

## HEALTHY ALL YEAR

# Key preventive vaccines

Vaccines, like flu and RSV shots, act like special shields that may help protect you and your loved ones 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 available to help 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.

### ✓ 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. The vaccine may 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 especially in older adults. The vaccine may help protect you from getting sick and spreading the virus to others.

### ✓ Tdap

Tdap protects against:

- Tetanus
- Diphtheria
- Pertussis

Get a booster shot every 10 years to stay protected.

**Remember your annual flu shot**

Your plan covers this important vaccine. Schedule your shot at an in-network pharmacy or your primary care provider's (PCP) office. For more information on your vaccine coverage, check out your Evidence of Coverage (EOC).

**Benefit spotlight**



**Don't miss your annual health survey!** It helps us better understand your health care needs. Call your care team at **1-855-463-0933 (TTY: 711)**, 8 AM to 5 PM ET, Monday through Friday to learn more.

# 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 you can adjust them 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 basic fitness membership 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.

### Care you can trust

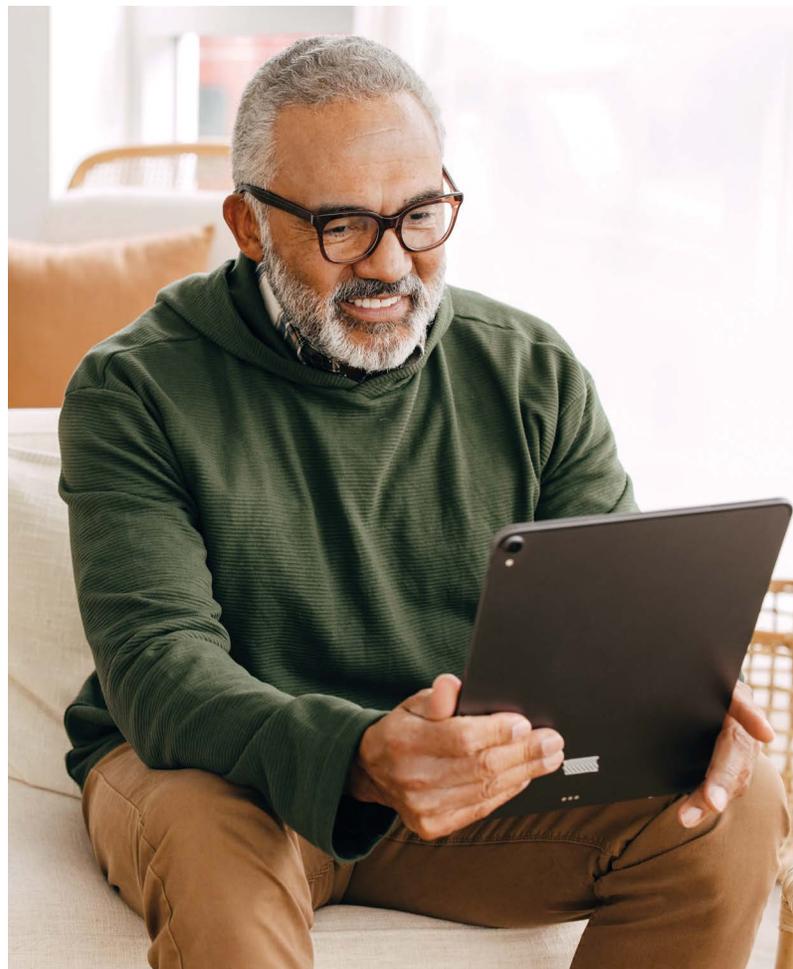
Telehealth can help you take care of your health. With Teledoc®, you can see a health care professional for plan covered services whenever you need to, from anywhere. You can access Teladoc at [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) or by calling **1-855-835-2362 (TTY: 855-636-1578)** anytime.

### Resource spotlight



### Another way to get care

If you'd rather see a provider in person but don't want to wait for an appointment, retail clinics are a great option. You can speak to a licensed health care professional within minutes. Clinics may be located in participating retail locations.



### When to use telehealth

Sometimes seeing a health care provider online or by phone is the better choice. Check with your provider to see if they offer telehealth visits. Here are a few examples of when telehealth may be a good option:

- **Urinary tract infections (UTIs):** If you've had a UTI and know the symptoms, a provider may be able to prescribe medicine without an in-person visit.
- **Seasonal allergies or cold/flu symptoms:** Telehealth professionals can give advice and may prescribe 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 visits for check-ins about long-term health problems like diabetes, heart disease and more.



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

Visit [AetnaBetterHealth.com/MyDSNP](https://www.aetna.com/betterhealth) 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 **1-855-463-0933 (TTY: 711)**, 8 AM to 5 PM ET, Monday through Friday. Se habla español. Or visit **AetnaBetterHealth.com/MyDSNP** for more information.

## Did you know?



There are important vaccines that may 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**

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. Teladoc Health is not available to all members. Teladoc Health and Teladoc Health physicians are independent contractors and are not agents of Aetna. Visit **TeladocHealth.com/Aetna** for a complete description of the limitations of Teladoc Health services. Teladoc, Teladoc Health and the Teladoc Health logo are registered trademarks of Teladoc Health, Inc. 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. SilverSneakers is a registered trademark of Tivity Health, Inc. ©2025 Tivity Health, Inc. All rights reserved.