

AETNA BETTER HEALTH[®] OF OHIO

a MyCare Ohio plan



Summer 2016

What does BMI stand for?

BMI stands for body mass index. It's one way to gauge if you're at a healthy weight. The number is based on height and weight.

Your BMI helps you know if your weight is:

- Too low
- In a healthy range
- Too high

Knowing your BMI can help you make decisions about your health. To learn your BMI, use the calculator at www.morehealth.org/bmi.

Source: Centers for Disease Control and Prevention

Make exercise part of your day

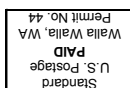
The skin you're in was made to move. Active bodies are healthier and more energized.

Here are a few ways to make exercise a part of your daily life:

- At work, avoid emailing or phoning co-workers. Get up and walk to their desks instead.
- Take a walk during your lunch hour or on work breaks.
- At home, make family time active time. Shoot hoops with the kids after dinner. Or take everyone to park at the park.

- Time for TV? Watch your favorite shows as you pedal a stationary bike or lift weights.
- Chores count too. House work, yard work, washing the car—these can all be physical activities.
- If you can, leave the car at home when doing errands. Walk or bike instead. If you do drive, park at the end of the lot and walk a little farther.

Sources: American Heart Association; Weight-control Information Network





Eat smart for better blood pressure

Here's something to sink your teeth into: The foods you eat can affect your blood pressure.

Some foods may cause blood pressure to go up. But some help keep blood pressure down—or even lower it.

Eat more

Focus on foods that help control your weight. Often, as weight goes up, so does blood pressure. Good choices give your body nutrients it needs

without empty calories. These include:

- Whole grains
- Beans
- Fruits and vegetables
- Low-fat milk

Many of these foods provide fiber that helps fill you up. They can also be good sources of potassium, magnesium, calcium and protein. All of these help with blood pressure control.

Eat less

Foods to avoid include those high in sugar and salt. Soda, baked goods and candy are examples of sugary foods. Much of the salt we get comes from prepackaged

and processed foods. These include:

- Breads and rolls
- Cold cuts and cured meats
- Pizza
- Restaurant foods

If you prefer a structured guide for controlling blood pressure, consider the DASH eating plan. Learn more at www.morehealth.org/DASH.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

How's your blood pressure?

High blood pressure can fool you. With this condition, the force of blood against your arteries is strong enough to harm them. You might think you'd feel that. But that's where high blood pressure is tricky: You can have it for years and not know it.

And that makes it dangerous. Over time, high blood pressure can lead to:

- Heart attacks
- Heart failure
- Strokes
- Kidney failure
- Blindness

Could you be at risk? The short answer is yes. High blood pressure can sneak up on anyone. Some things that may boost your risk are:

- Growing older
- Being overweight
- Eating salty foods
- Not exercising
- Smoking
- Being African American

But you won't know if your blood pressure is too high unless your health care provider checks it regularly. Ask about blood pressure screenings. Because if you do have high blood pressure, it's better to find out. That way you can treat it and control it, which may help you avoid worse problems down the road.

Sources: National Heart, Lung, and Blood Institute; U.S. Department of Veterans Affairs

Mobile app now available

You can now search for a doctor, view your claims and current medications, order a new ID card and more from your iPhone or Android device. Download Aetna Better Health® of Ohio's mobile app from Apple's App Store or Google Play Store today.

Chronic conditions and depression

What's the connection?

Any illness that lasts can affect more than your body. It can also affect your mood. This effect doesn't depend on the type of illness you're living with. You could have heart disease. Or diabetes. Or arthritis or AIDS.

Doctors call illnesses like these chronic diseases. And if you have one, it's easy to feel stressed. You might be in pain. You may be upset or scared if your disease gets worse. You may worry about your future.

Depression takes a toll

Stress like this is why people with a chronic disease often become depressed. And depression can hurt your health even more. You may not eat well or exercise. You may not have

the energy to care for yourself—or take steps to control your disease.

Are you depressed?

Watch out for depression's warning signs. You might:

- Feel hopeless, very sad, anxious or irritable
- No longer enjoy things you once did
- Sleep too much or too little
- Lose your appetite or overeat

If there's any chance you're depressed, tell your doctor right away. Treatment can help.

Sources: American Psychological Association; National Institute of Mental Health

Understanding NCDs

The Centers for Medicare & Medicaid Services (CMS) sometimes changes coverage rules for a benefit or service. When this happens, CMS issues a national coverage determination (NCD).

NCDs tell us:

- What's covered
- What's changing
- What Medicare pays

We post NCDs on our website at least 30 days prior to the effective date. To view them, visit www.aetnabetterhealth.com/ohio. Then go to "For Members," then "Aetna



Better Health of Ohio (Medicare-Medicaid)," then click "Member Materials and Benefits." You can also visit www.cms.gov for more

information. Once on the website, click on "Medicare," then type "national coverage determination" in the search box. Or call us at the number on your member ID card.

Be safe when it's sunny

Summer means hot days and outdoor adventures. It also means taking extra steps to keep your family safe from too much sun.

The sun can damage skin. Too much sun can lead to wrinkles, age spots and skin cancer.

Heat illnesses, such as heatstroke, are another concern. Children and older adults are most at risk. To protect against heat illnesses:

- Drink plenty of water to stay hydrated.
- Keep inside when it's hot. If it is very hot and you don't have air conditioning at home, go someplace cooler, like the library.
- Stay in the shade when you're outdoors.
- Use sunscreen. Choose a type that has a sun protection factor (SPF) of at least 30 and that protects from both UVA and UVB rays. Apply more every two hours.
- Wear clothes that will protect your skin, such as long-sleeved shirts and wide-brimmed hats.

Sources: American Academy of Dermatology; American College of Emergency Physicians; Centers for Disease Control and Prevention



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Here's what our members get with Safelink Wireless :

- A no-cost cellphone
- 350 no-cost minutes a month
- No-cost unlimited text messaging
- No-cost calls to Aetna Better Health® of Ohio Member Services
- No-cost text messages, including health tips and appointment reminders

You can sign up for this new program anytime. Choose the way that's easiest for you:

- Visit www.safelink.com to apply online.
- Call SafeLink at **1-877-631-2550** to apply over the phone.

Questions? Call Member Services anytime at **1-855-364-0974** or hearing impaired TTY/TDD call **711**.



Aetna Better Health® of Ohio is a health plan that contracts with both Medicare and Ohio Medicaid to provide benefits of both programs to enrollees.

Limitations and restrictions may apply. For more information, call Aetna Better Health® of Ohio Member Services at **1-855-364-0974** (TTY: **711**), 24 hours a day, 7 days a week, or read the Aetna Better Health® of Ohio Member Handbook.

Benefits may change on Jan. 1 of each year.

You can get this information at no cost in other languages. Call

1-855-364-0974 (TTY: **711**), 24 hours a day, 7 days a week. The call is at no cost.

Puede obtener esta información en otros idiomas de manera gratuita. Llame al **1-855-364-0974** y TTY al **711**, 24 horas al día, 7 días de la semana. Esta llamada es gratuita.

This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs.

Aetna Better Health® of Ohio, a MyCare Ohio plan (Medicare-Medicaid Plan)

is a health plan that contracts with both Medicare and Ohio Medicaid to provide benefits of both programs to enrollees. You can get this information at no cost in other languages. Call **1-855-364-0974** or TTY: **711**, 24 hours a day, 7 days a week. The call is at no cost.

The benefit information provided is a brief summary, not a complete description of benefits. Limitations and restrictions may apply. For more information, call Aetna Better Health® of Ohio Member Services at **1-855-364-0974** or read the Aetna Better Health®

of Ohio Member Handbook. Benefits, List of Covered Drugs, pharmacy and provider networks may change from time to time throughout the year and on Jan. 1 of each year.

Models may be used in photos and illustrations.

Contact us

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1-855-364-0974

TTY: **711**

www.aetnabetterhealth.com/ohio

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