

Aetna Better Health® of Ohio | a MyCare Ohio plan



Choosing well

Spring 2020

In your corner: An expert on eating right

To stay well, it's important to eat well. That's especially true if you have special health needs. But it's not always easy. Luckily, there's an expert who can help you figure it out.

A registered dietitian can come up with an eating plan just for you. You might see one if:

You have a chronic health problem. A dietitian can help people with conditions like:

- Diabetes
- High blood pressure
- Heart disease
- A digestive problem
- A food allergy

The right food choices can help you stay on top of these conditions — and avoid complications.

You're considering weight-loss surgery. Your stomach can only

manage small portions after surgery. But you can learn how to get the nutrients you need.

You're pregnant — or hoping to be. You can find out how to nourish your body and your baby.

You need to gain or lose weight. Your dietitian can design an eating plan to help you gain or lose pounds in a healthy way.

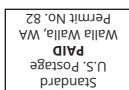
You're caring for an aging parent.

You can get help understanding:

- A special diet your parent may need
- How to prevent dangerous food and drug interactions
- How taste buds change with age

In some cases, these visits might be covered by your health plan. Talk with your doctor or call Member Services to find out more.

Source: Academy of Nutrition and Dietetics





Five ways to cut back on added sugars

If you pay attention to dietary headlines, you've probably heard the fuss over foods with added sugars. You might wonder: How could something so deliciously sweet be so bad for your health?

First, it's important to remember that sugars occur naturally in many foods, from milk to fruit. That's not the issue here.

Instead, we're talking sugars, syrups and caloric sweeteners that are added to foods when they're processed or prepared. If their calories make up too much of your diet, you may not have room for other nutritious choices. Diets that limit added sugars are linked to a reduced risk of obesity and some chronic diseases.

Where's the extra sugar?

Everyone knows candy, cookies, cakes and regular sodas have added sugars. But added sugars are also listed on food labels under dozens of different names. Among them: cane sugar, syrup, brown sugar and many words ending in *ose* (like fructose or dextrose).

Added sugars can be a part of a nutritious diet — you don't have to shun them all. However, you should limit them to less than 10% of your daily calories. To help cut back:

1. Choose fruits for desserts or snacks. Add fruit (instead of sugar) to cereal. Make a peanut butter sandwich with bananas or berries instead of jelly or jam.
2. Shop for foods with less or no added sugar. For instance,

choose plain (instead of flavored) yogurt — just add your favorite fruit. Use unsweetened applesauce. Try fruit canned in water or natural juices rather than heavy syrup.

3. Swap your usual sweetened soda, punch or energy drink for water or milk.
4. When baking, try using only half the amount of sugar. Chances are, nobody will notice.
5. Have candy, cookies and other sweets only once in a while.

Limiting added sugars is just one of many smart things you can do to have a healthy eating plan. For more ideas, check out **ChooseMyPlate.gov**.

Sources: Academy of Nutrition and Dietetics; American Heart Association; U.S. Department of Agriculture

Ten steps to add more joy to your life

Henry Wadsworth Longfellow once wrote, "Into each life some rain must fall."

If you sometimes feel like your life is one downpour after another, it's time to find some joy. And it's easier than you might think.

Being joyful has the power to help you bounce back from stressful events, solve problems, think flexibly and even fend off diseases.

So without further ado, here are 10 simple ways to make your days brighter:

1. **Do something you loved as a kid.** Sing silly songs, splash in puddles or see how high you can swing.
2. **Laugh at life's hassles.** No day is perfect. But there's often something at least a bit amusing in challenging situations if you look for it.
3. **Collect sayings or photos that make you smile.** Then stick them where they're visible — on your refrigerator or at your desk, for instance — to look at when you need a pick-me-up.
4. **Play a song you love.** Imaging tests of brains show that music can release feel-good hormones.
5. **Go for it.** Stop putting experiences you want to try on hold. Bake a pie from scratch, learn to crochet or sign up for an indoor climbing class — explore what intrigues you.
6. **Take a nature break.** Look up at the sky, and see how blue it really is. Go on an early-morning walk, and delight in the dew on the grass. Let nature's beauty soothe you.
7. **Take a mental break.** Close your eyes and imagine a place you love. Use all your senses. Are you drawn to the beach? Smell the salt water, feel the sun on your back and hear the crashing waves.
8. **Spread happiness.** When you get good news, don't keep it to yourself — tell a friend. You'll relive the moment and have the extra pleasure of your friend's reaction.
9. **Seek out happy people.** Good moods are contagious.
10. **Develop your playful side.** Joke with strangers in line, arrange nights out with friends or have a regular game night with your family.

Sources: *HelpGuide*; *Mental Health America*



Why constant worrying is unhealthy

Excessive worrying is bad for your physical and mental health.

It can cause:



Insomnia



Headaches



Stomach problems



Difficulty concentrating

It may lead you to self-medicate by:



Drinking alcohol



Using drugs



Spacing out in front of your TV or computer

If you feel your worrying is out of control, talk to your doctor. He or she may be able to recommend a therapist who can help you.

Source: *HelpGuide.org*

Good for your body and soul

For exercise, there may be nothing like the great outdoors

Is the gym your usual go-to place for exercise? Then you may need a change of scenery, and one with lots of it: the great outdoors.

If you need a nudge to move your exercise outside, there's plenty of incentive.

Research suggests that outdoor exercise delivers health benefits that can't be duplicated indoors. A key one is a bigger boost in positive emotions.

One study, for example, found that outdoor workouts can lift your mood more and help you feel more energetic and revitalized than indoor ones. Another found that as few as five minutes of outdoor exercise can improve self-esteem, especially if you're near greenery or water.

Moving your workouts outdoors also lets you:

Connect with nature. That's one of the best perks of outdoor exercise. Think of it this way: Where are you likely to enjoy exercise more, on a treadmill in a crowded gym or on a hiking trail in a nearby park?

Save money. You don't need a gym membership. The outdoors belongs to all of us.



Potentially burn more calories.

When you're jogging or biking outdoors, a strong headwind can help you burn more calories. You have to work harder to overcome the wind's resistance.

Get out and enjoy!

So rather than staying cooped up inside, take a brisk walk either alone to clear your mind or with a buddy to socialize. Work out your muscles on a local hill, bike on a neighborhood street, or walk one lap and jog the next at a nearby school track.

Or treat yourself to a walk in the woods, in a meadow or along a stream at a park. See if a park close by offers an exercise boot camp or a yoga class or has exercise equipment. Many parks do now.

You can turn exercise into family time too. Play on a playground with your child (or grandchild), or take a nature hike together. After all, everybody deserves to have fun outdoors.

Source: American Council on Exercise

National Coverage Determination

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 **[AetnaBetterHealth.com/Ohio](https://www.aetna.com/betterhealth/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.

[AetnaBetterHealth.com/Ohio](https://www.aetna.com/betterhealth/ohio)

Pack the perfect picnic basket

Looking for a fun (and inexpensive) weekend activity to do with friends and family? Nothing says summer like an old-fashioned picnic.

Whether you picnic in a park or in your own backyard, packing something tasty and healthful is easier than you might think. Start by following these five tips:

1. **Bring what's in season.** From berries to cherries, bell peppers to green beans, many fruits and veggies are freshest in summer. So make a colorful and healthful variety a part of your picnic. Enjoy them raw with a low-fat dip. Fill a container with a fresh-fruit medley. Make a chopped-veggie salad with brown rice and beans. Or top a green salad with sweet berries.
2. **Reimagine your sandwich.** A PB&J isn't your only picnic-friendly option. Try a

whole-wheat wrap with lean turkey and low-fat cheese. Add lettuce, spinach, avocados and tomatoes for a healthy dose of vegetables. Or how about noshing on a chicken, olive oil, feta and tomato combo?

3. **Make it fun to eat.** Use cookie cutters to turn your kids' sandwiches into interesting shapes that even fussy eaters can't ignore. Kids also love fruit and vegetable kebabs. Serve them with a sweet or savory yogurt dip.
4. **Pack a thirst-quencher.** Fill a water bottle with 100% fruit juice, ice and sparkling water. Add lime, orange or strawberry slices.
5. **Don't spoil your picnic.** Hot temperatures can quickly turn good food bad. To help steer clear of food poisoning:

- Place perishable food in a cooler with ice or frozen gel packs. Park the cooler in the shade. If you don't have a cooler, you can safely bring nonperishables to the picnic like fruits and veggies, hard cheese, canned fish, or peanut butter to pair with bread or crackers.
- If you're going to grill, keep raw meats separate from other foods. And use a thermometer to make sure meat is thoroughly cooked.

One final tip: Picnickers of all ages will want to do things besides eat. So bring something to play with. Pack a ball to toss or kick. Or pack some paper and colored pencils, and invite everyone to draw nature.

Sources: Academy of Nutrition and Dietetics; American Institute for Cancer Research; International Food Information Council; U.S. Department of Health and Human Services



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 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
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 - Qualified interpreters
 - Information written in other languages

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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Multi-Language Interpreter Services

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-800-385-4104** (TTY: **711**).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-385-4104** (TTY: **711**).

Chinese: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-385-4104** (TTY: **711**)。

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-385-4104** (TTY: **711**).

Arabic: ملحوظة إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-385-4104** (رقم هاتف الصم والبكم: **711**).

Pennsylvania Dutch: Geb Acht: Wann du Deitsch Pennsilfaanisch Deitsch schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call **1-800-385-4104** (TTY: **711**).

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-385-4104** (телетайп: **711**).

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Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-385-4104** (TTY: **711**).

Cushite (Oromo): XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa **1-800-385-4104** (TTY: **711**).

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-385-4104** (TTY: **711**) 번으로 전화해 주십시오.

Italian: ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-385-4104** (TTY: **711**).

Japanese: 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。**1-800-385-4104** (TTY: **711**) まで、お電話にてご連絡ください。

Dutch: AANDACHT: Als u nederlands spreekt, kunt u gratis gebruikmaken van de taalkundige diensten. Bel **1-800-385-4104** (TTY: **711**).

Ukrainian: УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером **1-800-385-4104** (телетайп: **711**).

Romanian: ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la **1-800-385-4104** (TTY: **711**).

Somali: FEEJIGNAAN: Haddii af-Soomaali aad ku hadasho, adeegyada gargaarka luqadda, oo bilaash ah, ayaad heli kartaa. Wac **1-800-385-4104** (Kuwa Maqalka ku Adag **711**).

Nepali: ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्न भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ। फोन गर्नुहोस् **1-800-385-4104** (टिस्टवाइ: **711**) ।

Six ways to weather the worst of spring allergies

Spring brings welcome sunshine and warmer temperatures. For people with seasonal allergies, it can bring months of misery too. Pollen and mold can cause itchy eyes, coughing, sneezing and wheezing.

The good news: You don't have to suffer if you know what to do. Here's how to keep symptoms at bay so you can enjoy spring:

- **Start meds sooner.** Allergy symptoms can start well before April or May. Trees start releasing their pollen on warm winter days. Once you're exposed, your system reacts. Take your medicines as soon as the weather calls for a streak of spring-like days.
- **Spring clean.** Sweep away any dust or cobwebs that gathered over winter. Vacuum dog and cat hairs from where pets sit and sleep. Furry friends can track in pollen from outdoors.
- **De-mold.** Mold grows where there's moisture. Look for it in bathrooms, basements and other damp places.
- **Keep windows shut.** You may want to welcome spring with open windows, but pollen can drift indoors along with the fresh air. Inside, it can settle on carpets, furniture and bedding.



If the weather is warm, use an air conditioner.

- **Visit the doctor.** An allergist can test you and suggest the best treatments for your allergies. That may include allergy shots. If you're given medicine, take it as your doctor instructs.
- **Watch the clock.** Depending on the season and what type of

pollen you're allergic to, pollen levels may be better or worse at certain times of the day. Look up when pollen counts are lowest, and plan outdoor activities around those times.

Sources: American College of Allergy, Asthma & Immunology; American Lung Association


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