Aetna Medicare Advantage

DECEMBER 2022 Benefits in Action Member Newsletter





Direct Mail 6 page foldout





BenefitsinAction

A healthy you in 2023

Ways to use your Aetna Medicare Advantage plan in the new year

Many of us look at the new year as a way to continue With most Aetna® MAPD plans, you have a network healthy living. Or it can be a fresh start on our health goals. Living a healthy lifestyle is an important step to This coverage may include: help reach these goals.

Start with prevention

The best way to stay in good physical condition and avoid getting sick is through prevention. When you take action early on, such as having your annual wellness visit, it helps detect a problem before it becomes serious.

To help you review important topics during your doctor's visit, write down your health information before your next appointment.

Talk with your doctor about tests or screenings you may need. Then schedule appointments for the services that are covered in your plan.



Health allowances to use throughout the year

benefit or an allowance to pay for these services.

- · Dental coverage, including annual cleanings, X-rays and fillings
- Annual routine eye exam and coverage for eyeglasses and contacts
- An annual hearing exam and hearing aid fitting

Tip: Early in the year, map out how you'll use your allowances. Then you can take full advantage of them during the plan year.

Looking ahead — useful resources

You can learn more about your Aetna Medicare Advantage plan with these resources on your secure member website:

- Your Evidence of Coverage (EOC) document. It provides detailed information about your plan coverage
- Your Summary of Benefits. It provides a high-level overview of the benefits and services in your plan.

Read the full story online Scan the QR code or visit us at AetnaMedicare.com/Dec22-1

Open your phone's camera. Focus on the 6 QR code. Tap the banner that appears

Have questions or need help with your Aetna Medicare Advantage plan? Visit **AetnaMedicare.com** or call us at **1-833-570-6670 (TTY: 711)** We have a state of the s call us at 1-833-570-6670 (TTY: 711). We're available 8 AM-8 PM, 7 days a week. DECEMBER 2022

Tip: Complete the form below to review important items during your doctor's visit. Or you can download, print and fill out our detailed, two-page Annual Care Checklist. Just visit AetnaMedicare.com/Dec22-2 or scan the QR code on the previous page to access the Annual Care Checklist.

Health topics form

Here are important topics you may want to discuss with your PCP. Fill in your health information before your doctor's visit. Then take this page and your Aetna member ID card to your appointment. Check the boxes and take notes as you talk about each item with your doctor.

Medical history	Vaccines Flu shot (date): Shingles (date):
Recent health changes 	Screenings (Blood pressure, cholesterol, colorectal)
Medicines Prescriptions:	Women's health (Mammogram, Pap smear, bone density)
Over the counter (ex. aspirin):	Mental health
Medicine side effects	Fall prevention
Write down any questions you'd lii	ke to discuss with your doctor.

Thank you for your feedback on this newsletter.

about the BenefitsinAction newsletter.

A large majority of Aetna Medicare Advantage members who responded told us that the newsletter

and services

- Include different topics like:
- and vision
- accessing benefits and services
 - and mentally

Many members noted that they enjoy receiving the monthly newsletter. And they said they'd like to see more articles on the following topics:

- Staying healthy
- Nutrition/recipes Weight loss

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You shared — we're listening!

We asked and you responded. Thank you for your time and the feedback you provided in the survey

 Has helpful tips on how to use their plan Helps them understand their plan benefits

We want you to get the most from this monthly newsletter. Many of you shared ideas for what you want to read about. These included suggestions to:

Expand the topics covered each month

 Information on plan changes and updates, plan services and additional benefits like dental

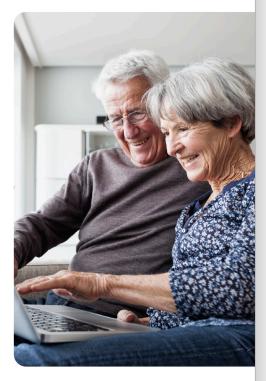
• Simple and clear "How to" information for · Tips for staying healthy, both physically

 Provide more in-depth information on areas like how to navigate the member website

Medicare Advantage plan information

• Topics for managing a health condition

We appreciate your feedback and the thumbs up on the **BenefitsinAction** newsletter. Your input helps us enhance the newsletter and its content Our goal is to help you get the most from your Aetna Medicare Advantage plan.



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AFTNA BENEFITS IN ACTION

Email





2022 Benefits in Action Member Email Newsletter – DECEMBER

Desktop Email

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The start of a new year is just around the corner. We have tips to help you take advantage of everything your Aetna Medicare Advantage plan has to offer. So you can feel your best, from head to toe.

Read the full article

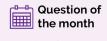


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We asked and you responded. Thank you for your time and answers to the survey on the Benefits in Action newsletter. Your responses will help us continue to deliver plan information you may find useful.



Learn more



View your EOC

What benefits and services does my plan cover this year?

Planning to meet with your doctor for your annual physical or wellness visit? The **Medical Benefits Chart** in your Evidence of Coverage (EOC) document gives you a complete description of your plan's coverage and costs. When you view your EOC online, you can use your computer's search tool to scan for important terms like **wellness visit** or **copay**.



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Visit us online to learn more about your Aetna Medicare Advantage benefits. Learn more Or call us at 1-833-570-6670 (TTY: 711) 8 AM to 8 PM, 7 days

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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.

It's your choice: Want to stop receiving messages like these through email? Unsubscribe at any time.

We are located at 151 Farmington Avenue, Hartford, CT 06156.

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1352973-02-01 Y0001_NR_32435_2023_C

Mobile Email



To: Robert Zimmerman Reply To: client@company.com

CN

Today at 10:09 AM

Subject Line: Benefits in Action from Aetna Medicare Advantage — December edition Preview Text: Your monthly member tips are here

Trouble viewing this? <u>Read this email online</u>. Health and wellness or prevention information A new year, a healthy you

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BenefitsinAction



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Read the full article



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Question of the month

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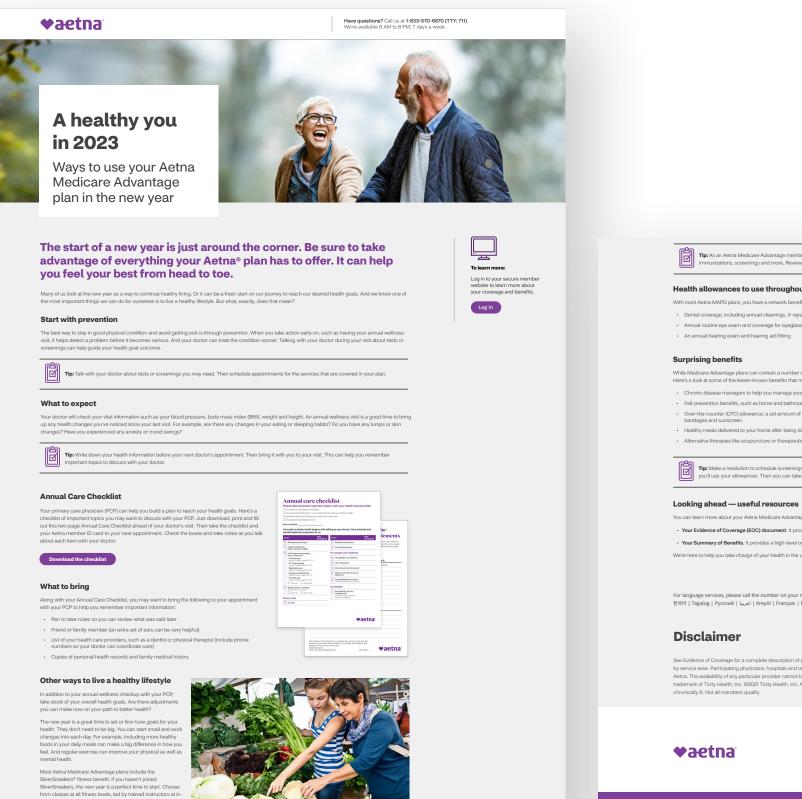
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Landing Pages



2022 Benefits in Action Member Newsletter Landing Page – DECEMBER



- Healthy meals delivered to your home after being discharged from the hospital or skilled nursing facility

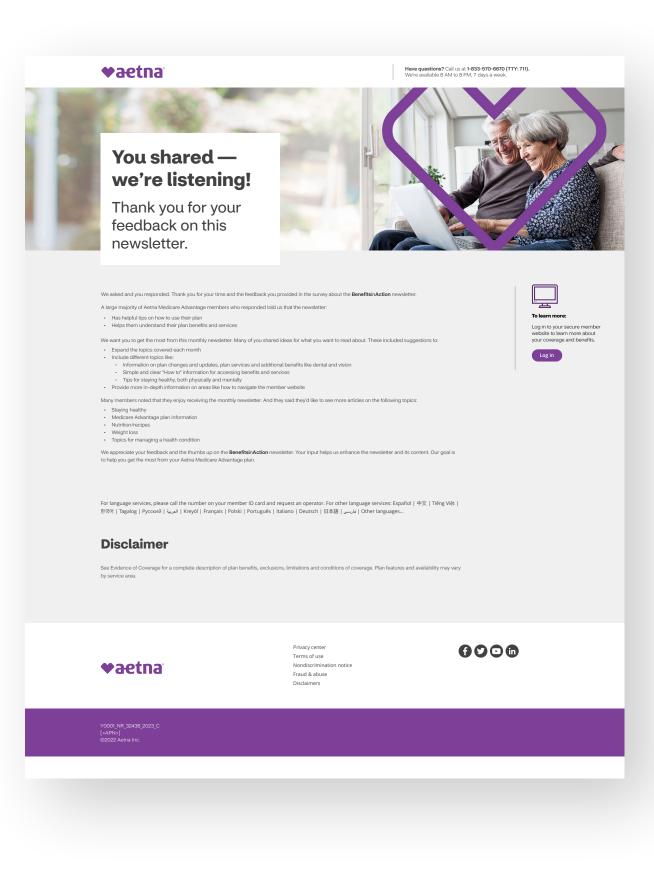
Privacy center Terms of use Nondiscrimination notice Fraud & abuse

Tip: As an Aetna Medicare Advantage member, you have preventive care coverage with no copay. This includes annual wellness visits, flu shots, immunizations, screenings and more. Review your Evidence of Coverage (EOC) for plan coverage details. Health allowances to use throughout the year With most Aetna MAPD plans, you have a network benefit or an allowance to pay for these services. This coverage may include: Dental coverage, including annual cleanings, X-rays and fillings Annual routine eye exam and coverage for eyeglasses and contacts While Medicare Advantage plans can contain a number of benefits, individual plans can vary greatly. So it's important to research which benefits your plan includes Here's a look at some of the lesser-known benefits that may be included with some Aetna Medicare plans: Chronic disease managers to help you manage your health · Fall-prevention benefits, such as home and bathroom safety items Over-the-counter (OTC) allowance: a set amount of money (included with your premium) quarterly to spend on certain OTC health care items such as · Alternative therapies like acupuncture or therapeutic massage Tip: Make a resolution to schedule screenings or appointments for the services that are covered in your plan. And early in the year, map out how you'll use your allowances. Then you can take full advantage of them during the plan year. You can learn more about your Aetna Medicare Advantage plan with these res · Your Evidence of Coverage (EOC) document. It provides detailed information about your plan coverage. Your Summary of Benefits. It provides a high-level overview of the benefits and services in your plan We're here to help you take charge of your health in the upcoming year. Call us at the number at the top of this page with any questions For language services; please call the number on your member ID card and request an operator. For other language services: Español | 中文 | Tiếng Việt | 한국어 | Tagalog | Русский | цлцы] | Kreyól | Français | Polski | Português | Italiano | Deutsch | 日本語 | பரும்) | Other languages... 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. Participating physicals, hospitals and other health care providers are independent contant of correspondences 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. SilverSneakers is a registere trademark of Tivity Health, Inc. @2021 Tivity Health, Inc. All rights reserved. The benefits mentioned are a part of special supplemental program for the

Disclaimers

Depending on your age and health, you may also benefit from a flu shot and other immunizations. The Centers for Disease Control and Prevention (CDC) recommends that everyone over age 60 receive the zoster vaccine. This vaccine protects against shingles. They also recommend the pneumooccal (pneumonia) vaccine for everyone over age 65. Read the full is for <u>DCD vaccine recommendations below your doctors</u> visit.

person local facilities. Or try on-demand classes that you can do right from home. If you're already a SilverSneakers member, try exploring a new fitness activity that you may not have considered before.



Thank you

