

# Aetna

# Medicare Advantage

DECEMBER 2022 Benefits in Action Member Newsletter



# Direct Mail

## 6 page foldout



## Question of the month

What benefits and services does my plan cover this year?

Want to confirm the coverage and benefits included in your 2023 plan? Just register for your secure member website if you haven't already done so. Then log in to review your plan details.

Your Evidence of Coverage (EOC) document gives you a complete description of your plan's coverage and costs. And you can conveniently view it online.

Look in the EOC Table of Contents for **Medical Benefits Chart**. This chart shows details about which types of medical care are covered and not covered for you. The chart also explains how much you will pay as your share of the cost for your covered medical care.

You can also use your computer's search tool to scan your EOC for important terms like **formulary**, **wellness visit** or **copay**.



**To register or log in** to your secure member website, scan the QR code with your phone's camera and tap the banner that appears. Or visit us online at [AetnaMedicare.com/Dec22-3](https://AetnaMedicare.com/Dec22-3)

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.

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Have questions or need help with your Aetna Medicare Advantage plan? Visit [AetnaMedicare.com](https://AetnaMedicare.com) or call us at **1-833-570-6670 (TTY: 711)**. We're available 8 AM–8 PM, 7 days a week.

DECEMBER 2022



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Your **DECEMBER** member newsletter is **HERE**.



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<City, State Zip + four>

Health and wellness or prevention information

<Piece Code>  
Y0001\_NR\_32434\_2023\_C



Member survey  
feedback

DECEMBER 2022 MEMBER NEWSLETTER

# Benefits in Action



The start of a new year is just around the corner. Be sure to take advantage of everything your Aetna® plan has to offer. Your plan benefits can help you feel your best from head to toe.

Keep reading  
to learn more →

## 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 healthy living. Or it can be a fresh start on our health goals. Living a healthy lifestyle is an important step to 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

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
- ◆ 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](https://www.aetna.com/Dec22-1)



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

**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](https://www.aetna.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

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Recent health changes

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Major life events

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Medicines

Prescriptions: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Over the counter (ex. aspirin): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Medicine side effects

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Write down any questions you'd like to discuss with your doctor.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Vaccines

Flu shot (date): \_\_\_\_\_  
 Shingles (date): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Screenings

(Blood pressure, cholesterol, colorectal)  
 \_\_\_\_\_  
 \_\_\_\_\_

### Women's health

(Mammogram, Pap smear, bone density)  
 \_\_\_\_\_  
 \_\_\_\_\_

### Mental health

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Fall prevention

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



## You shared — we're listening!

### Thank you for your feedback on this newsletter.

We asked and you responded. Thank you for your time and the feedback you provided in the survey about the **BenefitsinAction** newsletter.

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

- ◆ Has helpful tips on how to use their plan
- ◆ Helps them understand their plan benefits and services

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
- ◆ Include different topics like:
  - Information on plan changes and updates, plan services and additional benefits like dental and vision
  - Simple and clear "How to" information for accessing benefits and services
  - Tips for staying healthy, both physically and mentally
- ◆ Provide more in-depth information on areas like how to navigate the member website

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
- ◆ Medicare Advantage plan information
- ◆ Nutrition/recipes
- ◆ Weight loss
- ◆ 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.




# Email

Desktop Email



DECEMBER 2022 MEMBER NEWSLETTER


# Benefits in Action



**A healthy you in 2023**

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](#)




**Question of the month**

**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**.


[View your EOC](#)



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[See the survey results](#)




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 a week. We'll be happy to help you.



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**It's your choice:** Want to stop receiving messages like these through email? [Unsubscribe](#) at any time.

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Mobile Email

Client Name Today at 10:09 AM

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


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

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 Health and wellness or prevention information  
 A new year, a healthy you



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# Landing Pages



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## A healthy you in 2023

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



The start of a new year is just around the corner. Be sure to take advantage of everything your Aetna® plan has to offer. It can help you feel your best from head to toe.

Many of us look at the new year as a way to continue healthy living. Or it can be a fresh start on our journey to reach our desired health goals. And we know one of the most important things we can do for ourselves is to live a healthy lifestyle. But what, exactly, does that mean?

### 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. And your doctor can treat the condition sooner. Talking with your doctor during your visit about tests or screenings can help guide your health goal outcome.



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

### What to expect

Your doctor will check your vital information such as your blood pressure, body mass index (BMI), weight and height. An annual wellness visit is a good time to bring up any health changes you've noticed since your last visit. For example, are there any changes in your eating or sleeping habits? Do you have any lumps or skin changes? Have you experienced any anxiety or mood swings?



**Tip:** Write down your health information before your next doctor's appointment. Then bring it with you to your visit. This can help you remember important topics to discuss with your doctor.

### Annual Care Checklist

Your primary care physician (PCP) can help you build a plan to reach your health goals. Here's a checklist of important topics you may want to discuss with your PCP. Just download, print and fill out this two-page Annual Care Checklist ahead of your doctor's visit. Then take the checklist and your Aetna member ID card to your next appointment. Check the boxes and take notes as you talk about each item with your doctor.

[Download the checklist](#)



### What to bring

Along with your Annual Care Checklist, you may want to bring the following to your appointment with your PCP to help you remember important information:

- Pen to take notes so you can review what was said later
- Friend or family member (an extra set of ears can be very helpful)
- List of your health care providers, such as a dentist or physical therapist (include phone numbers so your doctor can coordinate care)
- Copies of personal health records and family medical history

### Other ways to live a healthy lifestyle

In addition to your annual wellness checkup with your PCP, take stock of your overall health goals. Are there adjustments you can make now on your path to better health?

The new year is a great time to set or fine-tune goals for your health. They don't need to be big. You can start small and work changes into each day. For example, including more healthy foods in your daily meals can make a big difference in how you feel. And regular exercise can improve your physical as well as mental health.

Most Aetna Medicare Advantage plans include the SilverSneakers® fitness benefit. If you haven't joined SilverSneakers, the new year is a perfect time to start. Choose from classes at all fitness levels, led by trained instructors at in-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.



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 pneumococcal (pneumonia) vaccine for everyone over age 65. Read the full list of [CDC vaccine recommendations](#) before your doctor's visit.



To learn more:

Log in to your secure member website to learn more about your coverage and benefits.

[Log in](#)



**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
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### Surprising benefits

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

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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 | العربية | Kreyòl | Français | Polski | Português | Italiano | Deutsch | 日本語 | فارسی | Other languages...

### Disclaimer

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**Thank you**

