



# Stay healthy



**MyCareOhio**  
Connecting Medicare + Medicaid

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

[AetnaBetterHealth.com/Ohio](https://AetnaBetterHealth.com/Ohio)

## New for 2023: Enhanced OTC benefit + \$600 annual Extra Benefits Card\* for healthy foods and utilities

At **Aetna Better Health of Ohio**, our goal is to provide you with the best service and care possible, because your health is our top priority. That's why we partnered with **NationsBenefits®** to offer eligible members a **Benefits Prepaid Mastercard®** for the 2023 plan year.

With this prepaid card, Aetna Medicare-Medicaid members may qualify for **one card with two benefits** starting **January 1, 2023**, as follows:

**1. Over-the-counter (OTC) benefit:** \$105 per quarter to buy OTC items like medicine, vitamins and personal care

**2. Extra Benefits Card\* for healthy foods and utilities:** \$150 per quarter for members with specific chronic conditions to use toward food and utilities

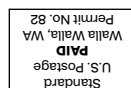
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**Winter 2023**

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APPROVED



Aetna Better Health® of Ohio  
7400 W. Campus Road  
New Albany, OH 43054




## Extra Benefits Card\*

 The Extra Benefits Card is a new benefit for Aetna Medicare-Medicaid members with specific chronic conditions. In addition to the OTC benefit, eligible Aetna members will also have access to an additional \$150 per quarter to help cover the cost of utilities and healthy food expenses at approved locations. Members choose how to spend funds toward eligible expenses. Funds will be automatically loaded to the prepaid Mastercard® upon confirmation of eligibility.

The call representative can tell you if you are eligible for these benefits. Once you activate your card, you can start using it to shop online at **AetnaBetterHealth.com/Ohio/members** and/or in-store at participating retail locations near you.

When at a retail location, simply swipe your card for payment, and the charges will go against the appropriate allowance based on your benefit allotment. Funds do not roll over each quarter.


*\*Must meet certain medical condition criteria to qualify. The benefits mentioned are a part of a special supplemental program for the chronically ill. Not all members qualify.*

 If you have any questions, please call **1-855-364-0974 (TTY: 711)**. We hope you enjoy this new benefit!

## New for 2023: Enhanced OTC and Extra Benefits Card\*

*Continued from front page*

### Over-the-counter (OTC) benefit

 Aetna Medicare-Medicaid members can use their \$105 quarterly OTC benefit at more participating locations in 2023. In addition to CVS stores, members can also use their prepaid card at Walmart, Kroger, Giant Eagle and more. Visit **AetnaBetterHealth.com/Ohio/members** to view the OTC catalog. Members can request a prepaid OTC debit card by calling **1-855-364-0974 (TTY: 711)**.

## You can help make health care better!


Share your experience, good or bad. Every year, the Centers for Medicare & Medicaid Services (CMS) sends a survey in the mail. Your answers can help CMS learn how you're doing. It also tells them how you think we're doing. Survey questions cover:


- Your experience with your providers
- Your health plan benefits
- Your experience with getting the care you need


You'll be helping the health care system work better for you. If you receive a survey, please take some time to complete it.


## Combine your Medicare and Medicaid benefits with Aetna Better Health today


Did you know that we can also cover your Medicare benefits under one plan at **no cost to you**? Because you have Medicare and Medicaid, you can choose Aetna to cover all of your **medical, pharmacy and dental services** and get **extra benefits** like:


 One care manager to help you with all of your care needs for both Medicare and Medicaid


 One health plan to call if you have questions about your coverage

 One member ID card for both your Medicare and Medicaid services

 \$105 **per quarter** to spend on over-the-counter benefits


 \*\$150 per quarter Extra Benefits Card for healthy foods and utilities for Aetna Medicare-Medicaid members with specific chronic conditions\*


 30 one-way transportation trips to health-related locations per year

 Membership with the SilverSneakers fitness program



Interested? Just call the Medicaid Consumer Hotline at **1-800-324-8680**. Tell them you are ready for Aetna to provide your Medicare and Medicaid coverage.

 Access to the federal no-cost cell phone program — offers a cell phone at no cost to you

 Extra podiatry (foot) visits

 Extra dental visits

And if you need help staying in your home, Aetna covers

personal care aides, emergency response systems, home-delivered meals and more!

Don't miss out any longer. Let us be the one health plan to cover all of your needs at no cost to you. For more information, visit **AetnaBetterHealth.com/Ohio/members** or call **1-855-364-0974 (TTY: 711)**.

*\*The benefits mentioned are a part of a special supplemental program for the chronically ill. Not all members qualify.*





## Getting a ride to the doctor: 3 things you should know

Did you know your health plan provides rides to your doctor? You may be eligible for a ride to your covered health care services. Plus, members who are enrolled with Aetna Better Health of Ohio to cover both their Medicare and Medicaid benefits are eligible for enhanced transportation — 30 round trips or 60 one-way trips per year!

Please note: If you have problems when using the

transportation benefit, it is important that you call Aetna Member Services at **1-855-364-0974 (TTY: 711)** for immediate assistance.

Here are three things you should know about Aetna's transportation benefit:

1. Starting January 1, 2023, Aetna Better Health of Ohio has chosen MTM to provide transportation services. When you call MTM to schedule a ride, they will assign it to a local transportation company. Your assigned driver will pick you up before your appointment and return to take you home when your appointment is over.
2. Have your own car? Or a friend or family member who drives you? You may qualify for **gas mileage reimbursement!** Call MTM at **1-888-889-0094** before your appointment to complete and submit the required form. Go to **MTM-Inc.net/Mileage-Reimbursement** to find the form. MTM reimburses \$0.62 per mile.
3. Prefer self-service options? MTM has a mobile app that makes it easy for you to book your rides! The MTM Link app can be used on any mobile device. Using the app, you can schedule, cancel, modify and review your trips 24/7, without calling to speak to a representative. Find the app at **MTM-Inc.net/MTM-Link**.



Not sure if you qualify for a ride? Want to learn more?  
Call MTM at **1-888-889-0094** or Aetna Member Services at **1-855-364-0974 (TTY: 711)**.



## 6 ways to prevent high blood pressure

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range. Preventing high blood pressure can lower your risk for heart disease and stroke. Practice the following healthy living habits:

- 1. Eat a healthy diet.** Choose healthy meal and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables rich in potassium, fiber, and protein and lower in salt and saturated fat.
- 2. Keep yourself at a healthy weight.** Being overweight or obese increases your risk for high blood pressure. Talk with your doctor about ways to reach a healthy weight, including choosing healthy foods and getting regular physical activity.
- 3. Be physically active.** Physical activity can help keep you at a healthy weight and lower your blood pressure. The Physical Activity Guidelines for Americans recommends that adults get at least 2 hours and 30 minutes of exercise, such as brisk walking or bicycling, every week. That's about 30 minutes a day, 5 days a week.
- 4. Do not smoke.** Smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.
- 5. Limit how much alcohol you drink.** Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than 2 alcoholic drinks per day, and women should have no more than 1 alcoholic drink per day.
- 6. Get enough sleep.** Getting enough sleep is important to your overall health, and enough sleep is part of keeping your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure and stroke.

To help monitor your blood pressure, your over-the-counter benefit covers the cost of a blood pressure monitor. Contact Member Services for more information!

Source: [CDC.gov/BloodPressure/Prevent.htm](https://www.cdc.gov/BloodPressure/Prevent.htm)



## Cancer screenings can help you stay healthy

It is important to screen for cancer because it can allow you and your doctor to find the disease early, when it is often easier to treat. Even if you're feeling good and have no problems, complete your colorectal and breast cancer screenings — it could save your life.

Plan ahead — contact your provider today to help you schedule your next screenings.

### **Colorectal cancer screening**

Preventive colorectal cancer screenings are covered at no extra cost to you. There are several different types of screenings you can get. They include stool tests and studies that use a scope to look at your bowels.

An in-home screening can be done without ever leaving your home and needs to be done every year. If you prefer a colonoscopy, you may only need it done every 10 years. Talk to your doctor about which screening is right for you.

Best practice is for all adults who are 45 to 75 years old to have regular screenings for colorectal cancer. Individuals over 75 years of age should discuss screening options with their doctor.

### **Breast cancer screening**

Preventive breast cancer screenings are covered at no extra cost to you. This is a screening mammogram, or

low-dose x-ray, that allows specialists to look for changes in breast tissue. When you get regular mammograms, doctors may find and treat changes in the breast early, before they become more serious. It's one of the most important things you can do for your health — and it usually takes less than 15 minutes.

Based on clinical guidelines, women who are 50 to 74 years old and are at average risk for breast cancer should get a mammogram at least once every two years. Women who are younger than 50 years of age or older than 74 years of age should discuss screening options with their doctor.



For more information, please refer to [CDC.gov/Cancer/DCPC/Prevention/Screening.htm](https://www.cdc.gov/Cancer/DCPC/Prevention/Screening.htm).



## Spot scams

These tips can help you recognize and avoid fraud

Scams are common — and they can seem real. Anyone can be a target, but some scams focus on older people. When you know the signs of a scam, you can take steps to avoid them.

### Spotting scams

Many scams happen online or on the phone. Scammers often ask for money or personal information. That might include your Social Security number or even your health insurance information. Here are a few common scams to look out for.

**Imposter scams.** Some scammers claim to be from a government organization. That might be the Internal Revenue Service or Medicare.

**Tech support scams.** You might see an error message on your computer with a number to call for help. Or the scammer might call or text you to ask for money, information or access to your computer.

**Personal scams.** Scammers may pretend to be someone you know, such as a grandchild. Or they may take time to get to know you as a romantic partner. In these cases, they usually ask to borrow money for help with an emergency.


### Avoiding scams and fraud

**Slow down.** Most scams pressure you to act quickly. Get off the phone or the computer. Then take your time to think before you act. Talk it over with a friend or family member.

**Check ID.** Caller ID can be faked. Look up the phone number on your own, then call to make sure the person contacting you is legitimate.

**Don't pay with a gift card.** Real companies and organizations will not ask to be paid with gift cards.



 If you have been scammed, be sure to report it. The National Elder Abuse Hotline can help. Call **1-833-FRAUD-11 (1-833-372-8311)**.

Sources: *FBI.gov; Federal Trade Commission; HelpGuide.org; National Council on Aging; Office for Victims of Crime*

## How strong are your bones?

That's a good question to ask yourself as you get older.

Over the years, our bones can become thin and weak as they lose bone mass. This can lead to osteoporosis, when bones become so fragile that they easily break.

### How can you tell?

Osteoporosis can sneak up on you. In fact, a broken bone is often the first sign. All it might take is a minor bump or fall.

In severe cases, a broken bone in the spine can even happen when you bend, lift or cough.

This type of fracture can cause:

- Severe back pain
- Loss of height
- A hunched posture



It's a good idea to tell your doctor if you've noticed any of these symptoms. And be sure to mention if you've ever broken a bone.

### Why does the doctor need to know?

Your doctor can tell you if you need a bone density test. That's a special kind of x-ray that can show if you have

bone loss. If you do, treatment may help keep your bones from getting weaker.

Even if you don't have symptoms, you may need a bone density test if you are:

- A woman over 65
- A younger woman with risk factors for osteoporosis

*Source: National Institutes of Health*

### Contact us



Aetna Better Health® of Ohio  
7400 W. Campus Road  
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**1-855-364-0974 (TTY: 711)**  
**[AetnaBetterHealth.com/Ohio](https://www.aetnabetterhealth.com/ohio)**

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. This is not a complete list. The benefit information is a brief summary, not a complete description of benefits. For more information, contact the plan or read the Aetna Better Health® of Ohio Member Handbook. This newsletter contains general health information that should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. Models may be used in photos and illustrations. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved.

**National Coverage Determinations:** 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 and what Medicare pays. We post NCDs on our website at least 30 days prior to the effective date. To view them, visit **[AetnaBetterHealth.com/Ohio](https://www.aetnabetterhealth.com/ohio)**. Then go to For Members > Aetna Better Health of Ohio (Medicare-Medicaid) > Member Materials and Benefits. You can also visit **[CMS.gov](https://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.

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