



Aetna Better Health®

Your Better HEALTH

Summer 2012



Don't let disability limit mammogram tests

Having a disability doesn't need to stop you from getting mammograms.

Yet a large study suggests it might.

That may not come as a big surprise to you. Some things may be harder to do when you have a disability.

The study found that's true with mammograms too.

Some women said clinics didn't have x-ray machines that fit their abilities. Others said it was difficult to pose their bodies for the test.

But mammograms are the best way to find breast cancer early. And the earlier it's found, the easier it is to treat.

That's why it's vital to get regular exams—every two years if you're age

40 to 49. (Once you turn 50, talk with your provider about how often you should have exams.)

Here are some tips that may make it easier for you to get the tests you need.

When you schedule the test

- Tell the staff about your disability.
- Be sure to tell them if you use a wheelchair or other aides.
- Let them know what you can and cannot do.
- Ask if the machine can meet your needs.
- Ask if extra staff will be able to assist you if needed.
- Find out what you need to do or bring.

On the day of the test

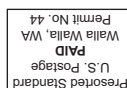
- Wear a blouse that opens in the front.
- Wear a bra that is easy to take off.
- Don't use any deodorant or powder.

Questions or concerns?


Be sure to talk with your provider about any questions or concerns you may have about getting your mammogram.

Source: Centers for Disease Control and Prevention

Breast cancer is the No. 1 type of cancer in women.



Aetna Better Health Illinois
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NATIONAL
ALLIANCE FOR
MENTAL ILLNESS

Here for you

National Alliance for Mental Illness (NAMI) is an organization that works with people with mental illness and their families. They provide information, free classes and support groups to improve the lives of those they work with.

Many contact NAMI for support if they or their family have felt alone because of serious mental illness. NAMI Illinois offers

education and support programs such as Family to Family, NAMI Family Support Groups, NAMI Basics, NAMI Connection Recovery Support Group and Peer to Peer, among others.

To learn more about a NAMI group near you, please visit the NAMI Illinois website, <http://il.nami.org>. Or you can contact your Care Coordinator.

It's almost flu and cold season

As flu and cold season comes up it's important to get a flu shot. This vaccine can help protect against infection and can help reduce your chances of getting pneumonia or being hospitalized for the flu. You can check with your primary care physician to find out when you can get your flu shot.

DID YOU KNOW...?

What is Care Coordination at Aetna Better Health?

You have options for what types of health care you receive. As a member of Aetna Better Health, you have the choice of working with a Care Coordinator to support you and your health care needs. As you decide what health care needs are most important to you, a Care Coordinator is available to help you work towards meeting those goals. You and your Care Coordinator work as a team, along with your health care providers, such as your doctor, hospital or community mental health center. You can also choose to have other individuals, such as a family member or friend, work with you. Care Coordinators are here to help you so that you can make the best decisions about what is important to you.

They work with you and let you know what types of services are available and how best to receive those services. Below are some of the things that your Care Coordinator can help you with:

- Give you information about your health care
- Help you find a provider based on your needs
- Work with your provider to help answer questions
- Work with you and your doctor when you are discharged from a hospital

For more information about how to work with a Care Coordinator, please call Member Services at **1-866-212-2851**.

Advisory Council's Corner

The Member Advisory Council (MAC) met on June 20. Aetna Better Health had its director of Long Term Care speak during the meeting. The director works with the nursing home services and waiver services for our members.

She explained that in the fall, Aetna Better Health will be working with members who already receive these services. During the meeting, she also talked about how she previously did this type of work in Arizona.

Aetna Better Health has information about these services that is available to members. The Council is reading the information to see if there are any changes that should be made. The Council's goal is to help Aetna Better Health by providing ideas for the programs and its members.

Your Better HEALTH

YOUR BETTER HEALTH is published as a community service for the friends and patrons of AETNA BETTER HEALTH ILLINOIS, One S. Wacker Drive, 12th Floor, Chicago, IL 60606.

This newsletter is general health information and should not replace care you get from your doctor. It is not meant to replace advice you get from your doctor. The plan does not provide health care; you must receive health care from your doctor. Always ask your doctor or other health care provider for information about your own health care needs.

Models may be used in photos and illustrations.

AETNA BETTER HEALTH

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