting at 6 months of age	Influenza

An easy-to-use wellness tool for a healthier you

You deserve to lead a healthy life, and we can help. MyActiveHealth is a free and easy way to take charge of your health, so you can feel better — for good.

Getting started is easy and takes a few simple steps.

1. Sign in to the member portal section of our website, aetnabetterhealth.com/kansas.
2. Once you're signed in, go to "Tasks" and choose "Manage My Health."
3. From this page, you'll be able to access the MyActiveHealth tools and sign up for a new account.

Once you are signed in, you'll find:

A health survey, with healthy living suggestions based upon your answers.


Videos and podcasts — learn more about your health and get information about resources offered.


Healthy lifestyle programs — get the help you need to meet your goals. Programs include quitting smoking, healthy eating, managing stress and more.

If you don't have access to a computer, you can call MyActiveHealth at **1-855-231-3716** to request a printed copy of the health survey or printed information on health conditions and wellness topics.

Getting started is easy and takes a few simple steps.

Contact us  Aetna Better Health® of Kansas
9401 Indian Creek Parkway, Suite 1300
Overland Park, KS 66210
aetnabetterhealth.com/kansas

 Member Services: **1-855-221-5656 (TTY: 711)**
24 hours a day, 7 days a week
Nurse Line: **1-855-221-5656 (TTY: 711)**
Transportation: **1-866-252-5634 (TTY: 711)**

 This newsletter is published as a community service for the friends and members of Aetna Better Health® of Kansas. 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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Nondiscrimination notice

Aetna complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Aetna does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Aetna:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card or **1-800-385-4104**.

If you believe that Aetna has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with our Civil Rights Coordinator at:

Address: Attn: Civil Rights Coordinator
4500 East Cotton Center Boulevard
Phoenix, AZ 85040

Telephone: 1-888-234-7358 (TTY: 711)

Email: MedicaidCRCoordinator@aetna.com

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, **1-800-368-1019**, **1-800-537-7697** (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company, and its affiliates.

Aviso sobre la no discriminación

Aetna cumple con las leyes de derechos civiles federales aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad, orientación sexual, identidad de género o sexo. Tampoco excluye a las personas ni las trata de forma diferente por motivos de raza, color, nacionalidad, edad, discapacidad, orientación sexual, identidad de género o sexo.

Aetna brinda lo siguiente:

Asistencia y servicios gratuitos a personas con discapacidad para que puedan comunicarse con nosotros de manera eficaz, como los siguientes:

- Intérpretes del lenguaje de señas calificados.
- Información escrita en otros formatos (en letra grande, audio, formatos electrónicos accesibles, etc.).

Servicios de idiomas gratuitos a personas cuyo idioma primario no es el inglés, como los siguientes:

- Intérpretes calificados.
- Información escrita en otros idiomas.

Si necesita un intérprete calificado, información escrita en otros formatos, traducciones u otros servicios, llame al número de teléfono que figura en su tarjeta de identificación o al **1-800-385-4104**.

Si cree que Aetna no le ha brindado estos servicios o lo ha discriminado de alguna otra forma por motivos de raza, color, nacionalidad, edad, discapacidad, orientación sexual, identidad de género o sexo, puede presentar una reclamación a nuestro coordinador de derechos civiles a la siguiente dirección:

Dirección: Attn: Civil Rights Coordinator
4500 East Cotton Center Boulevard, Phoenix, AZ 85040

Teléfono: 1-888-234-7358 (TTY: 711)

Correo electrónico: MedicaidCRCoordinator@aetna.com

Usted puede presentar una reclamación personalmente, por correo postal o correo electrónico. Si necesita ayuda para presentar una reclamación, nuestro coordinador de derechos civiles está disponible para ayudarlo.

También puede presentar una queja sobre derechos civiles en el portal para quejas de la Oficina de Derechos Civiles del Departamento de Salud y Servicios Humanos de los Estados Unidos ingresando en <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>. Además, puede hacerlo por correo postal o por teléfono: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201; **1-800-368-1019**, **1-800-537-7697** (TDD). Los formularios de quejas se encuentran disponibles en <http://www.hhs.gov/ocr/office/file/index.html>.

“Aetna” es el nombre comercial que se utiliza en los productos y servicios proporcionados por una o más de las compañías subsidiarias del grupo Aetna, entre las que se incluyen Aetna Life Insurance Company y sus filiales.

English	To access language services at no cost to you, call the number on your ID card.
Spanish	Para acceder a los servicios lingüísticos sin costo alguno, llame al número que figura en su tarjeta de identificación.
Vietnamese	Để sử dụng các dịch vụ ngôn ngữ miễn phí, vui lòng gọi số điện thoại ghi trên thẻ ID của quý vị.
Chinese Traditional	如欲使用免費語言服務，請撥打您健康保險卡上所列的電話號碼
German	Um auf den für Sie kostenlosen Sprachservice auf Deutsch zuzugreifen, rufen Sie die Nummer auf Ihrer ID-Karte an.
Korean	무료 다국어 서비스를 이용하려면 보험 ID 카드에 수록된 번호로 전화해 주십시오.
Lao	ເພື່ອເຂົ້າເຖິງບໍລິການພາສາທີ່ບໍ່ເສຍຄ່າ, ໃຫ້ໂທຫາເບີໂທຢູ່ໃນບັດປະຈຳຕົວຂອງທ່ານ.
Arabic	للحصول على الخدمات اللغوية دون أي تكلفة، الرجاء الاتصال على الرقم الموجود على بطاقة اشتراكك.
Tagalog	Upang ma-access ang mga serbisyo sa wika nang walang bayad, tawagan ang numero sa iyong ID card.
Burmese	သင့်အနေဖြင့် အခကြေးငွေ မပေးရပဲ ဘာသာစကားဝန်ဆောင်မှုများ ရရှိနိုင်ရန်၊ သင့် ID ကတ်ပေါ်တွင်ရှိသော ဖုန်းနံပါတ်အား ခေါ်ဆိုပါ။
French	Pour accéder gratuitement aux services linguistiques, veuillez composer le numéro indiqué sur votre carte d'assurance santé.
Japanese	無料の言語サービスは、IDカードにある番号にお電話ください。
Russian	Для того чтобы бесплатно получить помощь переводчика, позвоните по телефону, приведенному на вашей идентификационной карте.
Hmong	Yuav kom tau kev pab txhais lus tsis muaj nqi them rau koj, hu tus naj npawb ntawm koj daim npav ID.
Persian Farsi	برای دسترسی به خدمات زبان به طور رایگان، با شماره قید شده روی کارت شناسایی خود تماس بگیرید.
Swahili	Kupata huduma za lugha bila malipo kwako, piga nambari iliyo kwenye kadi yako ya kitambulisho.