

## 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 two 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, there is a link between gum disease, higher risk of heart attack and stroke. And conditions like high blood pressure can cause 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 every 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. The bottom number measures pressure when your heart rests between beats.

## 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 reach your health goals, we have special programs to help you get the care you need and prevent health issues in the future. You can learn more online at [AetnaBetterHealth.com/MyDSNP](https://www.aetna.com/betterhealth/mydsnp) or in your Evidence of Coverage. Or call us at **1-855-463-0933 (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 [aetna.com/va26-11](https://aetna.com/va26-11).

# 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? Thinking about switching providers? Here are four 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 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.

## 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 Well-rounded 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 certain aspects of your life. This may include:

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

### Resource spotlight



### We've got you covered: Call us today

Your plan has many valuable resources available to support you and your health. This includes your care team. Are you unsure about how to take your medicines? Or maybe you want to check if you're allowed to do certain activities. Your dedicated care team can help you make health care appointments, manage chronic conditions and more. They are available at **1-855-463-0933 (TTY:711)** 8 AM to 8 PM ET, 7 days a week.



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

Visit [aet.na/va26-12](https://aet.na/va26-12) 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.

### **Reach out for support**

There are many folks at Aetna who are ready to help support you and your health care needs. This includes the Member Services team, 24-Hour Nurse Line\* and your care team.

\*While only your doctor can diagnose, prescribe or give medical advice, the 24-Hour Nurse Line can provide information on a variety of health topics.

### **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 provider's office.

From telehealth visits to a \$0 copay Annual Wellness Visit, your plan makes accessing care easier and more convenient.

### **Use digital tools to manage care**

With your Aetna 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 personalized plan details, manage your prescriptions or find key forms? Log in to your secure member website to access these resources.



### Resource spotlight



#### **Take charge of your health online with MyActiveHealth**

Track your health, set personal goals and get customized tips with this online portal. Easily access tools and resources designed to support your wellness journey. To start, log in at [MyActiveHealth.com](https://www.MyActiveHealth.com).

**Want to learn more about your plan and benefits?** Visit [AetnaMedicare.com/VA-LG](https://www.AetnaMedicare.com/VA-LG) to log in to your secure member website? Or register for your account at [AetnaMedicare.com/VA-RG](https://www.AetnaMedicare.com/VA-RG) today.



## Health and wellness or prevention information

### Have questions or need help with your plan?

Visit [AetnaBetterHealth.com/MyDSNP](https://AetnaBetterHealth.com/MyDSNP) or call Member Services at **1-855-463-0933 (TTY:711)** 8 AM to 8 PM, 7 days a week.

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 *U.S. News & World Report*<sup>1</sup> has recognized us as the Best Medicare Advantage Plan.

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



Find out more inside. →

<sup>1</sup>U.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.

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. This material is for informational purposes only and is not medical advice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Contact a health care professional with any questions or concerns about specific health care needs. Providers are independent contractors and are not agents of Aetna. 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. Participating health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change.