



Aetna Better Health<sup>®</sup> of California

# Live well

Summer 2019

## Why regular eye exams matter

A dazzling sunset. A stunning bouquet. A baby's smile.

These are some of life's special joys. And to enjoy each to its fullest, you have to have good vision.

That's why eye exams are crucial. An eye doctor can help to ensure that your eyes are healthy and that you're seeing well. He or she can also catch vision problems early, when they may be easier to treat.

### At your exam

During an eye exam, you'll read charts with numbers and letters. These measure how well you see.

The doctor may also do certain tests. Often, this requires putting

drops in your eyes. The drops enlarge your pupils and make it easier to spot eye problems.

Your doctor may talk with you about your overall health, as well.

### When to go

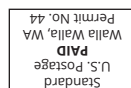
How often you should see your eye doctor depends on your age. The schedule for most people is:  
Age 20–39: Every 3 to 5 years

Age 40–64: Every 2 to 4 years  
Age 65 or older: Every 1 to 2 years

Those at high risk for eye problems may need more frequent checkups.

Talk with your doctor about a schedule that's right for you.

*Sources: American Academy of Ophthalmology; Prevent Blindness America*



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## On the safe side

### What to know about opioid prescriptions

Opioids may be used after surgery or an injury to help relieve pain. But taking them can be risky, so it's important to be careful. Here's what you should know if your doctor prescribes them.

#### Opioids have serious side effects

These drugs can be addictive. One study found that 1 in 4 people who took them long term had trouble stopping. And taking too much can slow breathing or cause death.

Other side effects include:

- Needing more to control pain
- Feeling sick when you stop taking them
- Sensitivity to pain
- Constipation
- Feeling very sleepy and dizzy
- Nausea, vomiting or dry mouth
- Confusion
- Depression
- A drop in testosterone for men, which affects energy and strength
- Itching and sweating

Ask your doctor if there are safer ways to treat your pain. Also tell him or her if you have a family history of drug or alcohol abuse.

#### Taking them safely

If an opioid is your best option, take these steps for safety:

Follow your doctor's instructions.

Ask how long you should take them and how to stop taking them.

Don't drink alcohol.

Don't take anti-anxiety pills, muscle relaxants, sleeping pills or other opioids.

Call your doctor if you're having serious side effects or you still have pain.

Don't share. Keep them away from other people and out of children's reach.

Ask your doctor if you should get the drug naloxone in case of an overdose.

When you no longer need them, flush extra pills down the toilet or find a drug take-back program in your area.

*Sources: American Hospital Association; Centers for Disease Control and Prevention; National Center for Injury Prevention and Control; U.S. Food and Drug Administration*

## When to start key screenings

The U.S. Preventive Services Task Force recommends the following guidelines for most men.

Talk with your doctor about what's right for you.

Age	Tests for men
18	<b>Blood pressure.</b> Be screened every 3 to 5 years. Those at increased risk for high blood pressure should be screened yearly.
40	<b>Blood pressure.</b> Be screened yearly. <b>Cholesterol.</b> Start screening based on risk factors. <b>Diabetes.</b> Start screening based on risk factors.
50	<b>Colorectal cancer.</b> Talk with your doctor about screening options.
55	<b>Prostate cancer.</b> Ask your doctor about screening. <b>Lung cancer.</b> Be screened yearly based on your history of smoking.
65	<b>Abdominal aortic aneurysm.</b> Be screened once between ages 65 and 75 if you've ever smoked.

#### Need a network doctor?

We can help. Search for a provider online at [aetnabetterhealth.com/california](https://aetnabetterhealth.com/california).

# Manage your weight the healthy way

It may be tempting to try something exotic for fast weight loss. An all-kumquat diet or a one-weekend exercise marathon, for example.

But it wouldn't be healthy. And any weight you lost would likely come back.

If you want to lose weight, a long-term healthy plan for eating and exercising is still best. It's not new or trendy. But it works for most people.

## What's on your plate?

A healthy diet combines fewer calories with better nutrition.

You can get both with a diet that:

- Has mostly fruits, vegetables, whole grains, and low-fat or nonfat dairy products
- Includes lean meats, fish, eggs, beans and nuts
- Limits unhealthy fats, salt and added sugars

Aim to lose between 1 and 2 pounds per week. It's a healthy goal and one you can meet. That usually means eating 500 to 1,000 fewer calories each day.

Try keeping a record of everything you eat. It may help you spot problems in your diet.

## Time to get active

Exercise is good for you in so many ways. It helps you manage your weight by burning calories.

It also:

- Lowers your risk for heart disease, diabetes and other long-term health problems
- Makes your lungs and muscles stronger
- Helps you sleep better

Aim for 150 minutes of exercise spread out over the week. But the more you exercise, the better.

Talk with your doctor if you have questions about how much exercise is right for you.




## Is medicine an option?

If you have tried to lose weight without success, ask your doctor about weight-loss medicine.

It won't make you lose weight on its own. But it can help when added to a diet and exercise plan.

Many of these drugs have side effects. So ask your doctor about the risks and benefits.

*Sources: Academy of Nutrition and Dietetics; National Institutes of Health*

 If you want to lose weight, a long-term healthy plan for eating and exercising is best for most people.

## On the trail to safety

Now that the weather is nice, you might be tempted to take a hike. But before you set off to explore the great outdoors, keep these five safety tips in mind:

**Have a plan.** And don't keep it to yourself. Let someone know where you're going and when you expect to return. If you're hiking with a group, decide where you're going to meet if you get separated. This could be back at the trailhead, at the car or at a big rock.

**Dress for success.** Wear clothing and footwear appropriate for the terrain and season. If ticks are running rampant, wear a long-sleeved shirt, long pants and shoes — not sandals. Use insect repellent that includes the ingredient DEET.

Bringing the kids along? Be sure to dress them in bright colors so they can be easily seen.

**Educate yourself.** If poison oak, sumac and ivy grows where you'll be hiking, learn how to recognize them so you can avoid them — and the nasty, itchy rashes they can give you.

**Pack appropriately.** Bring water, food, a cellphone, a map and compass or GPS, a whistle, a headlamp, and a flashlight.

**Choose wisely.** Hike on an established trail, and stay out of areas declared off-limits to hikers.

*Sources: Centers for Disease Control and Prevention; National Park Service*



## Your rescue inhaler Take it wherever you go

Here's something you always need by your side: your asthma quick-relief medicine, or rescue inhaler.

This medicine can stop asthma symptoms and attacks. It works quickly to relax the tight muscles in your lungs to help you breathe better again.

There are different types of quick-relief medicines. One is called albuterol. Your doctor can help decide which one is right for you.

### Know your inhaler

It's important to use your quick-relief medicine the right way. Ask your doctor or nurse to show you how.

And know when to use your inhaler. It works best when you first start to have asthma symptoms, like coughing or shortness of breath. Some

people need to use their inhaler before they exercise too. This helps prevent asthma symptoms during activity.

If you find that you use your inhaler more than twice a week, let your doctor know. This could mean you need a change in your asthma treatment plan.

Finally, don't forget to take your inhaler with you when you travel.

*Sources: American College of Asthma, Allergy & Immunology; National Institutes of Health*

## Well-child visits: A healthy idea

**Q:** Why take a healthy child to see the doctor?

**A:** To help keep him or her feeling well.

It has the ring of a riddle, but it's good advice. What are called well-child visits can go a long way toward helping your child stay healthy.

Well-child visits are regular checkups. How often they occur usually depends on a child's age. Your doctor will want to see your baby every month or so for a while. For an older child, yearly checkups may be enough.

Here are three reasons why well-child visits are a good idea:


These checkups let your doctor see how well your child is growing.

They are a good way to make sure your child is up-to-date on vaccinations.

They give you a chance to talk with your doctor about anything that's on your mind. That's hard to do if you made an appointment because your child is sick.


Source: American Academy of Pediatrics



 **HEALTH TIP:** Write down questions as you think of them. Take that list with you to your child's next appointment.

**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)

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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 եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Զանգահարե՛ք ձեր ID քարտի հետևի մասում գտնվող հեռախոսահամարով կամ **1-800-385-4104** (TTY (հեռախոս)՝ **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៖ បសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេ វាជំនួយផ្នែកភាសា ដោយមិនគិតល្អល 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**)