



Aetna Better Health® of California



# Healthy choices

Summer 2018

## What to know about value-based health care

It's a given that most of us would like to stay healthy. We want to find health problems early. Better yet, we'd like to avoid them.

This simple formula for good health is the basis for a new way of delivering care in this country. It's called value-based health care.

In value-based care, providers are rewarded for helping patients:

- Improve their health
- Prevent disease
- Control chronic conditions

Providers use treatments backed by the most current science and guidelines. They explain the best options to you. Then you work together to make a care plan.

Your providers also talk to one another. That way everyone knows the results of your tests. This aims to cut down on repeat care that may not be needed that costs time and money.

The ultimate goals are:

- To help you recover from injuries and illnesses more quickly
- To help you avoid a chronic disease, such as high blood pressure or diabetes, as much as possible

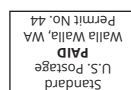
The potential results? You'll need fewer checkups, medical tests and procedures. You may spend less money too.

## Good idea for everyone

Value-based care is meant to benefit everyone:

- Patients spend less money to get healthier.
- Providers become more efficient.
- Payers (insurance companies) eventually will be insuring a healthier population.

Sources: *Epidemiology and Health*, 2015, No. 37; *EJM Catalyst*; *National Institutes of Health*



Aetna Better Health® of California  
10260 Meanley Drive  
San Diego, CA 92131

## Speak up

If you think you may be depressed, let your doctor know

All of us feel sad or blank now and then. But have you found that things you once enjoyed no longer make you happy? Do you find yourself crying very easily?

These are signs of depression. And if you are depressed, the sooner you get treatment, the better. Depression is very treatable. Counseling or medicine—or both—can help you feel like yourself again. Treatment can also keep depression from coming back.

So tell your doctor right away if you think you're depressed. And depression doesn't always feel like sadness. You may:

- Feel guilty or worthless
- Feel hopeless
- Feel very tired all the time
- Get irritated and angry easily
- Have aches and pains that don't get better with treatment
- Have trouble thinking or making decisions
- Sleep too much or have trouble sleeping
- Eat more than usual or less than usual
- Lose weight without trying or gain weight

And remember: Depression is an illness. It's not a personal failing. You can get better, and your doctor can help.

*Sources: American Academy of Family Physicians; American Psychiatric Association*



## Know the signs: What's ADHD—and what isn't

All kids fidget and act without thinking sometimes. And they all get distracted at some point. So how do you tell the difference between typical kid behavior and attention-deficit/hyperactivity disorder (ADHD)?

It's a matter of degree. Kids with ADHD may never seem to sit still, control their impulses or focus. And they don't outgrow these behaviors. ADHD can make it hard to learn and get along with people—at home and school.

### Watch for this

No test diagnoses ADHD. Instead, doctors rely on symptoms. For

instance, your child may have ADHD if he or she often:

- Daydreams
- Forgets or loses things
- Talks too much
- Blurts out answers
- Has trouble taking turns
- Squirms or is overly active
- Makes careless mistakes
- Takes unnecessary risks

### Get help

If there's any chance your child has ADHD, tell your child's doctor. Treatment can help. And for kids to reach their full potential, it's important to get that help as early as possible.

*Sources: Centers for Disease Control and Prevention; National Institutes of Health*

## Watch out for medicines that boost blood pressure

Do you have high blood pressure? Here's some information you need to know:

Some medicines can raise blood pressure. Others can keep blood pressure drugs from working the way they should. This can be true of both over-the-counter and prescription medicines.

That's good to know because it can help you avoid a boost in your blood pressure.

The following types of medicines can cause problems:

- Steroids—this can include drugs that are used to treat asthma
- Nasal decongestants—products you might buy to treat cold symptoms

- Birth control pills
- Hormone therapy
- Pain relievers

### Ask first

It's best to be cautious when you take any medicine. If you have high blood pressure or take medicine for it:

- Talk to your doctor before you use any over-the-counter medicines. This includes vitamins and herbs.
- Check the labels. Some have warnings for people who have high blood pressure.

*Sources: American Heart Association; National Heart, Lung, and Blood Institute*

 High blood pressure can put you at risk for heart disease and stroke.

## Could you be headed for a heart attack?

A heart attack can happen to anyone. But a heart attack usually doesn't just *happen*. Having risk factors like these can put you on a path to heart trouble:

**Smoking.** If you smoke, ask your doctor for help quitting.

**Having high blood pressure.** Limiting sodium, exercising and controlling your weight may help bring it down.

**Having high cholesterol.** Too much cholesterol in the blood can clog your heart's arteries. Limiting saturated fat can help lower cholesterol levels.



**Eating poorly.** Eating unhealthy fats or too much sodium, for instance, can hurt your heart. Aim to eat a heart-healthy diet that includes fruits, veggies, whole grains and low-fat dairy.

**Not getting enough exercise.** Regular activity is good for your heart. Taking walks is one way to get going.

**Being overweight or obese.** Choosing smaller portions and being active can help you shed unhealthy pounds.

**Having diabetes.** High blood sugar increases the risk of heart attack—even more so if it's not well-controlled.

### Team up for your ticker

Your provider can advise you about your heart attack risk and help you control your risk factors. Along with making healthy changes, you may need to take medication.

*Sources: American Heart Association; National Heart, Lung, and Blood Institute*

## Heart-healthy ideas kids will love



### Visit the farmers market

Encourage kids to pick out a new fruit or veggie to take home and try.



### Make a splash that's not soda

Flavor water with fresh berries or orange slices.



### Stock a snack drawer

Older kids can help themselves to whole-grain crackers, unsalted nuts, and dried or fresh fruit.



### Plant something together

Kids may be more likely to try kale or collards if they planted the seeds and watched them grow.



### Create a sports zone

Keep balls, jump ropes and other fun gear in one go-to location.



### Make a game of food labels

Have kids measure out what they think is a serving and compare it to what the label says.



## Mosquito management 101

### Four tips for stopping those risky bites

We've all had those itchy red welts that tell us one pesky mosquito—or even 10—got the better of us.

Usually, we don't worry too much about the little bumps that go away after a day or two. But mosquitoes can carry germs, like the West Nile virus, that may make us sick.

West Nile tends to be a yearly threat in the U.S. Risk is higher during the summer. Most people who get it have no symptoms or only relatively mild ones. Those include fever, headache or nausea. Some people, however, become seriously ill or even die from the infection.

To help reduce your risk of West Nile and other mosquito-borne illnesses:

1. **Use a repellent.** This tool is key for chasing away insects. Look for an Environmental Protection Agency-registered repellent with one of these ingredients:
  - DEET
  - Picaridin (also known as KBR 3023 and icaridin)
  - IR3535
  - Oil of lemon eucalyptus (OLE) or para-menthane-3,8-diol (PMD)

Don't put insect repellent on babies younger than 2 months old. Keep kids' hands and faces free of it. Don't apply it to broken or irritated skin either.

2. **Cover up.** Long sleeves, long pants and socks protect you from getting too much sun. They put a layer between you and mosquitoes too! However, since mosquitoes can still bite through thin fabric, spray repellent on clothing.
3. **Keep a tight seal on your home.** Screens on doors and windows stop mosquitoes from coming inside.
4. **Dump the breeding pool.** Flowerpots. Buckets. Birdbaths. Pet water dishes. Anything with standing water is a perfect place for mosquitoes to lay their eggs. Water-covered eggs hatch and become adult mosquitoes in one week. So empty any standing water at least once a week.

*Sources: Centers for Disease Control and Prevention; National Institutes of Health*

## Red, white and green grilled cheese

Makes 4 servings.



### Ingredients

- 1 teaspoon garlic, minced (about ½ clove)
- 1 small onion, minced (about ½ cup)
- 2 cups frozen cut spinach, thawed and drained (or substitute two 10-ounce bags fresh leaf spinach, rinsed)
- ¼ teaspoon ground black pepper
- 8 slices whole-wheat bread
- 1 medium tomato, rinsed, cut into 4 slices
- 1 cup shredded part-skim mozzarella cheese
- Nonstick cooking spray

### Nutrition information

Serving size: 1 sandwich. Amount per serving: 254 calories, 8g total fat (4g saturated fat), 29g carbohydrates, 17g protein, 6g total fiber, 468mg sodium.

Source: National Heart, Lung, and Blood Institute

### Directions

- Preheat oven to 400 degrees. Place a large baking sheet in the oven to preheat for about 10 minutes.
- Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft but not browned. Add onions, and continue to cook until the onions are soft but not browned.
- Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and set aside to cool.
- When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, ½ cup of spinach mixture, ¼ cup of cheese, and a second slice of bread on the top.
- Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes or until the bottom of each sandwich is browned.
- Carefully flip sandwiches, and bake for an additional 5 minutes or until both sides are browned. Serve immediately.

## Give your comfort foods a healthy boost

We all love our comfort foods. Our bodies? Not as much.

Many people's favorite comfort foods have a lot of fat, salt or added sugar. You don't have to give them up, though! To make your favorite foods healthier, try these tips:

- For cheesy dishes, choose strong-tasting varieties. Try Parmesan or sharp cheddar. That way you can use less.
- Try low-sodium and reduced-fat soups in creamy casseroles.
- Make dips with nonfat Greek yogurt instead of mayo.
- Swap regular French fries for sweet potato fries.
- Instead of a chocolate bar, have chocolate-dipped strawberries.
- Slip spinach into your favorite casseroles, meatloaf or pizza—and take added comfort in knowing you made them healthier!

Sources: American Diabetes Association; Produce for Better Health Foundation

### Contact us



Aetna Better Health® of California  
10260 Meanley Drive  
San Diego, CA 92131



Member Services: **1-855-772-9076 (TTY: 711)**  
24 hours, 7 days a week  
[aetnabetterhealth.com/california](https://aetnabetterhealth.com/california)



*Here For You* is published as a community service for the friends and members of Aetna Better Health® of California. 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.



## **AETNA BETTER HEALTH® OF CALIFORNIA**

### Nondiscrimination Notice

Discrimination is against the law. Aetna Better Health of California follows Federal civil rights laws. Aetna Better Health of California does not discriminate, exclude people, or treat them differently because of race, color, national origin, age, disability, or sex.

Aetna Better Health of California provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Aetna Better Health of California 24 hours a day, 7 days a week by calling **1-855-772-9076**. Or, if you cannot hear or speak well, please call **TTY 711**.

#### **How to file a grievance**

If you believe that Aetna Better Health of California has 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 Aetna Better Health of California. You can file a grievance by phone, in writing, in person, or electronically:

**By phone:** Contact Aetna Better Health of California 24 hours a day, 7 days a week by calling **1-855-772-9076**. Or, if you cannot hear or speak well, please call **TTY 711**.

**In writing:** Fill out a complaint form or write a letter and send it to:

Aetna Better Health of California  
10260 Meanley Drive  
San Diego, CA 92131

**In person:** Visit your doctor's office or Aetna Better Health of California and say you want to file a grievance.

**Electronically:** Visit Aetna Better Health of California website at [aetnabetterhealth.com/california](http://aetnabetterhealth.com/california)

### **Office of Civil Rights**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing, or electronically:

**By phone:** Call **1-800-368-1019**. If you cannot speak or hear well, please call **TTY/TDD 1-800-537-7697**.

**In writing:** Fill out a complaint form or send a letter to:

**U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201**

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

**Electronically:** Visit the Office for Civil Rights Complaint Portal at

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

## Multi-language Interpreter Services

**ENGLISH: ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104** (TTY: **711**).

**SPANISH: ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o 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。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104** (TTY: **711**)。

**VIETNAMESE: CHÚ Ý:** nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số có ở mặt sau thẻ id của bạn hoặc **1-800-385-4104** (TTY: **711**).

**TAGALOG: PAUNAWA:** Kung nagsasalita ka ng wikang Tagalog, mayroon kang magagamit na mga libreng serbisyo para sa tulong sa wika. Tumawag sa numero na nasa likod ng iyong ID card o sa **1-800-385-4104** (TTY: **711**).

**KOREAN:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 ID 카드 뒷면에 있는 번호로나 **1-800-385-4104** (TTY: **711**) 번으로 연락해 주십시오.

**ARMENIAN:** Ուշադրություն՝ եթե խոսում եմ հայերեն, ապա ձեզ անվճար կարող եմ տրամադրվել լեզվական աջակցության ծառայություններ: Զանգահարե՛ք ձեր ID քարտի հետևի մասում գտնվող հեռախոսահամարով կամ **1-800-385-4104** (TTY (հեռառկա)՝ **711**):

**PERSIAN:** اگر به زبان فارسی صحبت می کنید، به صورت رایگان می توانید به خدمات کمک زبانی دسترسی داشته باشید. با شماره درج شده در پشت کارت شناسایی یا با شماره **1-800-385-4104** (TTY: **711**) تماس بگیرید.

**RUSSIAN: ВНИМАНИЕ:** если вы говорите на русском языке, вам могут предоставить бесплатные услуги перевода. Позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки, или по номеру **1-800-385-4104** (TTY: **711**).

**JAPANESE:** 注意事項:日本語をお話になる方は、無料で言語サポートのサービスをご利用いただけます。IDカード裏面の電話番号、または**1-800-385-4104** (TTY: **711**)までご連絡ください。

**ARABIC:** ملحوظة: إذا كنت تتحدث باللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل على الرقم الموجود خلف بطاقتك الشخصية أو على **1-800-385-4104** (للصم والبكم: **711**)

**PANJABI:** ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਵਿੱਚ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। ਆਪਣੇ ID ਕਾਰਡ ਦੇ ਪਿੱਛੇ ਦਿੱਤੇ ਨੰਬਰ ਜਾਂ **1-800-385-4104** (TTY: **711**) 'ਤੇ ਕਾਲ ਕਰੋ।

**MON KHMER:** ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេ វាជំនួយផ្នែកភាសា ដោយមិនគិតល្អូល គឺអាចមានសំរាប់បំរើអ្នក។ ចូរ ទូរស័ព្ទ ទៅលេខនៅខាងក្រោយនៃ អត្តសញ្ញាណប័ណ្ណ (ID Card) របស់អ្នក ឬ **1-800-385-4104** (TTY: **711**) ។

**HMONG:** LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau tus nab npawb xov tooj nyob rau sab qab ntawm koj daim ID lossis **1-800-385-4104** (TTY: **711**).

**HINDI:** ध्यान दें: यदि आप हिंदी भाषा बोलते हैं तो आपके लिए भाषा सहायता सेवाएं नि:शुल्क उपलब्ध हैं। अपने आईडी कार्ड के पृष्ठ भाग में दिए गए नम्बर अथवा **1-800-385-4104** (TTY: **711**) पर कॉल करें।

**THAI:** ข้อควรระวัง: ถ้าคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทรติดต่อหมายเลขที่อยู่ด้านหลังบัตร ID ของคุณ หรือหมายเลข **1-800-385-4104** (TTY: **711**)

86.03.326.0-CA