



Stay safe



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Avoid Winter slips and falls.

Snow and ice can make even the most mundane activities a little more dangerous.

Just walking down a sidewalk or going up and down steps can be tricky when they're coated with wet snow and ice.

Don't fall for it

Here are four tips for staying on your feet when things get slippery:



Give them something to grip. Spread sand or salt on icy areas, especially by doorways.



Wear the right footwear. Use boots with good rubber treads.



Be on the lookout. Pay attention to where you walk. Watch for icy patches.



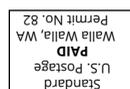
Adjust your walk. On ice, walk in a shuffle at a slow pace. Bending your knees slightly will help you keep your balance. To walk up an incline, turn sideways. Then walk in side steps upward. Bending your knees will help here too.

Sources: AARP; American Academy of Orthopaedic Surgeons; National Institutes of Health; U.S. Department of Labor

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Who needs a flu shot?

Almost everyone 6 months and older needs a flu shot every year. It's a rare exception that someone shouldn't get it.

Are you on the list?

Flu shots are especially important for:

- Children 6 months through 4 years old.
- People 50 and older.
- People with some chronic diseases.
- People with weak immune systems, such as those being treated for HIV.
- Pregnant women.

It's safe and important

Don't worry — the shot can't give you the flu.

It's best to get your shot as soon as it's available — before the end of October. However, you can still get one later if you missed it.

Source: Centers for Disease Control and Prevention

Why kids need a flu vaccine.

If you're wondering if your child really needs a flu shot, consider these facts:

The flu is **more dangerous** to kids than the common cold.

Every year millions of kids get sick with the flu. **Thousands are hospitalized** from it.

Children younger than 5 years old and those with long-term health problems are at **high risk of flu-related complications**.



When and how to vaccinate



Getting the flu vaccine is the best way to prevent the flu.



Everyone 6 months and older needs a flu vaccine every year.



The flu shot and the nasal spray are both options.

Source: Centers for Disease Control and Prevention

Winter is here. Are you ready for a storm?



Snow can be beautiful — but there's nothing pretty about a serious Winter storm. It can put everyone in danger.

If a Winter storm is forecast in your area, be prepared.

Gather supplies

Think of what you and your family might need if you're without power for several days:

- Does anyone take medications?
- What might your pets need?
- Do you have extra batteries for flashlights?

Keep your home safe



If you need an alternative heat source, keep these tips in mind:

Insulation. Wrap yourself in blankets, a sleeping bag or a warm Winter coat.

Fireplace. Burn wood, not paper.

Space heater. Choose one with an automatic shut-off switch and nonglowing elements. Don't cover it. Keep it at least 3 feet away from curtains, furniture or bedding. Never leave children alone with it.

Generator. Be sure it is at least 20 feet from any window, door or vent and that it's protected from rain and snow.

Stove. Don't use the stove to heat your home. That can be dangerous.

If the lights go out, use flashlights or lanterns, not candles. If you must use candles, never leave lit ones unattended.

Sources: Centers for Disease Control and Prevention; Federal Emergency Management Agency



Protect your water supply

Very cold temperatures can cause water pipes to freeze and sometimes break.

When the weather calls for freezing temperatures:

- Leave all water taps slightly open so that they drip continuously.
- Keep temperatures inside your house warm.
- Open cabinet doors beneath the kitchen and bathroom sinks so heated air can reach the pipes.

If your pipes do freeze, thaw them slowly with a hair dryer — not a torch.



Roasted cauliflower with spiced tomato.

Makes 6 servings.

Ingredients

- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon ground cardamom
- ⅛ teaspoon ground pepper, preferably white
- 2 tablespoons canola oil, divided
- 7 to 8 cups medium cauliflower florets (from a 2¼- to 2½-pound cauliflower head)
- Cooking spray
- 1 tablespoon finely chopped garlic
- 1 can (8 ounces) tomato sauce, no salt added
- 2 tablespoons tomato paste
- 2 teaspoons raw sugar
- 2 teaspoons white distilled vinegar
- ⅛ teaspoon ground cloves
- ⅛ to ¼ teaspoon ground cayenne pepper
- ½ teaspoon salt

Directions

- Preheat the oven to 425 degrees.
- In a large mixing bowl, combine cumin, coriander, cardamom, ground pepper and 1 tablespoon oil. Add cauliflower and, with your hands, toss and rub to coat florets, 1 minute.
- Line 11-inch-by-15-inch jelly roll pan with foil. Coat foil with cooking spray. Arrange seasoned cauliflower in one layer on pan. Bake for 10 minutes. Stir, then bake 10 minutes longer.
- Meanwhile, in small saucepan, heat remaining oil over medium-high heat. Add garlic and cook, stirring, until fragrant, 1 minute. Add tomato sauce, tomato paste, sugar, vinegar, cloves, cayenne and salt and mix to combine.

- Cook until sauce bubbles vigorously around edges of pot.
- Spoon tomato sauce over cauliflower on pan and mix with spatula until florets are well coated, 1 minute. Roast cauliflower 10 minutes. Stir, and bake until florets are tender, about 5 minutes. Serve hot or warm.

Nutrition information

Serving size: ⅓ of recipe.
Amount per serving: 92 calories, 5g total fat (0g saturated fat), 11g carbohydrates, 3g protein, 4g total fiber, 275mg sodium.

Source: American Institute for Cancer Research

Stay active with a disability.

Exercise is good for everyone. If you happen to have a disability, it can be good for you too.

Being active may reduce your risk for health problems like heart disease and some cancers. It can improve your fitness and strength, which may make it easier to do daily tasks. Plus, being active may lower your stress and boost your mood.

3 ways to get started

To find what works for you:

1. **Talk to your provider.** Ask for help creating an exercise plan. It may include ideas about:
 - The types and amounts of exercise to do.
 - Activities to avoid.
 - Special equipment or resources that may help you be active.
2. **Focus on what you can do.** If it is hard to do a favorite sport or exercise, ask about ways to make it more accessible. Many workouts can be done in a bed, chair or pool. Coaches and teammates can also make changes to include you in team sports.
3. **Start slow.** If you're new to exercise, you can be active for just five minutes at first. Then do more over time.

Sources: Centers for Disease Control and Prevention; HelpGuide; U.S. Department of Health and Human Services

What's in your workout?

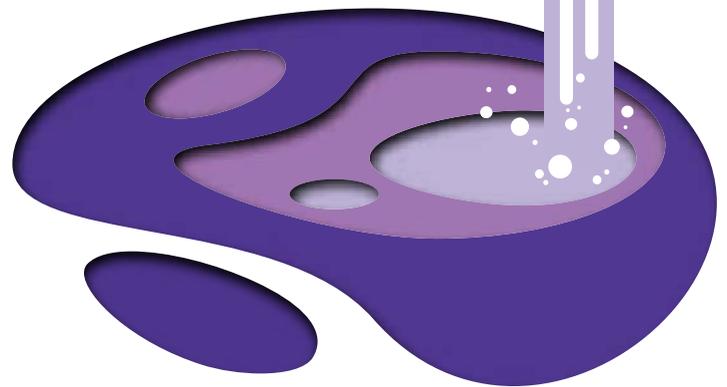
Try to include a mix of activities that:

- Make you breathe harder.
- Build strength.
- Stretch your muscles.

Wash up, please!



Make no mistake — washing your hands means more than quickly waving them under a faucet.



Send germs down the drain

1. **Wet your hands** with clean, running water. Apply soap.
2. **Work up a lather** by rubbing your hands together with the soap. Be sure to clean the backs of your hands, between your fingers and under your nails.
3. **Scrub your hands** for at least 20 seconds. You can time yourself by humming the song "Happy Birthday" twice.
4. **Rinse your hands** well under clean, running water.
5. **Dry your hands** with a clean towel — or air dry them.

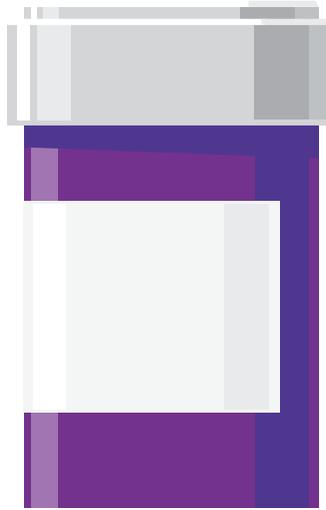
Source: Centers for Disease Control and Prevention

Take with care.

Your new medicine checklist.

Your provider is prescribing you a new medicine. What should you do next?

- Ask the name of the medicine.** This way, you'll notice if the pharmacy gives you something different.
- Know why you're taking it.** You're more likely to use a medicine correctly if you know how it's helping you.
- Be clear on how to take it.** For example, ask:
 - What side effects might I have?
 - Should I take it before, with or after meals?
 - Is there anything I should avoid while taking this?
 - What should I do if I forget a dose?
- Make sure your provider knows what else you're taking.** Go over a list of all the medicines you're taking — including vitamins and herbal products.
- Read the label — and take it only as directed.** Still have questions? Follow up with your provider or pharmacy. Never stop taking a medicine without talking with your provider first.



Store medicines in a secure location. Keep them out of the reach and sight of kids, visitors and pets.

Sources: BeMedWise Program; U.S. Food and Drug Administration

Parents: Stay the course with ADHD treatments.

If your child is diagnosed with ADHD (attention-deficit/hyperactivity disorder), your provider may recommend treatment. It will be based on what is best for your child. This may include:

- Special education services.
- Counseling.
- Medicines to help relieve some of the symptoms.

The most widely used ADHD drugs are called stimulants. They have a calming effect in people with ADHD.

There are different kinds of stimulants. Some children respond to one but not another. It can take some time and more than one follow-up visit to find the right drug at the right dose.

The best way to find a good match is to work closely with your child's provider.

Sources: American Academy of Family Physicians; American Academy of Pediatrics; Centers for Disease Control and Prevention

5 things parents can do.



- Keep an eye on your child's behavior.
- Tell your provider if your child's symptoms improve or get worse.
- Mention any side effects too.
- Reward positive changes and use calm discipline.
- Never stop your child's medicine without an OK from their provider.

✂️ Clip and save



Need-to-know facts about opioids.

The more you know about opioids, the more likely you are to get the best pain control safely. That may not include drugs at all. Check out these facts and tips:

- 1. Not every pain problem needs an opioid.** Ask your provider about other ways to treat pain. For instance, other medicines and physical therapy may be better options.
- 2. Opioids have serious risks.** Tell your provider if you or a relative has ever been addicted to drugs. This can increase your risk.
- 3. You must follow directions.** Never take opioids in greater doses or more often than you should. This can cause an overdose. You might stop breathing and die.
- 4. Opioids, alcohol and some medicines don't mix.** Combining them can raise the risk of an overdose. It's especially unsafe to take opioids with:
 - Anti-anxiety medicines.
 - Sleeping pills.
 - Muscle relaxants.
- 5. Opioids can have side effects.** For instance, they can cause constipation, nausea and vomiting, depression, decreased sex drive, and more sensitivity to pain.

Opioids can help with cancer pain.

Pain is a common side effect of cancer and its treatment. Rules that limit the use of opioids to control pain don't apply to people with cancer.

- 6. Opioids can fall into the wrong hands.** You should store them in a safe place, such as a locked cabinet. Never share your opioids. If you have leftover pills, ask your provider or pharmacist what to do with them.

Sources: American Society of Clinical Oncology; Centers for Disease Control and Prevention



On the road to a better, happier life.

When to consider seeing a mental health provider.

Is a problem in your life dragging you down? Is it making it hard to function, feel in control or be happy?

Emotional troubles like this are common. In any given year, 1 in 5 adults in the U.S. struggles with a mental health problem.

If you are struggling, a mental health provider can help you feel like yourself again.

How treatment can help

Using talk therapy and maybe medicine, your provider can help you:

- Come up with plans for solving problems.
- Change behaviors that hold you back.
- Feel stronger when facing hard times.
- Spot thoughts that have a negative effect on your emotions.
- Heal pain from your past.

Most people who seek help get better. For instance, more than 80% of people treated for depression improve.

Which provider?

There are many types of mental health providers. Your primary care provider can help you find a good match. A friend who has been in counseling might have tips too.

You can turn to a psychologist, psychiatrist, social worker, pastoral counselor or another mental health provider. However, only a psychiatrist, who is a medical doctor, can prescribe medicine.

No matter who you go to for help, try to be open to new ways of behaving and thinking. That can help you get your life back on track.

Sources: American Psychological Association; Mental Health America

 In any given year, 1 in 5 adults in the U.S. struggles with a mental health problem.

Speak up about late-life depression.

Growing older brings changes. Friends may move away. Retirement may have challenges. We might face a sudden health problem.

It's normal to feel sad at times like this. After a while, most of us adjust and feel like ourselves again.

Depression is different. It can make you feel so sad, empty or anxious that it's hard to function — or enjoy life at all.

Could you be depressed?

If you or a loved one is dealing with depression, here are three facts to know:

- 1. Depression isn't a sign of weakness or a character flaw.** It is an illness.
- 2. Treatment can help.** Depression can be treated with counseling, medicine or both.
- 3. The earlier treatment starts, the better.** Treatment can start working in a matter of weeks.

Let a provider know right away if there's any chance you're depressed. Reaching out can help you heal.

Sources: American Academy of Family Physicians; American Geriatrics Society; National Institute on Aging

10 tests to talk about.

Screenings are tests that look for signs of disease before you have any symptoms. The tests can find problems early. That's often when they're easier to treat.

Here are 10 important tests to be aware of.

This schedule is for people at average risk. Your provider may suggest that you be screened earlier or more often. Discuss what's right for you at your next check-up.

Screening	Who needs it	When to start	How often
Blood pressure	All adults	Age 18	Every 3–5 years*
Breast cancer	Women	Age 40–50	Every 2 years
Cervical cancer	Women	Age 21	Every 3–5 years*
Cholesterol	All adults	Age 40	Every 5 years
Colorectal cancer	All adults	Age 50	Every 1–10 years*
Diabetes (type 2)	Overweight or obese adults	Age 40	Every 3 years
Osteoporosis	Women	Age 65	Ask your provider*

Sexually transmitted infections

Chlamydia, gonorrhea	Women at risk	When sexually active and when pregnant	Ask your provider*
HIV	Teens, adults	Age 15 and when pregnant	Ask your provider*
Syphilis, hepatitis B	Adults at risk	When sexually active and when pregnant	Ask your provider*

*How often a test should be repeated may depend on your age, risk factors and the type of test. Talk with your provider about what's right for you.

Sources: American Academy of Family Physicians; U.S. Preventive Services Task Force

Have a happy and safe holiday!

The last thing you want during the holidays is to spend any time in a provider's office or emergency room. That's why you'll want to take special care to:

Stay safe on the road. Get a good night's sleep before you head out. Be sure everybody is buckled up or riding in a booster or car seat. Also, don't drive distracted. Put that cellphone away.

Check labels on toys. Make sure toys match a child's age and development.

Decorate with caution. Keep potentially poisonous plants, such as mistletoe and holly berries, away from young children and pets. Hang breakable ornaments at the top of the tree.

Snuff out fire hazards. Water natural trees regularly. Be sure artificial ones are fire resistant. Keep them at least 3 feet away from fireplaces, radiators and other heat sources.

Place candles where they can't be knocked down or blown over — and out of children's reach. Also, never leave burning candles or lit fireplaces unattended, especially when you're sleeping.

Sources: National Safety Council; Safe Kids Worldwide



Make a plan to quit smoking.

You can make it a little easier to quit smoking if you have a plan. Start with these five steps:

 **Pick a quit date.** A good date gives you some time to prepare but isn't too far off. Choose a date that is no more than a week or two away.

 **Write down all your reasons for quitting.** Review them any time you feel like lighting up.

 **Know your triggers.** They can be objects, people or situations. Start thinking about ways you can change your routine to avoid your triggers.

 **Plan how you'll cope with cravings.** Cravings are powerful, but they only last a short time. Plan ways to outlast them, like taking a walk, sucking on a mint or chewing a piece of nicotine gum.

 **Gather support.** Ask your provider for help to quit. That could include medicines, support groups or other resources. Also let your friends and family know your plans and your quit date.

Source: Smokefree.gov

Coping with cancer during the holidays.

Cancer can make it harder to partake in some seasonal activities. Instead of sitting on the sidelines, find ways to make your holiday plans work for you:

Simplify your celebrations.

You might not have the energy to do it all this year. Focus on one or two traditions that mean the most to you.

Lighten the load. Ask your family to handle the decorations. Order your gifts online. Ask someone else to host the holiday meal this time.

Guard against germs.

Cancer treatments can weaken your immune system. That makes you more susceptible to germs. Take care to avoid contact with anyone who might be sick. If you'll be around crowds, wear a mask for extra protection.

Listen to your stomach. If you're dealing with nausea, try a brothy soup instead of a full meal. If you suspect that a spicy pumpkin pie might irritate your mouth, treat yourself to a creamy rice pudding. If warm or hot foods smell too strong, enjoy them cold or at room temperature.

Stick with your healthy habits. Try not to let your usual routine fall by the wayside. Eating healthy meals and snacks, drinking water, being active and getting



enough sleep can all help you feel your best.

Talk with your health care providers. They can offer more tips to help you manage side effects at home.

Sources: American Cancer Society; American Society of Clinical Oncology; CancerCare; Centers for Disease Control and Prevention

Home for the holidays.

This isn't the best year to travel for the holidays. Cancer weakens the immune system, which puts you at higher risk for severe complications from COVID-19. The best way to protect yourself is to avoid being exposed to the coronavirus. To do that, keep your holiday plans local and home-based as much as possible.

How to talk to your kids about underage drinking.

Kids say their parents have the biggest influence over whether they drink. It matters to kids what you say and do.

Start talking now

Talk to your kids early and often about the risks of drinking. What you tell your kids will depend on their age and maturity level.

You may want to:

- Ask them what they already know about alcohol.
- Help them practice saying “no” if offered a drink.
- Tell them about someone you know who was harmed by alcohol.
- Give them facts about the risks related to drinking.
- Encourage them to ask questions.

Keep your rules clear

Tell your child that drinking is not allowed. Be steady with this message and with your enforcement of this rule.

Be involved

Know where your kids go, who they’re with and what they do. Check in with other parents.

Get help on your side

Talk to your child’s health care provider. Providers are used to talking with children and parents about topics like alcohol and other substance use.

Sources: American Academy of Pediatrics; National Institute on Alcohol Abuse and Alcoholism



The upside of not drinking.

Thinking of giving up alcohol — or cutting back? Not drinking can help you:



Save money. The average American spends over \$500 on alcohol each year.



Watch your weight. Alcohol adds empty calories to your diet.



Protect your health. Over time, drinking raises the risk of serious health problems.

By skipping it, you can lower your risk for:

- Heart disease and stroke.
- Liver disease.
- Breast, oral, colon and other cancers.
- Depression and anxiety.



Stay safe. Not drinking lowers your chance of a car crash, a nasty fall or drowning. There’s less risk of violence too.



Sleep better. When you drink, you’re more apt to snore, wake up in the night and feel groggy in the morning.

Having trouble quitting or cutting back on your own? There are medicines, treatments and other resources that can help. Talk with your provider.

Sources: Centers for Disease Control and Prevention; National Institute of Alcohol Abuse and Alcoholism

Could it be COPD?

You've been coughing a lot. Plus, you get short of breath doing things that used to be easy.

You may chalk this up to getting older. It could be something more serious, though — like chronic obstructive pulmonary disease (COPD).

What are the signs?

Many people don't recognize COPD until it is in its later stages, when it's not as easy to treat. These symptoms should raise red flags, especially if you've ever been a smoker:

- Chronic cough.
- Shortness of breath while doing everyday activities.
- Frequent lung infections.
- Blue lips or fingernail beds.
- Fatigue.
- A lot of mucus.
- Wheezing.

How is COPD diagnosed?

The main test is called spirometry. It measures how well you can blow air out of your lungs. Your provider might order chest x-rays and other tests too.

How is COPD treated?

If you smoke, the first step in treating COPD is to stop the habit. Ask your provider about stop-smoking aids.

You will need to take medicines as well. Your provider also may

prescribe oxygen therapy if the amount of oxygen in your blood gets too low.

What about exercise?

You may want to talk to your provider about a pulmonary rehab program too. These programs offer supervised

exercise and education for people with breathing problems.

COPD will never go away, but you can learn to control the symptoms and lead a fulfilling life.

Sources: American Lung Association; American Thoracic Society

What is COPD?

COPD is a term that describes several lung diseases that get worse over time. They include emphysema and chronic bronchitis. The most common cause of COPD is smoking.



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VIETNAMESE: CHÚ Ý: nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số có ở mặt sau thẻ id của bạn hoặc **1-800-385-4104 (TTY: 711)**.

FRENCH: ATTENTION: si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro indiqué au verso de votre carte d'identité ou le **1-800-385-4104 (ATS: 711)**.

URDU: توجہ دیں: اگر آپ اردو زبان بولتے ہیں، تو زبان سے متعلق مدد کی خدمات آپ کے لئے مفت دستیاب ہیں۔ اپنے شناختی کارڈ کے پیچھے موجود نمبر پر یا **1-800-385-4104 (TTY: 711)** پر رابطہ کریں۔

Better health by the numbers.

Knowing key numbers — and working to keep them in a healthy range — can add up to better health.

Here's a look at target numbers for most adults. Talk with your provider about what's right for you.

Blood pressure

Target: Systolic less than **120 mm Hg** and diastolic less than **80 mm Hg**.



What it is: The force of blood pushing against your blood vessel walls.

Why it matters: High blood pressure raises the risk of heart attack, stroke and kidney disease.

Body mass index (BMI)

Target: **18.5 to 24.9**.



What it is: A measure of body fat based on your height and weight.

Why it matters: The higher your BMI, the greater your risk of heart disease, type 2 diabetes, breathing problems and certain cancers.

Cholesterol

Target: Talk with your provider about what's optimal for you. It depends on your overall risk factors.



What it is: A waxy substance produced in the liver and released into the blood.

Why it matters: Unhealthy cholesterol levels raise your risk of heart attack and stroke.

Blood sugar

Target: A fasting blood sugar of less than **100 mg/dL**.



What it is: The amount of glucose in your blood.

Why it matters: Diabetes occurs — or is poorly managed — when blood sugar levels are too high.

Sources: American Diabetes Association; American Heart Association; National Heart, Lung, and Blood Institute; U.S. Preventive Services Task Force

Contact us



Member Services

1-855-232-3596

24 hours a day, 7 days a week

TTY: 711

**AetnaBetterHealth.com/
NewJersey**

24-hour nurse line

1-855-232-3596

24 hours a day, 7 days a week

TTY: 711

March Vision

1-844-686-2724

TTY: 1-877-627-2456

LIBERTY Dental Plan

1-855-225-1727

TTY: 711

LogistiCare

(medical transportation only)

1-866-527-9933

TTY: 1-866-288-3133

Access Link

(non-medical transportation — initial approval may take up to 30 days)

1-800-955-2321

TTY: 1-800-955-6765

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