



Fall/Winter 2016

## Congestive Heart Failure Get a medicine checkup

Chances are, you take several medicines to manage your heart disease. They help keep you healthy—and may even save your life.

However, the more medications you take, the greater the chance for problems. Taking the wrong dose or taking certain meds together can be dangerous. To help prevent

such problems, have a medication checkup with your doctor.

Bring all your meds to this appointment. That includes all your:

- Prescription drugs
- Over-the-counter medicines
- Vitamins and supplements

Your doctor will make sure:

- Your medications won't interact in a way that could harm you
- None of your drugs have expired

- You understand what each medicine should do and you're taking it correctly
- You don't need to have a medicine or dose changed

Along with your meds, bring any questions you have to this checkup. If you want, you can ask a family member or caregiver to help you.

Source: American Heart Association ([www.heart.org](http://www.heart.org))

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This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. If you would no longer like to receive this mailing, please contact the Care Management Department.

### Contact us

Aetna Better Health® of Virginia, 9881 Mayland Drive  
Richmond, VA 23233

Member Services: **1-800-279-1878**  
(TTY **7-1-1** or **1-800-828-1120**)

Monday through Friday, 8 a.m. to 5 p.m.

**[www.aetnabetterhealth.com/virginia](http://www.aetnabetterhealth.com/virginia)**

## Cholesterol: Say yes to this test

High cholesterol is hard on your heart. And it usually doesn't cause symptoms. That means you could have it and never know it. Fortunately, a simple blood test can let you know if your cholesterol is high.

Experts agree that many adults should have a cholesterol test. The age you should begin testing may depend on your family history or other risks for heart disease. If you are over 20, ask your doctor if a test is right for you. Your ideal screening schedule could vary based on your age and other risk factors.

Once the results are back, be sure to ask your doctor:

- What they mean for your heart health
- What you need to do next to protect your heart
- If you need follow-up testing

Sources: American Heart Association ([www.heart.org](http://www.heart.org)); U.S. Preventive Services Task Force ([www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org))



**Need help?** Your care manager can tell you more about congestive heart failure and help you connect with your provider. Call Member Services and ask for the Care Management Department.

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## Do the holidays stress you out?

Winter can be a difficult time of year. The weather changes and the holidays are upon us. Having a chronic condition can add to these challenges. Sometimes that causes depression and anxiety. That, in turn, can make your condition worse. It can also hurt family and friend relationships and other areas of your life.

If you feel down or out-of-sorts for a couple weeks or

more, tell your doctor. A simple, online questionnaire can help start that discussion. Go to [www.adaa.org](http://www.adaa.org) and click on "Live and Thrive." On the "Ask and Learn" page, you'll find a link to a depression screening tool. After you answer the questions, print the results and share them with your doctor.

Source: Anxiety and Depression Association of America ([www.adaa.org](http://www.adaa.org))

## Flu season is here: Have you gotten your shot?

Your best bet for avoiding the flu? Get a shot every year.

That's true for just about everyone. And if you have a chronic condition, it's even more important. Try to get the shot as soon as you can in the fall.

Source: Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))