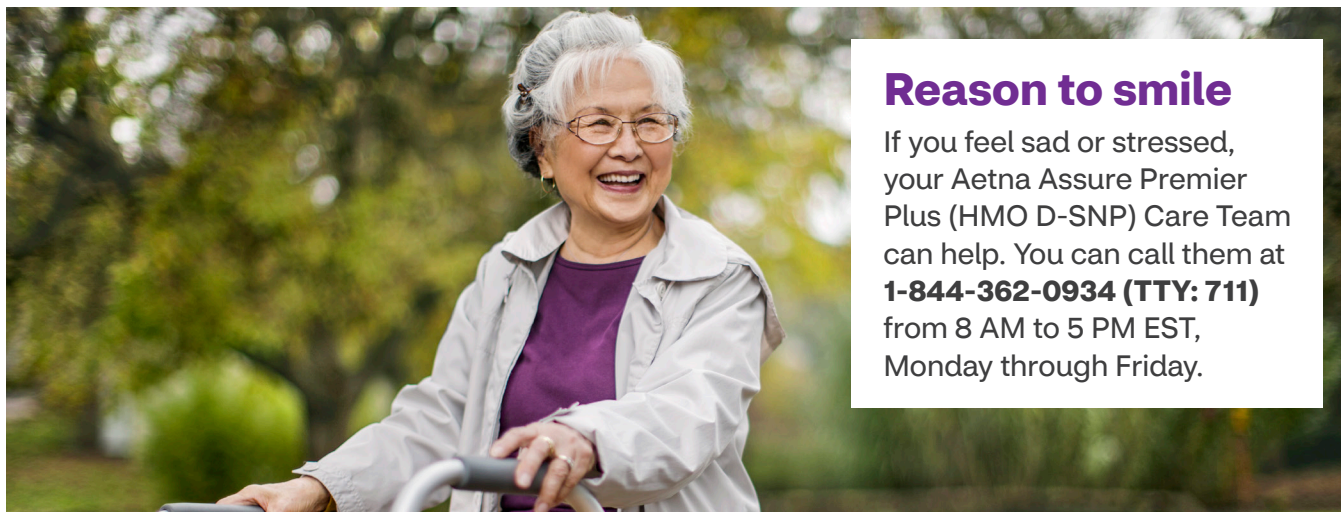


wellness & you



Reason to smile

If you feel sad or stressed, your Aetna Assure Premier Plus (HMO D-SNP) Care Team can help. You can call them at **1-844-362-0934 (TTY: 711)** from 8 AM to 5 PM EST, Monday through Friday.

Lower stress in minutes

When stressful thoughts pop up into your mind, you have the power to set them free. Start feeling calmer and more hopeful quickly with these simple tips.

Call a friend to chat

Many of us have spent more time alone lately — that can lead to loneliness and stress.

- Call a loved one to connect. Feeling connected to others helps your body manage stress hormones.
- Share a funny memory. Laughing boosts your mood.

Take a deep breath

Setting aside a few minutes to take deep breaths can relax you. Sit comfortably and:

- Close your eyes and picture a peaceful place.
- Breathe in and out slowly and deeply for a few minutes.

Get moving outdoors

Spring is a good time to enjoy fresh air and exercise.

- A walk outside is good for your mind and body.

Coverage you need

You get an allowance for certain over-the-counter items like sunscreen. Learn what's covered at [AetnaBetterHealth.com/New-Jersey-HMOSNP/Whats-Covered.html](https://www.aetna.com/better-health/new-jersey-hmosnp/whats-covered.html).

Your mental well-being is important, and your Care Team is here to support you.

Give them a call **1-844-362-0934 (TTY: 711)**, from 8 AM to 5 PM EST, Monday through Friday. Visit [AetnaBetterHealth.com/DSNP](https://www.aetna.com/better-health/dsnp) for more information.



Need to get surgery? Do this first

Your Care Team can help you schedule a surgery, and support you before and after, too. Reach out to them, and use these tips to prep for your procedure.

Replace bad habits with good ones

Exercise and eat healthy, sleep well, cut back on alcohol, and if you smoke, it's a good time to quit. Taking care of yourself reduces your risk of complications.

Talk to your provider

Tell your provider about any medication or vitamins you're taking — some can cause complications.

Make your post-surgery plan

If you need transportation to or from the procedure, ask your Care Team; they may be able to help. They may also have meals sent to you after a hospital stay as you heal.

After surgery

Avoid going back to the surgeon

Once you get discharged after surgery, you don't want to return anytime soon. Here's how to stay well:

- 1 See your provider after being discharged.** Your Care Team can schedule the visit. Ask about transportation, too.
- 2 Write down the medications you need to take and when.** Your Care Team can help get answers to any questions about your medications.
- 3 Wash hands regularly to prevent infections.** Do it before and after meals and bathroom visits.




Have you gotten your COVID-19 vaccine yet?

Learn if you are eligible and where to schedule a vaccine in your state. Vaccines are available at locations near you including CVS Pharmacy® stores. Visit covid19.nj.gov/vaccine.



Be smart after you get the shot

Getting the COVID-19 vaccine decreases your chances of getting the virus, but you should still follow these tips to stay safe when out in public:

-  **Continue to wear a mask.**
-  **Stay six feet apart from others.**
-  **Wash your hands frequently.**



Remember to take your health survey

Your Care Team will call you when it's time to do a short survey that helps you get the care you need. You should do this each year, so be sure to answer the phone call!

Preparing for a surgery? Your Care Team can help.

Give them a call at **1-844-362-0934 (TTY: 711)**, from 8 AM to 5 PM EST, Monday through Friday. Visit AetnaBetterHealth.com/DSNP for more information.

Questions about your health? Your Care Team can help.

Call them at **1-844-362-0934 (TTY: 711)**, from 8 AM to 5 PM EST, Monday through Friday. Visit AetnaBetterHealth.com/DSNP for more information.

<Return Address>

<Recipient's Name>

<Mailing Address>

Health and wellness or prevention information

Questions about your health? Reach out to your Care Team
at **1-844-362-0934 (TTY: 711)**, from 8 AM to 5 PM EST, Monday through Friday.
Visit **AetnaBetterHealth.com/DSNP** for more information.

Did you know?



✔ Stress isn't always avoidable, but you can feel happier with a few easy ideas.



✔ Preparing for an upcoming surgery can help your recovery.



✔ It's smart to protect yourself and others even after you get a COVID-19 vaccine.

Find all the details inside! →

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. This material is for informational purposes only and is not medical advice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Contact a health care professional with any questions or concerns about specific health care needs. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna is not a provider of health care services and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to our website. Other pharmacies are available in our network. ©2021 Aetna Inc.

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