

# wellness & you

Your Aetna® Assure Premier Plus (HMO D-SNP) member newsletter

**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, which is a serious lung infection. It's especially important for older adults and people with certain health conditions like asthma, heart disease or diabetes.

**✓ Shingles**

Shingles is a painful rash that can happen if you've had chickenpox before. The shingles vaccine can help prevent this from happening.

**✓ RSV**

RSV, or respiratory syncytial virus, is a common virus that can cause cold-like symptoms. And it can be dangerous for adults 65 and older and people with weak immune systems.

**✓ COVID-19**

This is a virus that causes serious illness like coughing, fevers and breathing problems, especially in older adults. The vaccine can protect you from getting sick and spreading the virus to others.

**✓ 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.

**Remember 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 Evidence of Coverage (EOC).



**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 Care Team at **1-844-362-0934 (TTY: 711)**, 8 AM to 8 PM ET, 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. Chair squats

**Why it works:** Chair squats help build leg strength and improve balance.

**How to do it:** Stand in front of a sturdy chair with your feet shoulder-width apart. Slowly lower yourself down to the chair as if you're sitting, then stand back up.

**Make it easier:** Hold on to another chair or piece of sturdy furniture for support and only go partway down.

**Make it harder:** Try to stand and sit without using your hands.

## 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 Care Team 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

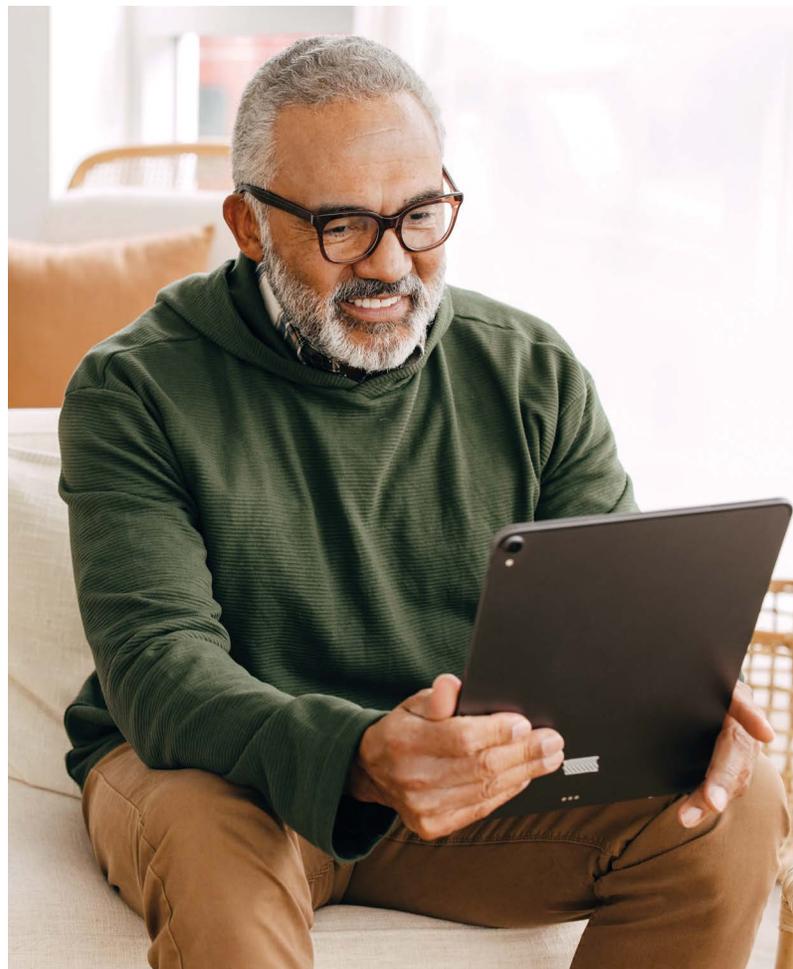
Telehealth can help you take better care of your health. With services like Teledoc, which offers telehealth services covered under your plan, you can see a health care professional whenever you need to, from anywhere. You can access Teladoc at [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) or by 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/DSNP](https://www.AetnaBetterHealth.com/DSNP) 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 Care Team at **1-844-362-0934 (TTY: 711)**, 8 AM to 5 PM ET, 7 days a week. Se habla español. Or visit **AetnaBetterHealth.com/DSNP** 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, 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 Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Aetna Assure Premier Plus (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 Assure Premier Plus depends on contract renewal. If you speak a language other than English, free language assistance services are available. Visit our website at **AetnaBetterHealth.com/New-Jersey-hmosnp** or call **1-844-362-0934 (TTY: 711)**, 8 a.m. to 8 p.m., 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 **AetnaBetterHealth.com/New-Jersey-hmosnp** 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 **AetnaBetterHealth.com/New-Jersey-hmosnp** 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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