



# Family time



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

Aetna Better Health® Premier Plan

## Be safe — get your flu shot every year.

### Adults: Lead the way, and get your shot today

Because flu viruses change all the time, you need to get a shot every year. If you have a serious health condition, it's even more important. Plan to get your shot every fall.

### Protect your children: It's very important they get shots too

Every child 6 months of age and older should get a flu shot. Your child may need two doses the first time. Ask your doctor what's best for your child.

### Over 65? You may need a pneumonia shot as well

This shot is important, especially if you have a chronic condition.

There are two types of pneumonia shots. You can talk to your doctor about what's best for you.

### It's easy to get your flu shot

Just call your primary care provider (PCP). You may be able to get one with a nurse visit

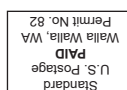
at the PCP's office. Or you can visit [AetnaBetterHealth.com/Michigan](https://AetnaBetterHealth.com/Michigan) for a list of pharmacies in our network. Make sure your local pharmacy is giving flu shots before you go.

*Source: Centers for Disease Control and Prevention*

Questions? Call Member Services at **1-855-676-5772 (TTY: 711)** or visit [AetnaBetterHealth.com/Michigan](https://AetnaBetterHealth.com/Michigan).

Premier Plan Newsletter  
Fall 2021

72.22.319.1-FA (10/21)



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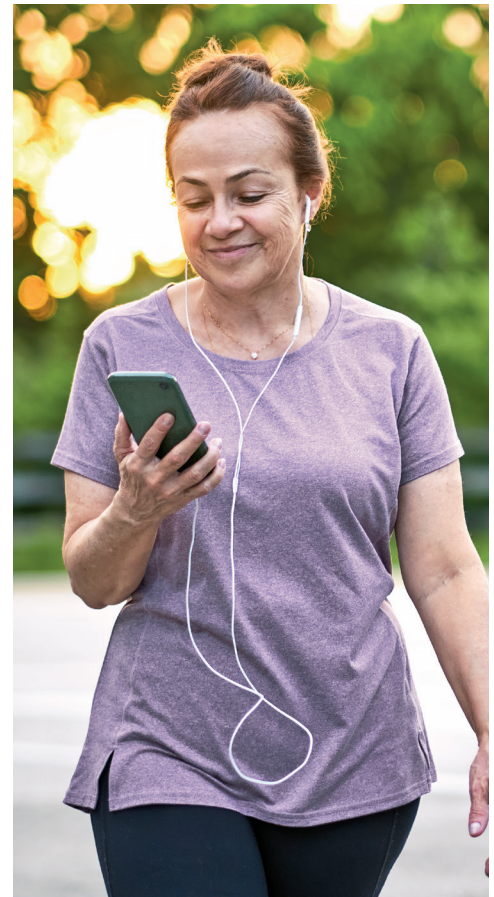
## Healthy Aging Month: What to know.

Every fall, Healthy Aging Month helps bring awareness to the positive aspects of growing older. It provides inspiration and practical ideas for adults, ages 50-plus, to improve their physical, mental, social and financial well-being.

Here are some tips that the aging community can implement any month of the year:

1. **Become an intern.** You are never too old to start anew!
2. **Go back to school.** It's never too late! Take classes to refocus your career or enhance your skills.
3. **Volunteer.** Volunteering gives you the opportunity to possibly travel and give back.
4. **Start walking,** not only for your health, but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter.
5. **Travel.** Go explore new and beautiful places.
6. **Be positive in your conversations and your actions every day.** When you catch yourself complaining, check yourself right there and change the conversation to something positive.
7. **Practice your art skills.** Take art classes, and learn to paint a beautiful seascape or still-life portraits.
8. **Get a physical.** Make this month the time to set up your annual physical and other health screenings.
9. **Eat fresh.** Add more fruits and veggies to your life. Check out your local farmers market.

Aetna encourages our members to stay active, stay fit, stay healthy and stay connected by using any of these tips to improve your health.



Source: Healthy Aging. (2020). *September is healthy aging month — 10 tips to celebrate.* Retrieved from <https://healthyaging.net/healthy-lifestyle/september-is-healthy-aging-month-10-tips-to-celebrate/>

## 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/Michigan](https://www.aetna.com/betterhealth/michigan). Then go to "For Members," and choose "Aetna Better Health Premier Plan

(Medicare-Medicaid)," then "Member 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.



## On the road to a better, happier life.

When to consider seeing a mental health professional.

Is a problem in your life dragging you down? Is it hard to work, feel in control or be happy?

Troubles like this are more common than you might suspect. In fact, in any given year 1 in 5 adults in the U.S. struggles with a mental health problem. That includes issues like depression, anxiety and post-traumatic stress disorder.

If you are struggling, a mental health professional can help you feel like yourself again. They may use talk therapy to do that. Sometimes they'll prescribe medicine. This person can help you:

- Come up with plans for solving problems
- Change behaviors that hold you back
- Feel stronger when facing challenges
- See how the way you think affects how you feel
- Heal pain from your past

The good news: Most people who seek help get better. For instance, more than 80% of people treated for depression improve.

Seeking help is never a sign of weakness. It takes strength to admit things need to change. You can learn new coping skills and grow.

### Who should I see?

There are many types of mental health providers. You can turn to a psychologist, psychiatrist, social worker or pastoral counselor, for instance. Your primary care provider can advise you on which type is the best match for you. Or you might ask a friend for a recommendation.

No matter who you go to for help, it's important to be open to new ways of acting and thinking. That can help you get your life back on track.

*Sources: American Psychological Association; Mental Health America*

## We're here for you.

Prepaid Inpatient Health Plans provide mental health services to our members. Reach out to the group in your county to get help. Here is how to contact them:

### Southwest Michigan Behavioral Health

Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph and Van Buren counties

Main line:

**1-800-676-5814 (TTY: 711)**

24/7 crisis line:

**1-800-675-7148 (TTY: 711)**

### Detroit Wayne Integrated Health Network

Wayne County

Main line:

**1-800-241-4949 (TTY: 711)**

24/7 crisis line:

**1-800-241-4949 (TTY: 711)**

### Macomb County Community Mental Health

Macomb County

Main line:

**1-855-996-2264 (TTY: 711)**

24/7 crisis line:

**1-855-927-4747 (TTY: 711)**





## Myths and facts about COVID-19 vaccines.

Now that there are COVID-19 vaccines in the United States, correct vaccine information can help stop common myths and rumors.

### **How do I know which COVID-19 vaccine information is true?**

It can be hard to know what information to trust. When looking at vaccine information on the Internet, check that it comes from a good source and is updated often.

### **Can getting a COVID-19 vaccine cause you to be magnetic?**

**No.** Getting a COVID-19 vaccine will not make you magnetic, including where you get the vaccine, which is usually your arm. COVID-19 vaccines do not have ingredients that can make an electromagnetic field in the area you get the shot. All COVID-19 vaccines are free from metals such as iron, nickel, cobalt, lithium and rare earth alloys, as well as any man-made magnetic material.

### **Will a COVID-19 vaccine change my DNA?**

**No.** COVID-19 vaccines do not change or interact with your DNA in any way. The vaccines give directions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept. This means the genetic material in the vaccines cannot affect or interact with our DNA in any way. All COVID-19 vaccines work with the body's natural defenses to safely develop immunity to disease.

### **After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?**

**No.** The COVID-19 vaccines will not cause you to test positive on viral tests, which are used to see if you have a current infection. Neither can any of the COVID-19 vaccines currently in clinical trials in the United States.



If your body develops an immune response to vaccination, which is the goal, you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

### **Can a COVID-19 vaccine make me sick with COVID-19?**

**No.** None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.

It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

*Source: Centers for Disease Control and Prevention*

 You can find a place to get the vaccine at [Michigan.gov/COVIDVaccine](https://Michigan.gov/COVIDVaccine).

## **Colorectal cancer screening.**

Even if you're feeling good and have no problems, think about getting a colorectal cancer screening. Regular screenings can help prevent cancer or find it early, before it becomes more serious. It could save your life.

Preventive colorectal cancer screenings are covered at no extra cost to you. There are several different types of screenings you can get. 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 only need it done every 10 years. Talk to your doctor about which screening is right for you. To learn more about screening, visit [CDC.gov/cancer/colorectal](https://CDC.gov/cancer/colorectal).

Plan ahead — talk to your doctor about a plan for your next screening. And ask when you should schedule it during your next office or telehealth visit.

If you've already received an in-home screening kit and haven't returned a sample, do it today. It only takes a few minutes. And you can use the postage-paid envelope to return your sample to the lab. You and your doctor will get the results. If you have questions about your kit, just call the toll-free number included with your kit.

If you haven't received a screening kit, talk to your doctor about what screening is right for you. Ask for help to get your screening before the end of the year.



## How to travel well with diabetes.

Dreaming of a getaway? You can't take a vacation from diabetes, but you can take care of yourself when you travel. To help things go smoothly, check out these tips before you leave home:

**Schedule a checkup.** See your doctor before your trip to make sure you're healthy enough to travel. Plus, if you need vaccines, the doctor can help you get up-to-date.

Be sure to ask for:

- A letter saying you have diabetes. It should list the medicines and supplies you use. This could help with airport screening.
- A prescription for your diabetes medicines in case you run low.
- Tips on adjusting your medicines while you're away.

Your doctor can also help you check if there are any travel warnings for your destination.

**Take extra supplies.** Pack double the medicine and supplies you think you'll need. Luggage can get lost, so keep these items with you in a carry-on bag. Don't forget:

- Medicines
- Test strips, needles and glucose-meter batteries
- Tablets to treat blood-sugar lows
- Your medical ID bracelet or necklace

**Tell airport screeners you have diabetes.** Keep your medicines in their original containers apart from your other luggage. Visit [TSA.gov](https://www.tsa.gov) to learn more about what you can bring.

**Take care of insulin.** Extreme heat or cold can weaken insulin. Don't store it in a glove box or trunk, in checked luggage, or in direct sunlight.

**Bring food to eat.** Meals might not always be served when you

need to eat. Pack healthy snack options like fruits, nuts, granola bars or peanut butter crackers. If you'll be flying, call the airline and ask for a low-sugar meal.

**Check your blood sugar often.** Will you be more active than usual on vacation? The extra exercise could affect your blood sugar level.

*Sources: American Association of Diabetes Educators; American Diabetes Association; Centers for Disease Control and Prevention*





## Breast cancer screening.

A mammogram is a low-dose x-ray that allows specialists to look for changes in breast tissue. Breast cancer deaths have declined 39% in the United States from 1989 to 2017.<sup>1</sup>

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 30 minutes.

Based on clinical guidelines<sup>2</sup>, women age 50 to 74 should have a mammogram at least once every two years. However, if you've recently received a vaccination for

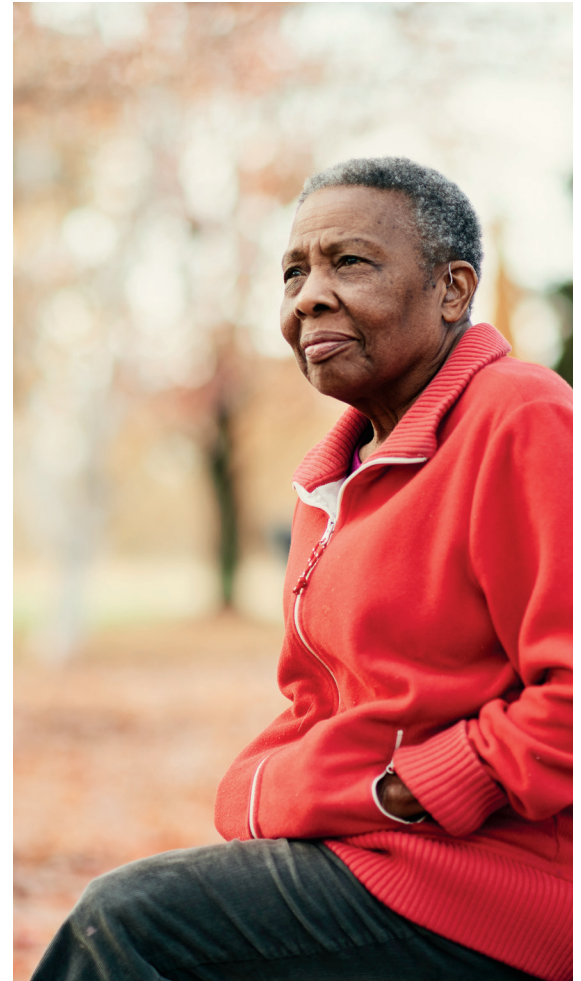
COVID-19, wait at least 6 weeks afterwards before getting your mammogram.

### Plan ahead

Contact your doctor today to help you schedule your mammogram appointment. It's good to get your appointment scheduled, even if it's not due for a while.

<sup>1</sup>*Susan G Komen. Available at: [ww5.komen.org/BreastCancer/FactsandStatistics.html](http://ww5.komen.org/BreastCancer/FactsandStatistics.html).*

<sup>2</sup>*Screening for breast cancer: U.S. Preventive Services Task Force recommendation statement, February 2016. Available at: [NCBI.NLM.NIH.gov/pubmed/26757170](http://NCBI.NLM.NIH.gov/pubmed/26757170). Accessed June 5, 2018.*



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This newsletter is published as a community service for the friends and members of Aetna Better Health® of Michigan. 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. Models may be used in photos and illustrations. For information on Aetna Better Health Premier Plan and other options for your health care, call Michigan ENROLLS at **1-800-975-7630 (TTY: 1-888-263-5897)**. Office hours are Monday through Friday, 8 AM to 7 PM. Aetna Better Health Premier Plan is a health plan that contracts with both Medicare and Michigan 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 Premier Plan Member Handbook. The Michigan Department of Health and Human Services, MI Health Link program has not reviewed or endorsed this information.

ATTENTION: If you speak Spanish or Arabic, language assistance services, free of charge, are available to you. Call **1-855-676-5772 (TTY: 711)**, 24 hours a day, 7 days a week. The call is free.

ATENCIÓN: Si habla español o árabe, tiene a su disposición servicios de idiomas gratuitos. Llame al **1-855-676-5772 (TTY: 711)**, las 24 horas del día, los 7 días de la semana. Esta llamada es gratuita.

تنبيه هام: إذا كنت تتحدث باللغة الإسبانية أو العربية، فإن خدمات المساعدة اللغوية متاحة لك، مجاناً. اتصل برقم الهاتف **1-855-676-5772 (هاتف الصم TTY: 711)** الخدمة الهاتفية متوفرة على مدار 24 ساعة في اليوم، و 7 أيام في الأسبوع. المكالمات الهاتفية مجانية.

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We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. If you speak a language other than English, free language assistance services are available. Visit our website at or call the phone number listed in this material.

In addition, your health plan provides auxiliary aids and services, free of charge, when necessary to ensure that people with disabilities have an equal opportunity to communicate effectively with us. Your health plan also provides language assistance services, free of charge, for people with limited English proficiency. If you need these services, call Customer Service at the phone number on your benefit ID card.

If you believe that we have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with our Grievance Department (write to the address listed in your Evidence of Coverage). You can also file a grievance by phone by calling the Customer Service phone number listed on your benefit ID card (TTY: 711). If you need help filing a grievance, call Customer Service Department at the phone number on your benefit ID card.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights at [https://ocrportal.hhs.gov/ocr/cp/complaint\\_frontpage.jsf](https://ocrportal.hhs.gov/ocr/cp/complaint_frontpage.jsf).

**ESPAÑOL (SPANISH):** Si habla un idioma que no sea inglés, se encuentran disponibles servicios gratuitos de asistencia de idiomas. Visite nuestro sitio web o llame al número de teléfono que figura en este documento.

**繁體中文 (CHINESE):** 如果您使用英文以外的語言，我們將提供免費的語言協助服務。請瀏覽我們的網站或撥打本文件中所列的電話號碼。