

HEALTHIER ALL YEAR

How to boost heart health

Your heart works nonstop. It's always pumping blood, delivering oxygen and keeping you going. That's why heart health matters. Here are 2 science-backed tips to help you take great care of it.



Stay on top of screenings

Some heart problems can show up in unexpected places. This includes your teeth and your eyes. For example, gum disease has been linked to a higher risk of heart attack and stroke. And conditions like high blood pressure can cause visible changes in the blood vessels at the back of the eye.

The good news? Seeing your dentist and eye care provider regularly for checkups can help you watch for warning signs of heart-related issues.

Your plan covers regular visits with dental and vision providers. Taking advantage of these exams can help catch issues early and make treatment easier.

Know your numbers

You've likely had your heart rate and blood pressure checked during a provider's visit — but do you know what the numbers mean? Here's a simple breakdown:

- **Heart rate.** This is the number of times your heart beats per minute. For most adults, a resting heart rate is between 60 and 100 beats per minute.

- **Blood pressure.** This measures how hard your blood pushes against your artery walls. A healthy reading is less than 120/80. The top number measures pressure when your heart beats. And the bottom number measures pressure when your heart rests between beats.

Get the support you need

Our chronic conditions 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 you get the care you need — and prevent health issues in the future. You can learn about the program online at [AetnaMedicare.com/NJDSNP](https://www.aetnamicare.com/NJDSNP) or in your member handbook. Or call us at **1-844-362-0934 (TTY:711)** 8 AM to 8 PM, 7 days a week.

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 the number above.

Resource spotlight



Having the right pharmacy can help you safely manage your medications.

You can find an in-network pharmacy today at aet.na/nj26-11.

Find your partner in health

Having a strong relationship with your primary care provider (PCP) helps you better manage your health. Don't have a PCP or thinking about switching providers? Here are 4 ways having the right PCP can benefit you.

1 A trusted partner

Having a provider you trust makes it easier to share concerns before they become more serious. No problem is too embarrassing, and no question is too silly. Your PCP understands your health history and can provide care that's right for you.

2 Well-round care

Your PCP cares about more than just your physical symptoms. They're here to support your overall health and well-being, helping you thrive in every aspect of your life. This may include:

- Mental health
- Lifestyle changes
- Fall prevention
- Wellness goals

3 Illness prevention

Your PCP doesn't just treat problems — they help prevent them. With regular checkups, screenings and a personalized care plan, your PCP can catch potential health concerns early when they are often easier to treat. And they can help you avoid more serious issues down the line.

4 Chronic condition management

If you have ongoing health issues like diabetes, high blood pressure or asthma, your PCP is your go-to partner. They coordinate your care and bring together a team of specialists to make sure you get the right treatment. Your primary care provider can assist you with managing your medications. If you have chronic conditions and are taking several prescriptions, they can help you keep track and stick to your medication schedule.



Resource
spotlight



Find helpful information

Check your Evidence of Coverage (EOC) or visit aetna.com/nj26-13 to learn about:

- Covered benefits
- Language assistance
- How to submit a claim for reimbursement
- In-network doctors
- Primary care, emergency care, specialty care, behavioral health and hospital care
- Care, coverage and benefit restrictions outside of Aetna's service area
- Care after normal business hours
- How to submit a complaint and appeal a decision
- How Aetna evaluates new technology to include in coverage

For a printed copy of this information, call Member Services.



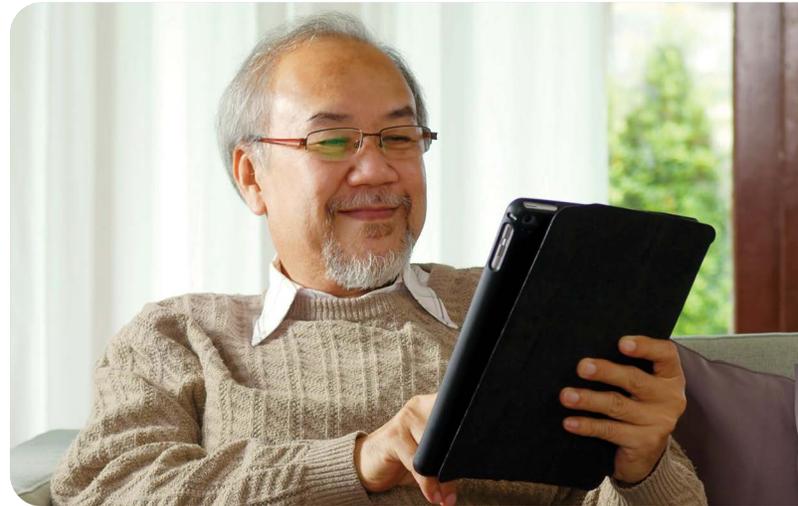
Thinking about getting a new primary care provider (PCP)?

Visit aetna.com/nj26-12 to search for an in-network provider in your area.

MAXIMIZE YOUR PLAN

How to access care with your plan

A new plan year is a fresh start — and getting care should be simple. Whether you need to see a provider in person, get care from home or manage your health online, your plan has options to support you. Knowing where to turn makes it easier to stay on top of your health and get the help you need, when you need it.



Access care from anywhere

Your plan offers a variety of benefits to help you stay healthy and get the care you need — whether at home, online or in a doctor's office.

From telehealth visits to a \$0 copay Annual Wellness Visit and important screenings, your plan is designed to make accessing care easier and more convenient.

Use digital tools to manage care

With your online resources, you don't have to leave home or even make a phone call to access valuable benefit and health info. Want to see plan details, manage your prescriptions or find key forms? Log in to your secure member website to access these resources.

We're here for you in the 2026 plan year

We're excited to kick off another year with you.

In this newsletter, we've packed in tips to help you take care of your heart, benefits of having a primary care provider and ways to access care with your plan.

Our goal is to make managing your health a little easier — whether that's answering your

questions, offering support or helping you navigate your benefits and coverage. And we're proud to share that we've been recognized as the Best Medicare Advantage Plan by *U.S. News & World Report*!

We're ready to support you at every step of your health journey.



Schedule a Healthy Home Visit today. Connect with a Signify Health professional by calling **1-855-746-8709 (TTY: 711)** 9 AM to 8 PM ET, Monday through Friday to book your visit.



Health and wellness or prevention information

Have questions or need help with your plan?

Visit [AetnaMedicare.com/NJDSNP](https://www.aetna.com/NJDSNP) or call Member Services at **1-844-362-0934 (TTY:711)** 8 AM to 8 PM, 7 days a week.

¹U.S. News & World Report. U.S. News & World Report Announces the 2026 Best Insurance Companies for Medicare Advantage and Part D. Available at: <https://www.usnews.com/info/blogs/press-room/articles/2025-10-17/u-s-news-world-report-announces-the-2026-best-insurance-companies-for-medicare-advantage-and-part-d> Accessed Dec 9, 2025.

Aetna Medicare FIDE (HMO D-SNP) is a Fully Integrated Dual Eligible Special Needs Plan with a Medicare contract and a contract with the New Jersey Medicaid Program. Enrollment in Aetna Medicare FIDE depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. Provider participation may change without notice. Aetna is not a provider of health care services and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to our website. Aetna and Signify Health® are part of the CVS Health® family of companies.

If you speak a language other than English, free language assistance services are available. Visit our website at [AetnaMedicare.com/NJDSNP](https://www.aetna.com/NJDSNP) or call **1-844-362-0934 (TTY: 711)**, 8 AM to 8 PM, 7 days a week.

ESPAÑOL (SPANISH): Si habla un idioma que no sea el inglés, los servicios gratuitos de asistencia en idiomas están disponibles. Visite nuestro sitio web en [AetnaMedicare.com/NJDSNP](https://www.aetna.com/NJDSNP) o llame al **1-844-362-0934 (TTY: 711)**, de 8 a.m. a 8 p.m., los 7 días de la semana.

(CHINESE) 傳統漢語(中文)如果 講英語以外的語言,則提供免費語言援助服務。請造訪我們的網站 [AetnaMedicare.com/NJDSNP](https://www.aetna.com/NJDSNP) 或致電, **1-844-362-0934(TTY:711)**, 上午8時至下午8時, 週7天

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