

## HEALTHY LIVING

### Budget-friendly healthy snacks your whole family will crave

Handing out the right snacks can do double duty: It can fuel good energy and health now, and boost immunity to help fight off illness as we enter cold and flu season. But common go-tos like packaged chips, cookies and candy can be pricy and harm your health over time. Instead, try these easy, kid-friendly snacks. They're good for your health and kind to your wallet.



#### Greek yogurt

It's thick and creamy, and loaded with calcium and protein. Throw in some banana slices for potassium. Or add berries (fresh or frozen) for vitamin C and antioxidants.



#### Apple slices and peanut butter

Together, they serve up healthy fats, protein and important vitamins and minerals like vitamin E and potassium.



#### Glass of milk

A cold glass — or a warm mug — is an easy way to satisfy hunger. Plus you're drinking up immune-boosting minerals like calcium, and vitamins A and D.

**Need more ideas?** Nuts like almonds and walnuts, air-popped popcorn with a shake of salt, sliced veggies with hummus, frozen grapes, oatmeal and fruit are all great options.

### Stay Covered

To keep your Medicaid/CHIP benefit coverage, be sure to:



#### Update your contact information

Make sure your state's program has your current mailing address, phone number, and email.



#### Check your mail

Your state may send you a letter about your coverage. It will let you know if you need to complete a renewal form.



#### Complete your renewal form

If you get a form, send it back right away. This will help you avoid any gap in your coverage.

Learn more and get started at **[AetnaBetterHealthKY.com/Learn](https://www.AetnaBetterHealth.com/Learn)** or call the Kentucky Healthcare Customer Service Line toll-free at **855-459-6328**

# Heart disease 101

Heart disease isn't just one condition. There are many types, including coronary artery disease, congestive heart disease, arrhythmia, heart attack and stroke. But they share a lot of symptoms. Screenings are often the same, too. If you're worried about your heart health, talk to your primary care provider (PCP) about having one of these tests.



## CT scan

This looks for calcium in the arteries, which is a sign of plaque buildup. If the test shows plaque buildup, your doctor may recommend medicine to lower your cholesterol levels.

## Stress test

This test usually involves walking on a treadmill and monitoring your heart to see how it's working. If you're having chest discomfort, a stress test can help your PCP decide if that's a coronary problem.

## Electrocardiogram (EKG)

This simple, painless test involves placing electrodes on your chest to record your heart's electrical activity.

## Angiogram

If your other tests are abnormal, or if you're having symptoms, you might get an angiogram. This scan shows blood flow through your arteries and veins to check for blockages.

If you think you may be having a heart attack or stroke, call 911 right away. Getting help fast can save your life and lead to a better recovery.

### Symptoms of a heart attack can include:

- Pain or pressure in the chest
- Discomfort in the jaw or neck
- Shortness of breath
- Sweating, nausea or dizziness

## Know the signs of preeclampsia

This high blood pressure condition happens during pregnancy. It can be dangerous to both mother and baby. During your prenatal checkups, your care provider will screen for preeclampsia. Call your provider immediately if you have any of these symptoms:

- Severe headaches
- Blurred vision, spots in front of your eyes or sensitivity to light
- Nausea and vomiting
- Swollen hands and feet
- Sudden weight gain of more than a pound a day
- Pain in the upper right side of your abdomen
- Shortness of breath

# Depression signs through the ages

Depression can happen to anyone. It's also highly treatable. Since some symptoms vary between age groups, it's important to know what to watch for.

## Children

- More argumentative, grouchy or annoyed
- Often tired or agitated
- Problems concentrating in school
- Feeling inadequate, guilty or worthless
- Self-injury or self-destructive behaviors
- Angry outbursts or tantrums

## Teenagers

- Doing poorly in school
- Often restless or agitated
- Overreacting to criticism
- Lacking energy, motivation or enthusiasm
- Using substances like alcohol or drugs
- Poor self-esteem
- Not taking care of appearance

## Adults

- Often annoyed, frustrated, irritable and/or angry
- Loss of interest in socializing and hobbies
- Restless, agitated or sluggish
- Feeling worthless or very guilty
- Hard time concentrating, remembering and making decisions

- Older adults may also be anxious, confused, helpless or quick to cry

## New mothers (called postpartum depression)

- Feeling overwhelmed or "empty"
- Detachment from baby
- Panic attacks
- Tired
- Decreased interest in activities
- Self-doubt, guilt, anger
- Changes in sleep or eating

If you see any of these signs in a loved one or yourself, reach out to your primary care provider (PCP) for help.



## 4 tips for healthy lungs

Whether you have a chronic lung condition like asthma, or a respiratory infection like a cold, use our tips to breathe easier.



- 1 Take your medicine as directed by your doctor. Also, make sure you are using your inhaler correctly.
- 2 Get a flu shot. Ideally, by the end of October.
- 3 See an allergist if needed. Allergies can trigger an asthma attack.
- 4 If you smoke, quit now. It's the best way to stop more lung damage.

## Your family's health secret

**Spoiler alert:** It's vaccinations. They can help your family stay well this winter — and for many seasons to come.



### Chickenpox (varicella)

**When it's given:** Children get two doses: one at 12 to 15 months old, the second between ages 4 and 6.

### Diphtheria, tetanus and pertussis (DTaP, TDaP)

**When it's given:** Younger children usually get five doses of DTaP between ages 2 months and 6 years. TdaP is for older kids, with a first dose between ages 11 and 12, and adults, who need the shot every 10 years.

### Flu (influenza)

**When it's given:** Starting at 6 months old, annually.

### Human papillomavirus (HPV)

**When it's given:** First dose is given between ages 11 and 12. If you're older and haven't had the shot, talk to your doctor.

### Measles, mumps and rubella (MMR)

**When it's given:** Between 12 and 15 months of age for the first dose, and between ages 4 and 6 for the second dose.

### Pneumococcal

**When it's given:** Infants, young children and older adults need this. It's given to children at 2, 4 and 6 months and between 12 and 15 months for a total of 4 doses. Adults get one more dose at age 65 or older.

### Early and Periodic Screening, Diagnosis and Treatment (EPSDT)

is a federal benefit for children from birth up to age 21, who are entitled to Medicaid or the Kentucky Children's Health Insurance Program (KCHIP). Your child should get checkups regularly. EPSDT team is here to help children get the care and services they need. This includes health screenings, shots, vision, dental, hearing, lead testing and screening, and any other medical services they may need. Our EPSDT team can call you to help you schedule your child's doctor visit. This call may help with transportation to appointments as needed.

## Beyond physicals

Get screened now

### Body mass index (BMI)

BMI can show if you're at a higher risk for serious health conditions like diabetes.

### Hepatitis C

Adults and pregnant women should have this blood test.

### Lead screenings

Lead poisoning can be serious. Doctors will screen children with a blood test.

### STIs

All sexually active people should be screened for STIs like HPV, chlamydia and gonorrhea.

## Opportunities for Foster Care Credits

### Caring for a Child with Reactive Attachment Disorder (RAD)

October 25 @11am-12pm EST

### Power Struggles

November 1 @11am-12pm EST

### Caring for a Child with ADHD

November 7 @9am-10am EST

### The Talk: Talking to your Teen about Sex

November 7 @11am-12pm EST

### Basic Information on OTC and Prescription and Medication

November 7 @11am-12pm EST

### Child and Adolescent Nutrition & Wellness

November 9 @11am-12pm EST

## Be Healthy Series

Virtual training:

### Physical Activity

October 19 @12pm-1pm EST

### Cooking Class

November 2 @12pm-1pm EST

One Foster Parent Training Credit will awarded upon completion of EACH session. Eligible SKY members can receive a \$20 gift card for attending EACH session.

**For more information, email [JonesE8@aetna.com](mailto:JonesE8@aetna.com) or [mgdean@aetna.com](mailto:mgdean@aetna.com). Or go to [www.aetnabetterhealth.com/Kentucky](http://www.aetnabetterhealth.com/Kentucky)**

## Who to call if you need something:

### Member Services

**1-855-300-5528 (TTY: 711),** Monday to Friday, 7 AM to 7 PM ET.

### Care Management

If you have a question or would like to speak to the care management team, you can call Member Services.

### Nurse Help Line

**1-855-620-3924 (TTY: 711)** 24 hours a day, 7 days a week

### Member Portal

You can sign up online or call us at **1-855-300-5528 (TTY:711)**. Be sure to have your member ID and email address handy.

### SKY Inquiry

Email Jesse Cain at [CainJ1@aetna.com](mailto:CainJ1@aetna.com). Or call Member Services with questions.

### Grievances and Appeals

File your grievance or appeal at [aetnabetterhealth.com/kentucky/medicaid-grievance-appeal.html](http://aetnabetterhealth.com/kentucky/medicaid-grievance-appeal.html). Or call Member Services with questions.

### Behavioral Health Line

**1-888-604-6106 (TTY: 711)** 24 hours a day, 7 days a week

### Find a Provider

[aetnabetterhealth.com/kentucky/find-provider](http://aetnabetterhealth.com/kentucky/find-provider). Or call Member Services.

### Assistance with VAB's

If you have a question about Value Added Benefits, you can call Member Services.

### Update Information

To update your address, phone number or email, call the Department for Community Based Services at **1-855-306-8959**.

### Pharmacy Benefits

[aetnabetterhealth.com/kentucky/pharmacy-prescription-drug-benefits.html](http://aetnabetterhealth.com/kentucky/pharmacy-prescription-drug-benefits.html) or call **800-210-7682** 24-hours a day, 7 days a week.



## AETNA BETTER HEALTH® OF KENTUCKY

### Nondiscrimination Notice

Aetna complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Aetna does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Aetna:

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

If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card or **1-800-385-4104**.

If you believe that Aetna 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 our Civil Rights Coordinator at:

Address: Attn: Civil Rights Coordinator  
4500 East Cotton Center Boulevard  
Phoenix, AZ 85040  
Telephone: **1-888-234-7358 (TTY 711)**  
Email: [MedicaidCRCoordinator@aetna.com](mailto:MedicaidCRCoordinator@aetna.com)

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

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, 1-800-537-7697 (TDD).

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

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### 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**)。

**GERMAN:** ACHTUNG: Wenn Sie deutschen sprechen, können Sie unseren kostenlosen Sprachservice nutzen. Rufen Sie die Nummer auf der Rückseite Ihrer ID-Karte oder **1-800-385-4104** (TTY: **711**) an.

**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**).

**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**

**SERBO-CROATIAN:** OBAVEŠTENJE: Ako govorite srpski, usluge jezičke pomoći dostupne su vam besplatno. Pozovite broj na poleđini vaše identifikacione kartice ili broj **1-800-385-4104** (TTY – telefon za osobe sa oštećenim govorom ili sluhom: **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。

**FRENCH:** ATTENTION: si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro indiqué au verso de votre carte d'identité ou le **1-800-385-4104** (ATS: **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.

**PENN DUTCH:** Geb Acht: Wann du Deutsch Pennsilfaanisch Deutsch schwetzsch, kantscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf die Nummer uff, ass hinne uff dei ID card iss, odder ruf **1-800-385-4104** (TTY: **711**).

**NEPALI:** ध्यान दिनुहोस्: ् दि तर्ही नेपाली भाषा बोलनुहुन्छ भने तपाईंका लागि गन:शुल्करूपमा भाषा सहायता सेवाहरू उपलब्ध छन् तपाईंको आईडी कार्डको पछाडि रहको नमबर व **1-800-385-4104** (TTY: **711**)मि फोनानुहोस।

**OROMO (CUSHITE):** Hubadhu: yoo Oromoo dubbatta ta'ee, gargaarsa tajaajiloota afaanii, kaffaalttii bilisaa ni jiraa siif. Lakkoofsa bilbiilaa ID kee duuba irraa jiruun yookiin **1-800-385-4104** (TTY: **711**).

**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**).

**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**).

**KIRUNDI (BANTU):** ICITONDERWA: Namba uvuga Ikirundi, serivisi zigufasha kugusigurira ururimi, ku buntu, ziraboneka ushobora kuzironswa. Hamagara inomero iri inyuma ku gakarata k'akarangamuntu kawe canke iyi nomero **1-800-385-4104** (Ufise ubumuga bwo kutumva neza ifashishe (TTY): **711**).



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<Recipient's Name>  
<Mailing Address>

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HEALTHY LIVING

## Easy ways to get the whole family moving

One fun, everyday way to boost your body's defenses against illness: Exercise. Plus, it's a great chance to spend time together as a family. Try these free fitness ideas that are good for all ages:

- ✔ **Make the dog walk a family affair**
- ✔ **Play "keep it up" with a ball or balloon**
- ✔ **Play basketball or tag**
- ✔ **Put on some music for a mini dance party**

Do activities like these at least three times a day and you'll have moved the minimum recommended amount.



[www.AetnaBetterHealth.com/Kentucky](http://www.AetnaBetterHealth.com/Kentucky)

To request that information be mailed to you,  
call member services at **1-855-300-5528 (TTY 711)**