

HEALTHIER ALL YEAR

Brush for your whole body

Hello

A healthy mouth can lead to a healthier you. Good oral hygiene may lower the risk of conditions like heart disease, diabetes and memory loss. Too many germs in your mouth can spread through the blood and cause harm. Here's how your mouth affects other parts of your body.



1

Your mouth and brain

Did you know your mind may benefit from healthy gums? If germs end up in your bloodstream, that may affect parts of your brain that control memory and thinking.

2

Your mouth and heart

Healthy gums can help keep your heart strong. Bacteria from gum disease can cause inflammation in your arteries. This may increase the risk of heart disease and stroke.¹

¹ American Academy of Neurology. Accessed at aan.com/PressRoom/home/PressRelease/5290 October 22, 2025. Accessed February 6, 2026.

3

Your mouth and lungs

Germs from your mouth can move into your airway and raise the risk of lung infections like pneumonia. Gum disease can also make chronic lung conditions, such as chronic obstructive pulmonary disease (COPD), harder to manage.

6 ways to have a healthier smile

Small daily habits can help keep you healthy. Here are a few to try:

- Brush your teeth twice daily
- Don't forget to floss
- Brush your tongue
- Replace your toothbrush every three to four months
- Limit sugary foods and drinks
- Schedule regular dental cleanings

Benefit spotlight



Brush up on your dental coverage

Your plan covers oral exams, cleanings and x-rays. To learn more about your dental benefits, access your Summary of Benefits at aetna.com/VA26-21. Or log into your secure member website at AetnaMedicare.com/VA-LG. Not registered yet? Visit AetnaMedicare.com/VA-RG to sign up today.

Need a new dentist? Visit aetna.com/VA26-22 to find an in network provider near you.

Your guide to fall prevention

Falls are one of the most common causes of injury for people aged 65 and older. Each year, there are about 3 million emergency room visits due to falls from adults this age.¹ But there are effective ways to lower your risk. This guide offers tips to help you feel more confident and steadier on your feet.



1

Check your fall risk

The first step to prevent falls is to know your risk. Your provider can help assess your fall risk during your covered Annual Wellness Visit. They'll ask you questions about walking, balance and any past falls.

They may also:

- Test your strength and movement
- Review your medicines
- Check your blood pressure

2

Protect your senses

Good vision and hearing can help maintain overall health, including your risk of falls and injury. Remember to schedule yearly eye and ear exams. They can help you stay

steady on your feet and aware of your surroundings. Looking for an in-network eye or ear care provider? Visit aet.na/VA26-22 today.

3

Stay safe if you fall

Sometimes falls happen, even with the best precautions. But knowing how to fall safely and what to do afterward can help prevent serious injuries.

Tips for falling safely:

- Stay loose. Try not to tense up.
- Bend your knees and elbows to soften the landing.
- If you can, roll with the fall instead of landing flat.
- Protect your head by tucking your chin or turning your face.
- Aim to land on soft parts of your body, like your thighs or backside. Try to avoid landing on your wrists or hips.

Emergency help anytime, anywhere

We cover a personal emergency response system that gives you 24/7 access to help in an urgent situation. This includes the device (in-home, mobile with GPS or smartwatch), shipping, setup, monitoring and customer service. Optional fall detection and a medical alert lockbox are available. To learn more, call your care team or Member Services at the number on your member ID card.

¹ Centers for Disease Control and Prevention. Accessed at: cdc.gov/falls/data-research/facts-stats/index.html January 27, 2026. Accessed February 27, 2026.

MAXIMIZE YOUR PLAN

All about your Annual Wellness Visit

Did you know you have a covered checkup each year with your primary care provider (PCP)? It's called an Annual Wellness Visit (AWV). And it's available at no added cost to you. Here's how an AWV works and how to prepare for your appointment.

What is an AWV?

Your Annual Wellness Visit is a chance to talk to your primary care provider all about your health. They'll use this info to build a personal prevention plan for you. Services may include:

- Preventive screenings
- Chronic condition management
- Height, weight and blood pressure measurements
- A personalized care plan

How do you prepare for an AWV?

Start by making a list of all the medicines you take. You should also bring a list of all the providers or specialists you see.

Your AWV is a great time to speak up for your health. Don't be afraid to ask questions or bring up concerns. If you need help setting up an appointment or getting information on a billing issue, your Member Services team can join a call with you and your provider's office. They are available at **1-855-463-0933 (TTY:711)**, 24 hours a day, 7 days a week.



How is an AWV different from other appointments?

While the AWV is all about prevention, a yearly physical exam is focused on your current health. During that visit, your provider may check your heart, lungs and reflexes or do other hands-on exams.

Resource spotlight



Another way to get care

Your AWV is not the only way to get the care you need. The care management program is here to support you. As a Virginia FIDE member, you have a care team of nurses and social workers who support your health needs. They create a care plan just for you and help coordinate your care. Your care team can help you learn about your health conditions, stay on track with your treatment and share updates with your provider between visits. Call us at **1-855-463-0933 (TTY: 711)** to learn more about the care management program.

Want to learn more about your plan or coverage details? Log in to your secure member website at **AetnaMedicare.com/VA-LG**. Or register for your account at **AetnaMedicare.com/VA-RG** today.



CardinalCare
Virginia's Medicaid Program

Medicare and Medicaid Working Together

Health and wellness or prevention information

Have questions or need help with your plan? Visit **AetnaBetterHealth.com/VADSNP** or call Member Services at **1-855-463-0933 (TTY: 711)**, 8 AM to 8 PM, 7 days a week.

**Did
you
know?**



Healthy gums can help protect your heart, brain and overall well-being.



Knowing your fall risk can help you stay steady and confident on your feet.



Your Annual Wellness Visit can help catch health issues early when they are often easier to treat.

**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. Aetna Medicare FIDE (HMO D-SNP) is a Fully Integrated Dual Eligible Special Needs Plan with a Medicare contract and a contract with the Virginia Medicaid Program. Aetna® Medicare FIDE (HMO D-SNP), a Dual Eligible Special Needs Plan that combines your Medicare and Medicaid coverage into one plan. Enrollment in Aetna Medicare FIDE depends on contract renewal. Participating health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. 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. 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. For accommodation of persons with special needs at meetings, call **1-855-463-0933 (TTY: 711)**.