

## HEALTHY LIVING

### Budget-friendly healthy snacks your whole family will crave

Handing out the right snacks can do double duty: It can boost your energy now. And it can boost immunity to help fight off colds and the flu. But go-to snacks like chips, cookies and candy can be pricey. And they can harm your health over time. Instead, try these easy, kid-friendly snacks. They're good for your health and kind to your wallet.



#### Greek yogurt

It's thick and creamy, and loaded with calcium and protein. Throw in some banana slices for potassium. Or add berries (fresh or frozen) for vitamin C and antioxidants.



#### Apple slices and peanut butter

Together, they serve up healthy fats and protein. And, important vitamins and minerals like vitamin E and potassium.



#### Glass of milk

A cold glass — or a warm mug — is an easy way to satisfy hunger. Plus, you're drinking up immune-boosting minerals like calcium, and vitamins A and D.

**Need more ideas?** Try nuts like almonds and walnuts. Air-popped popcorn with a shake of salt. Sliced veggies with hummus. Frozen grapes. Oatmeal and fruit. All are great options.

### IT'S TIME TO RENEW!

Find out how to renew your Medicaid/CHIP coverage by going to



### Too much of a good thing



Antibiotic medications can be a powerful treatment for certain illnesses. But using them too often can be harmful.

It's important to know that antibiotics don't treat viruses. Colds, flu, sore throat and bronchitis are almost always caused by a virus. So, antibiotics won't help. You only need antibiotics for a bacterial infection.

Your primary care provider can help determine the treatment that's right for you.

# Heart disease 101

Heart disease isn't just one condition. There are many types, such as: Coronary artery disease. Congestive heart disease. Arrhythmia. Heart attack and stroke. But they share a lot of symptoms. The 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.



## Computerized Tomography (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 while monitoring your heart. If you're having chest pain, a stress test can help your PCP decide if that's a heart problem.

## Electrocardiogram (EKG)

This painless test records your heart's electrical activity. It uses electrodes placed on your chest.

## Angiogram

If your other tests are abnormal, or if you're having symptoms, you might get this test. 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



## Know the signs of preeclampsia

This high blood pressure condition happens during pregnancy. It can be dangerous to both mother and baby. During your prenatal checkups, your care provider will screen for preeclampsia. Call your doctor right away if you have any of these symptoms:

- Severe headaches
- Blurred vision, spots in front of your eyes or sensitivity to light
- Nausea and vomiting
- Swollen hands and feet
- Sudden weight gain of more than a pound a day
- Pain in the upper right side of your stomach
- Shortness of breath

# Your family's healthy-all-year secret

**Spoiler alert:** It's vaccinations. They can help your family stay well this winter — and for many seasons to come. Here are six shots to keep on your radar. Go to [Vaccines.gov](https://www.vaccines.gov) for a full list.

## Chickenpox (varicella)

**When it's given:** Children get two doses: one at 12 to 15 months old, the second between ages 4 and 6. If you've never gotten the shot or had chickenpox, you'll need it now.

## Diphtheria, tetanus and pertussis (DTaP, Tdap)

**When it's given:** Younger children usually get five doses of DTaP between ages 2 months and 6 years. Tdap is for older kids, with a first dose between ages 11 and 12. Adults need the shot every 10 years. (Or more often if pregnant.)

## Flu (influenza)

**When it's given:** Every year starting at 6 months old. Get the shot as soon as it's available. That's usually in September or October.

## Human papillomavirus (HPV)

**When it's given:** First dose is given between ages 11 and 12. If you're older and haven't had it, talk to your doctor. HPV is a sexually transmitted infection (STI). It can cause cervical and other cancers.

## Measles, mumps and rubella (MMR)

**When it's given:** Between 12 and 15 months of age for the first dose. Between ages 4 and 6 for the second dose. Sometimes adults need to get it again. Ask your doctor if you need the shot.

## Pneumococcal

**When it's given:** Infants, young children and older adults need this. Kids get 4 doses. It's given to kids at 2, 4 and 6 months and between 12 and 15 months. Adults get a dose at age 65 or older.

## Beyond physicals

Get screened now.



BMI can show if you are at higher risk of serious health conditions like diabetes.



Adults and pregnant women should have this blood test.



Lead poisoning can be serious. Doctors will screen children with a blood test.



All sexually active people should be screened for STIs like HPV, chlamydia and gonorrhea.



**Need language help?** Call 1-855-221-5656 (TTY:711)

Interpreter services are available at no cost during any service or complaint process, including American Sign Language and real-time oral interpretation.

**Start with your member portal** You can sign up at [AetnaBetterHealth.com/Kansas](https://www.aetna.com/betterhealth) or call us at 1-855-221-5656 (TTY: 711).

# Depression signs through the ages

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

## Children

- More fussy, grouchy or annoyed
- Often tired
- Problems focusing in school
- Feeling guilty or worthless
- Self-injury or self-destructive behaviors
- Angry outbursts or tantrums

- Restless or sluggish
- Feeling worthless or very guilty

## New mothers (called postpartum depression)

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

See any of these signs in a loved one or yourself? Reach out to your primary care provider for help. They can refer you to a mental health care provider.



## Teenagers

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

## Adults

- Often annoyed, frustrated, and/or angry
- Loss of interest in friends and hobbies
- Hard time focusing, remembering and making decisions
- Older adults may also be anxious, confused, helpless or quick to cry



## Depression and anxiety by the numbers

- ✓ **1 in 5 Americans** will have depression in their lifetime
- ✓ **1 in 4 Americans** have had major depression in the past six months
- ✓ **Almost 1/3 of Americans** have had symptoms of anxiety
- ✓ **16 million American adults** had at least one major depressive episode in the past year

# Staying mentally healthy in tough times

Are you suffering from depression, anxiety or other mental health challenges? **Aetna Better Health® of Kansas** is here to help.

Fewer than half of all people who suffer from mental health issues seek help. "There's so much stigma in this country around mental illness," says Murali Rao, M.D. He's a psychiatrist from Chicago. "It's seen as a weakness, when nothing could be further from the truth."

**Aetna Better Health® of Kansas** covers mental health support. And it's simple to access.

## Self-assess: Do I need treatment?

You can use our online tools to do a mental checkup at home.

## Helping a friend or loved one in need

Aetna has an online guide to help you see warning signs of mental health distress. That could mean the difference between a loved one getting help or ignoring the problem.

## The benefits of counseling and therapy

There are a few different types of therapies. Talk therapy can help people deal with things like pain and negative thoughts and emotions. And it can work without medications.

## What is a behavioral health care manager?

It works like this: You raise concerns about your mental health with your primary care provider. He or she then brings those issues to a behavioral health care manager.

Most medications are prescribed by doctors. Your care manager will talk to with a psychiatrist to make sure the medications are needed first. A care manager is available in every primary care center. And, they're covered on Aetna Medicaid plans.

## Unexpected ways to get (and stay) well

Taking care of your mental health can even be fun. There are other forms of treatment that don't involve doctors and hospitals. They include things like art, pets, music and even massage therapies.

Visit the **Aetna Better Health** website at **aetnabetterhealth.com/kansas/** to find out which alternative therapy services are available to you.

## Aetna Better Health

Get mental health coverage.



## Take an Aetna self-assessment

Take the **anxiety check**, the **depression check** and the **MindCheck**. They give you an overview of your emotional and mental health. And, they'll guide you to next steps for help.



## Find a mental health provider

Call the phone number on the back of your member ID card to speak with someone who can help you find a provider.



## Go to the Aetna website

Go to **aetnabetterhealth.com/kansas/** to find out which alternative therapies are available.



**Watch for mail from KanCare** You will be getting a letter to let you know if you need to submit information to KanCare and complete a renewal. If you are asked to submit something, please respond by the due date provided.

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- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
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  - 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 gender/gender identity, 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](mailto: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>.

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TTY:711

Multi-language Interpreter Services (Kansas)

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.



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## HEALTHY LIVING

# Easy ways to get the whole family moving

One fun, everyday way to help your body fight illness? Exercise. Plus, it's a great chance to spend time together as a family. Try these free fitness ideas that are good for all ages:

- ✔ **Make walking the dog a family affair**
- ✔ **Play "keep it up" with a ball or balloon**
- ✔ **Play basketball or tag**
- ✔ **Put on some music for a mini dance party**

Do activities like these at least three times a day. That way, you'll get enough activity to stay healthy.



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