

# wellness & you

Your Aetna® member newsletter

## HEALTHIER ALL YEAR

# Find joy everyday

### Hello

Have a case of the holiday blues? This means feeling sad or lonely near the end of the year. Discover strategies to help ease these feelings. And remember to talk to your provider if your blues are stopping you from doing things you enjoy.



### Stay connected

Reach out to friends and neighbors. A phone call or text can make a big difference. Or check with your local community center for groups and activities.



### Have fun

Try a new recipe, decorate your home or listen to holiday tunes. You may even start a new holiday tradition.



### Volunteer

This is a rewarding way to connect with others and give back to the community. Many organizations (like senior centers, libraries and food banks) need extra help during the holidays.



### Prioritize self-care

Take time for yourself. Self-care can help lower stress and improve your overall well-being. Examples include yoga, having a warm bath or reading your favorite book.

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

Your plan has many valuable resources that are ready to support you and your health. This includes your Member Services team and care team. Member Services can help answer questions about your plan and benefits. You can call them at **1-855-463-0933 (TTY: 711)** from 8 AM to 8 PM ET, 7 days a week. And your dedicated care team can help you make health care appointments, manage chronic conditions and more. They are available at the phone number above from 8 AM to 5 PM ET, Monday through Friday.

**Physical activity can help you beat the blues, too.** Your plan includes a basic fitness membership through SilverSneakers® to access online or in-person exercise and wellness classes. Learn more at **SilverSneakers.com**.

# Cancer prevention as you age



Did you know there are steps you can take to help lower your risk of cancer? Many common cancers—including colon, prostate, lung and breast cancer—can often be prevented or caught early through proactive care. Health care appointments, a nutritious diet, sun protection and avoiding tobacco all play a role in keeping your whole body healthy. Here's how you can start making small changes today that can have a big impact on your long-term well-being.

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<sup>1</sup> American Cancer Society. Find cancer early. Available at: [Cancer.org/cancer/screening.html](https://cancer.org/cancer/screening.html) Accessed September 5, 2025.

## 1. Get screened

Your provider can help make sure you get the screenings you need, when you need them. Common screenings may include:

- **Colonoscopy.** Most adults get regular colon screenings starting at age 45.<sup>1</sup>
- **Prostate-specific antigen test (PSA).** This test checks men for prostate cancer. Screening usually starting at age 50.<sup>1</sup>
- **Mammogram.** This breast screening is recommended for most women starting at age 45. Screening is important for men too especially when there is family history of the condition.

These screenings are covered by your plan and can help catch any problems early, when they are often easier to treat.

## 2. Eat the rainbow

A healthy diet is one of the best ways to prevent cancer. Fill your plate with colorful fruits such as apples, oranges and blueberries and vegetables such as potatoes, spinach and carrots.

## 3. Don't smoke

Smoking is bad for your health and can cause many types of cancer. We'll help you quit smoking. Your plan covers visits with a licensed counselor.

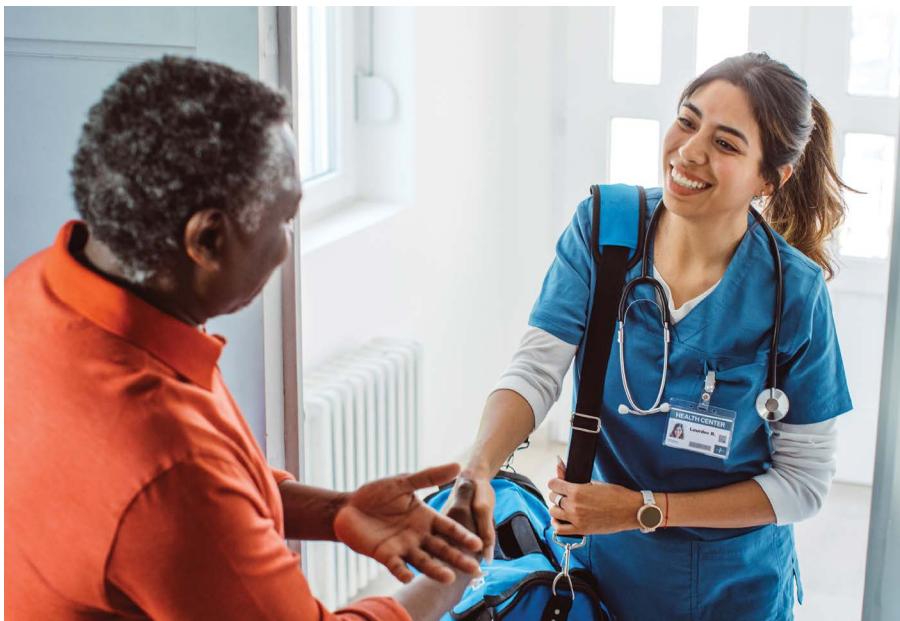
## 4. Protect your skin

While some sunlight is good for you, too many harmful rays may lead to skin cancer. Apply sunscreen with SPF 30 or higher to protect yourself from harmful rays. Reapply every two hours.

**Don't forget your annual flu shot.** This important vaccine is covered by your plan. Your care team can help you schedule your vaccine today. Call them at **1-855-463-0933 (TTY: 711)** from 8 AM to 5 PM ET, Monday through Friday.

# Help for pain is here

Did you know that chronic pain impacts 1 in 5 Americans? Fortunately, there are strategies and resources available to help you manage chronic pain and live a more comfortable life. Here's what to know.



## 1 Therapy

Chronic pain can make you feel down and even lead to depression and anxiety. A therapist may help. Your plan offers covered mental health services that let you speak to a therapist, online or in-person.

## 2 Prescription pain medication delivery

Taking your chronic pain medication as prescribed is key for pain management. With CVS Caremark® mail service pharmacy, you can get your medicine sent to you. This can help you get the treatment you need while you rest and recover at home.

## 3 Healthy Home Visit (HHV)

A Healthy Home Visit (HHV) is another convenient way to get care. Members can get one covered visit per year provided by Signify Health® at no added cost. During the visit, a licensed Signify Health® provider will come to your home or connect with you online via telehealth.

## We work with you to get the right care

Our utilization management (UM) program ensures you get the right care, in the right setting when you need it. Below are examples of how the utilization management program works for you.

- We make decisions by looking at your benefits and clinical guidelines for appropriate care and service.
- We consider your needs, evidence-based practice and availability of care.
- We don't reward doctors or others for denying coverage or care. Nor do our employees get incentives to reduce your services.

If you have questions about UM or how to access a copy of clinical practice guidelines, call Member Services at the number on your member ID card. They can also help with language translation or assistance.

## Tips to ease pain

- ✓ Stretch before getting out of bed
- ✓ Go for a morning walk
- ✓ Take a warm shower
- ✓ Rub the pain away
- ✓ Switch up your sleeping position



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

Visit [AetnaBetterHealth.com/MyDSNP](http://AetnaBetterHealth.com/MyDSNP) 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)** from 8 AM to 5 PM ET, Monday through Friday. Se habla español. Or visit **AetnaBetterHealth.com/MyDSNP** for more information.

## Did you know?



You can lower your risk of cancer by getting regular screenings and more.



Staying connected with others this holiday season is one way to beat the winter blues.



You're covered for benefits that can help you manage chronic pain.



**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. SilverSneakers is a registered trademark of Tivity Health, Inc. ©2025 Tivity Health, Inc. All rights reserved. Aetna and CVS Caremark® Mail Service Pharmacy are part of the CVS Health® family of companies. Aetna and Signify Health® are part of the CVS Health® family of companies. 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.