

FAMILY HEALTH



NEED TO RENEW?

You must renew your coverage every year. Look for your renewal notice in the mail. Visit aet.na/su25mi-1 or scan the QR code to learn more.



Don't skip this key vaccine

This often-overlooked vaccine can help stop certain cancers. Learn when to get it, along with other life-saving shots.

Kids need vaccines throughout their childhood. The shots help prevent diseases that can cause serious illness, long-term

health problems or even death.

But there's one important vaccine you may be overlooking: the HPV vaccine.

HPV stands for human papillomavirus. It's a common virus that spreads through sexual contact. Nearly everyone will be infected with HPV at some point. It usually has no symptoms. But it shouldn't be ignored.

Some strains of HPV can lead to cancer later in life. In fact, HPV is the most common cause of cervical cancer. That's why the

HPV vaccine is so important. It helps protect your child against the HPV strains that are most likely to cause cancer.

The Centers for Disease Control and Prevention recommends two doses of HPV vaccine for all kids at 11 to 12 years old. But they can get it as early as 9 years old. Talk to your child's doctor or go to cdc.gov/hpv to learn more.

[Continue reading for a complete guide to childhood vaccines on page 2.](#)

Your guide to childhood vaccines

The Centers for Disease Control and Prevention recommends a schedule for vaccines from birth to teen years (see table). Your child’s doctor can give them shots during well-child visits. Ask for a copy of your child’s vaccine records.



Protect your child before birth

Getting certain vaccines while you are pregnant can protect you *and* your child. If you’re pregnant, ask your doctor about getting these vaccines:

- Whooping cough
- Flu
- COVID-19
- RSV (respiratory syncytial virus)

VACCINE	PROTECTS AGAINST	WHEN TO GET IT
✔ DTap/Tdap	Diphtheria, tetanus and pertussis (whooping cough)	2 months, 4 months, 6 months, 15–18 months, 4–6 years, 11–12 years
✔ HepB	Hepatitis B, a type of liver infection	Birth, 1–2 months, 6–18 months
✔ HepA	Hepatitis A, a type of liver infection	12–13 months
✔ Hib	<i>Haemophilus Influenza</i> type B, which can cause meningitis or pneumonia	2 months, 4 months, 6 months, 12–15 months
✔ HPV	Human papillomavirus, which can cause cervical and other cancers	11–12 years
✔ Flu	Yearly flu viruses	Once a year after 6 months
✔ IPV	Polio, which can cause paralysis	2 months, 4 months, 6–18 months, 4–6 years
✔ MenACWY	Meningococcal disease, which can cause meningitis or blood infections	11–12 years, 15–16 years
✔ MMR	Measles, mumps and rubella viruses	12–15 months, 4–6 years
✔ PCV13	Pneumococcus, which can cause pneumonia	1 months, 4 months, 6 months, 12–15 months
✔ RV	Rotavirus, which can cause fever, vomiting and diarrhea	2 months, 4 months, 6 months
✔ Varicella	Chickenpox	12–15 months, 4–6 years

Earn rewards for vaccines. Your plan covers routine vaccines at no extra cost to you. Better yet, your child can earn rewards for getting vaccines, like HPV, on time. Go to [AetnaBetterHealth.com/michigan/rewards-program.html](https://www.aetna.com/betterhealth/michigan/rewards-program.html) for more info.

How to keep your heart strong

Your heart is one of the most important parts of your body. It pumps blood to all your organs and keeps you alive and active. Here's a guide to some common heart problems. Plus, how to take care of your heart and what to do if something feels off.

Common heart issues

High blood pressure: This happens when the force of blood pushing through blood vessels is too strong. Over time, it can lead to problems like heart disease, kidney disease, stroke and more.

High cholesterol: Cholesterol is a fat that can build up in your arteries and block blood flow.

Heart disease: This includes problems like:

- Blocked arteries (when cholesterol builds up and blocks blood flow)
- Irregular heartbeat
- Heart attack

Heart health screenings

Your provider can check your heart health with tests like:

- **Blood pressure check:** Measures how hard your blood is pushing in your arteries
- **Cholesterol test:** Checks how much cholesterol is in your blood
- **Electrocardiogram (EKG or ECG):** A diagnostic test that monitors your heart's electrical activity

Signs of an emergency

Sometimes, your heart might give you signs that something isn't right. If you have any of these symptoms, call **911** or go



to the emergency room:

- Chest pain
- Trouble breathing
- Fainting or sudden dizziness

Heart health tips

- Eat nutritious foods like fruits, vegetables, whole grains and lean meats. And watch out for salty foods, which can raise blood pressure.
- Stay active with any kind of movement you enjoy.
- Don't smoke and avoid secondhand smoke.
- Find ways to manage stress. Try breathing exercises or meditation.
- See your primary care provider for regular checkups and screenings.

We care about your privacy

We protect your personal health information (PHI). That includes your race, ethnicity, language, sexual orientation and social needs info. We only share your info when needed and as allowed by law.

You have rights over your health data. That includes how it's used and who can access it. Go to **Aetna BetterHealth.com/health-optimization-disclaimer.html** to learn more about your privacy rights and how we safeguard your data.

How to report fraud, waste and abuse

Aetna Better Health® of Michigan is committed to stopping fraud, waste and abuse. If you see fraud, waste or abuse, report it right away.

Fraud: When someone lies to get money or services.

Waste: When someone overuses resources they don't need.

Abuse: When someone takes money for services when they haven't earned payment.

If you see fraud, waste or abuse, report it right away. Here's how:

- Go to **[AetnaBetterHealth.com/michigan/medicaid-fraud-abuse-form.html](https://www.aetnabetterhealth.com/michigan/medicaid-fraud-abuse-form.html)**
- Call the Aetna Better Health Fraud and Abuse hotline at **1-800-338-6361 (TTY: 711)**
- Notify the Michigan Department of Health, Office of the Inspector General: **1-855-MI-FRAUD (643-7238)** or email **MDHHS-OIG@michigan.gov**
- Visit **[AetnaBetterHealth.com/michigan/medicaid-fraud-abuse.html](https://www.aetnabetterhealth.com/michigan/medicaid-fraud-abuse.html)** for more info.

Reporting fraud, waste or abuse will not affect how you will be treated by Aetna Better Health of Michigan. And you can remain anonymous. Everyone can help prevent fraud, waste or abuse. Failure to report such events could result in fines and other criminal penalties.



Get the support you need

Our population health management programs can help you live your healthiest life possible. Whether you're managing diabetes or just trying to stay healthy, we have special programs to help get the care you need — and prevent health issues in the future.

You can learn about these programs online at **[AetnaBetterHealth.com/michigan/population-health-programs.html](https://www.aetnabetterhealth.com/michigan/population-health-programs.html)** or in your Member Handbook. You can also call us at **1-866-316-3784 (TTY: 711)**.

You have the right to make decisions about your health care. If we contact you to join one of our programs, you may decline. If you are already in a program, you may choose to stop at any time by calling Member Services.



Stay safe, get tested, feel supported

We're here to help all of our members get the support and care they need to stay healthy.

Everyone deserves to feel safe and healthy. Some diseases, like HIV and hepatitis C, can spread through sex or contact with blood. But with prevention, testing and care, you can stay healthy. We're here to support you every step of the way.

PrEP for HIV prevention

If you're at risk for HIV, ask your doctor about PrEP (pre-exposure prophylaxis). PrEP is a medicine that lowers your chance of getting HIV through sex.

To start PrEP, you must be HIV-negative and keep getting tested every 3 months. Remember, PrEP doesn't prevent other sexually transmitted infections

(STIs). So it's still important to take other steps to practice safe sex.

PrEP is covered by your Aetna Better Health plan. Your care team can help you decide if it's right for you.

Hepatitis C: Get tested, get treated

Hepatitis C is a serious liver infection. It is spread by blood, such as through sharing needles. Many people don't know they have it. You may not feel sick until the disease gets serious.

A simple blood test can check for hepatitis C. Everyone should be tested at least once. And people who are pregnant should be tested during each pregnancy. (Mothers can pass hepatitis C to their child during childbirth.)

The good news? There is medicine to treat and cure hepatitis C. Talk to your doctor if you think you're at risk of hepatitis C.

Need help or have questions? Call Member Services to talk to a Care Manager.

Support for LGBTQ+ members

We have care managers, nurses and social workers trained to understand and support LGBTQ+ members. We can help you find friendly providers, mental health services, HIV care and gender-affirming care. You don't have to navigate your health alone — we're here for you. Call Member Services to talk to a Care Manager that can help.



Learn more about your plan with your member handbook.

Visit aetna.com/su25mi-2 or scan the QR code to view it online.

Or call Member Services to have one mailed to you.



Why therapy is good for everyone



In both good times and bad, seeing a therapist can lead to a happier, healthier life. Here's how.

✔ It can improve your relationships

We have all sorts of relationships — with our partner, children, parents and coworkers. Misunderstandings and rough patches are a normal part of all of them. A therapist can help you find ways to understand other's emotions and communicate better.

✔ It can help you manage health issues

Depression and anxiety are common in people with chronic conditions. And, poor mental health can make it harder to manage your illness. Talking to a therapist can help you:

- Stay on track with treatment
- Ask for help
- Focus on self-care
- Stay away from unhealthy coping habits like smoking, alcohol or emotional eating

✔ It can help you reach your goals

We all have dreams and goals. If you're feeling stuck, a therapist can help you break old patterns and habits that are holding you back. They can help you create a plan for going after your goals. And they can share tips for staying motivated. That's something we all need at different times in life.

Your plan may cover therapy or other behavioral health services. Learn more at [AetnaBetterHealth.com/michigan/behavioral-mental-health.html](https://www.aetna.com/betterhealth/michigan/behavioral-mental-health.html) or call us for more info.

Know the signs of substance use disorder

Addiction can happen to anyone — teens, young adults, even seniors. And because symptoms can be mistaken for other problems, they're not always easy to spot. Here are some common signs to watch for.

- Changes in hygiene habits or not caring about how they look
- Sleeping more or less than normal
- Withdrawing from friends and family or hanging out with a different group of friends
- Changes in mood or behavior
- Missing classes, getting lower grades or losing interest in activities
- Unexplained money issues, or you notice money or items missing from your home
- Changes in physical health, like sudden weight loss or gain

If you notice some of these signs in a loved one, try talking to them about the problem. Remember to talk to them with compassion and curiosity, not judgment.



How high is your health literacy?

Health literacy means being able to find, understand and use basic health info. Good health literacy can help you get the care you need, when you need it. Take our short quiz on page 8, then find out how you did with the answer key below.

1 What is the best way to prevent the flu?

Answer: © Getting a flu shot

Flu vaccines help your body build immunity to flu viruses. And, yes, you need to get a shot every year. The flu shot is custom-made to fight the most common strain of the virus each year. It's best to get your flu shot in the early fall, before flu season starts.

2 How often should adults get a checkup with their primary care provider (PCP)?

Answer: Ⓐ At least once a year

Regular checkups can help you catch health issues early and stay up to date with needed tests and shots. And don't forget to let your PCP know if you go to an urgent care, the emergency room or other providers. That way they have a complete picture of your health.

3 Which of these can an urgent care center treat?

Answer: Ⓓ All of the above

Urgent care centers are a great place to go for problems that are too urgent to wait for a PCP visit, but not life-threatening. They can treat minor injuries, mild illnesses and more. If you're not sure where to go for care, call your plan's 24-hour nurse line. They can help you make the best choice.

4 What should you do if you miss a dose of medicine?

Answer: Ⓓ Ask your provider

Every medicine is different. It's best to check with your PCP if you ever miss a dose. You can also check the medicine's package for instructions. Can't get a hold of your PCP? Call your pharmacist or our 24-hour nurse line for help.

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ENGLISH: ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

SPANISH: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

Go to [AetnaBetterHealth.com/Michigan/notice-of-non-discrimination.html](https://www.aetna.com/betterhealth/michigan/notice-of-non-discrimination.html) for more info. Or call Member Services to have a print copy mailed to you.



Aetna Better Health® of Michigan
28588 Northwestern Highway, Suite 380B
Southfield, MI 48034

4500250-21-01 (08/25)



Test your health literacy

Think you know how to take care of your health? Take this quick quiz to test your health smarts. Find the answers inside on page 7.

← Find the answers inside!

1

What is the best way to prevent the flu?

- (A) Taking antibiotics
- (B) Eating more fruits and vegetables
- (C) Getting a flu shot
- (D) Staying inside all the time

2

How often should adults get a checkup with their primary care provider (PCP)?

- (A) At least once a year
- (B) Only if they have a specific health concern
- (C) Only when they feel sick
- (D) Only if they are over 65

3

Which of these can an urgent care center treat?

- (A) Urinary tract infection
- (B) A cut that may need stitches
- (C) Nausea, vomiting and/or diarrhea
- (D) All of the above

4

What should you do if you miss a dose of medicine?

- (A) Don't worry about it; it's not a big deal if you miss a dose
- (B) Take the dose as soon as you remember
- (C) Take 2 doses the next time you're scheduled to take it
- (D) Ask your provider