



# Good thinking



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Aetna Better Health® of New Jersey

## Protect your brain from serious injury

About 176 Americans die every day from injuries related to what's called a traumatic brain injury (TBI). TBIs can cause lifetime injuries or death.

A bump, blow or jolt to the head can cause a TBI. These injuries range from mild to severe. Most TBIs are mild and are known as concussions.

Suicide and falls are the leading causes of death from a TBI.

### Protect your head

The most common causes of TBIs are:

- Falls.
- Something hitting your head.
- Your head hitting something.
- Car accidents.

To help prevent a TBI in yourself and others:

- Wear a seat belt whenever you're in a car or truck. Make sure your passengers wear one too.

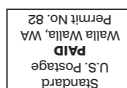
- Use seat belts and car seats for children.
- Never drive after drinking or using drugs.
- Wear a helmet when you play sports or ride a bike, motorcycle, snowmobile, scooter or other vehicle. The same rule applies to your kids.

*Continued on next page*

E-ENG

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## Protect your brain from serious injury

*Continued from front page*

- Install window guards to prevent young children from falling out of open windows.
- Put safety gates at the top and bottom of stairs if you have young children in your home.
- Make sure your child's playground is covered with soft material to cushion falls.

*Source: Centers for Disease Control and Prevention*



## Tips for older adults

If you're an older adult, talk to your provider about your risk for falls. You should also have your eyes checked at least once a year. You can do strength and balance exercises to help you stay steady on your feet.

To make your home safer:

- Add grab bars in your bathroom.
- Clean clutter off your floors.
- Install rails on both sides of the stairs.
- Put bright lights in your home.

## 3 things to do during and after an ER visit

The emergency room (ER) is there when you need it. That doesn't mean you want to go back anytime soon. There are steps you can take to avoid a return trip. Here are three things you can do to help yourself heal — and stay out of the hospital.

1. **Ask questions.** Make sure you understand your condition and test results. If you aren't sure, ask again. Find out if there is anything you need to do to stay well when you are home. If you are prescribed medicine, ask how and when you should take it.
2. **Tell your provider.** Your provider might not know that you went to the ER. Let

them know what happened and schedule a follow-up visit if needed. They can help you manage your health conditions.

3. **Take medicines — safely.** Taking medicines on time can help you stay well. Make sure to follow any instructions you got at the hospital. And tell your primary care provider or pharmacist about any new medicine. They can check to make sure it doesn't interact with your other medications.

*Sources: AARP; National Committee for Quality Assurance; UpToDate*

# New Jersey state resources for individuals and caregivers

## The Jersey Assistance for Community Caregiving (JACC) Program

People who are at risk of nursing facility placement but meet certain income and resource requirements may be able to remain in their homes, thanks to the JACC program. By providing in-home service packages tailored to individuals, JACC can delay or even prevent placement in a nursing facility.

☎ Call toll-free at **1-877-222-3737** or visit [www.State.NJ.US/humanservices/doas/services/jacc](http://www.State.NJ.US/humanservices/doas/services/jacc).

## Stress-Busting Program for Family Caregivers

This nine-week program consists of weekly, 90-minute sessions with a small group of caregivers. Participants learn about the disease process, develop stress management techniques and gain further knowledge and skills. The series is designed to improve the quality of life of family caregivers who provide care for persons with chronic diseases and to help caregivers manage their stress and cope better with their lives.

☎ To find a class in your area, call the Division of Aging Services at **609-438-4797** or visit [CaregiverStressBusters.org](http://CaregiverStressBusters.org).

## Statewide Respite Care Program

This program provides respite care services for elderly and functionally impaired persons age 18 and older to relieve their unpaid caregivers of stress arising from the responsibility of providing daily care. A secondary goal of the program is to provide the support necessary to help families avoid placing their loved ones in nursing homes.

☎ To reach the Statewide Respite Care Program in your county, call toll-free at **1-877-222-3737** or visit [ADRCNJ.org](http://ADRCNJ.org).



## Project Healthy Bones

This 24-week exercise and education program for people with, or at risk of, osteoporosis includes exercises that target the body's larger muscle groups to improve strength, balance and flexibility.

☎ Call **609-438-4798** or visit [www.State.NJ.US/humanservices/doas/services/phb/index.html](http://www.State.NJ.US/humanservices/doas/services/phb/index.html).

## Move Today

Move Today is a 30- to 45-minute non-aerobic exercise class designed to improve flexibility, balance and stamina. Participants assess their health, physical well-being and intent to make behavior changes before and upon completion of the program. The exercises and guidelines are based on current nationally recognized standards and science.

☎ Please visit [State.NJ.US/humanservices/doas/services/move/index.html](http://State.NJ.US/humanservices/doas/services/move/index.html).

## Enhanced flu shots work better for seniors

Flu season will be here before you know it. The Centers for Disease Control and Prevention (CDC) says people ages 65 and older should get a specific type of flu shot.

However, CDC notes that if these vaccines aren't available, a standard flu shot is OK.

### Why special flu shots?

Seniors have a higher risk of dangerous complications from the flu. They also have weaker immune systems than younger people. Flu vaccines might not work as well for seniors as they do for younger people.

Scientists created flu vaccines that might be better for seniors:

- **Higher-dose flu shot.** It has more antigen to make your immune response stronger.
- **Adjuvanted flu shot.** It has an extra ingredient to help your immune response.
- **Egg-free flu shot.** It has more antigen and is made without eggs.



## Put it on your to-do list every year

No matter which flu shot you choose, the main thing is to get vaccinated every year, ideally in the fall, before flu season starts. That way you will be protected when the flu starts going around. If you get a flu shot and you still get

the flu, your illness will likely be less severe.

Flu shots for seniors are safe. People who get a flu shot sometimes have mild to moderate side effects, like a sore arm, a headache or muscle aches.

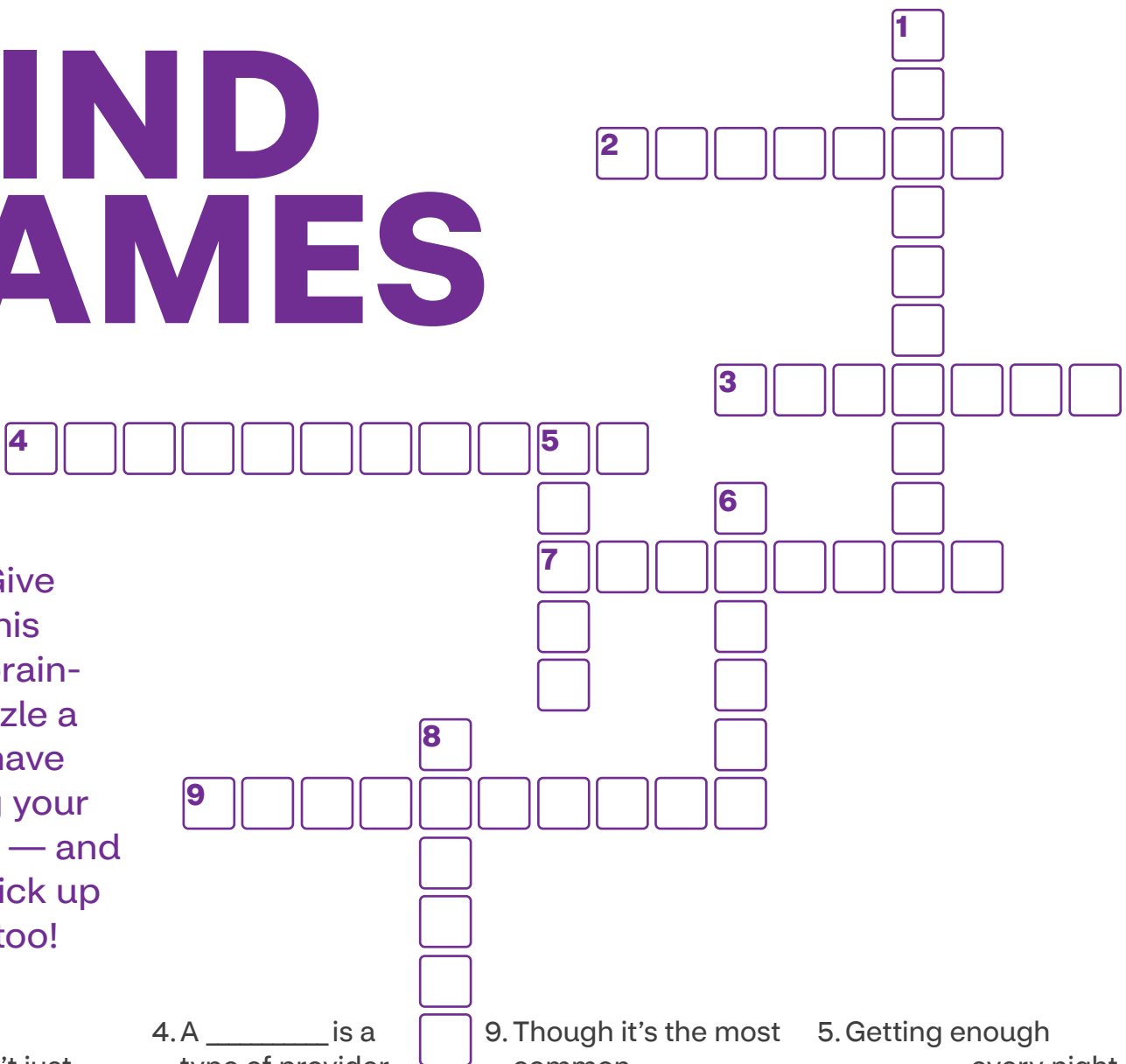
Talk to your primary care provider if you have questions about which flu shot is right for you.

# MIND GAMES



Give this brain-

health puzzle a try. You'll have fun testing your know-how — and you may pick up a few tips too!



## Across

- Exercise isn't just for your body. To help keep your brain active, read, play games, do \_\_\_\_\_ (like crosswords!) and try new hobbies.
- Staying social can help keep your brain sharp. Make time for \_\_\_\_\_ and family. It's good for you!

4. A \_\_\_\_\_ is a type of provider who specializes in treating the brain and spine.

7. Move your body to protect your brain. Regular \_\_\_\_\_ has been shown to increase brain function and improve mental health.

9. Though it's the most common, \_\_\_\_\_ disease isn't the only type of dementia.

## Down

1. Different types of dementia call for different \_\_\_\_\_, so it's important to get an accurate diagnosis.

5. Getting enough \_\_\_\_\_ every night can help keep your brain healthy.

6. Eat a diet with plenty of \_\_\_\_\_ and veggies, whole grains, fish, and nuts.

8. Loss of \_\_\_\_\_ doesn't always signal dementia. It can have other causes too.

## Answers:

Across: 2. Puzzles 3. Friends 4. Neurologist 7. Exercise 9. Alzheimer's  
Down: 1. Treatments 5. Sleep 6. Fruits 8. Memory

Drink up!

## The benefits of staying well-hydrated

Your body needs water to live. At the same time, it loses water as you go about your day. That's why you need to drink water daily.

You can lose water in many ways. Some of them are when you:

- Breathe.
- Exercise.
- Have diarrhea.
- Sweat.
- Throw up.
- Urinate.

Your body becomes dehydrated when it doesn't have enough water. Severe dehydration can damage your body and even kill you.

### Who's at risk?

If you are an older adult, you are at a high risk of dehydration. That's also true if you are a person with a bladder infection, diabetes or certain other medical conditions. Some medications can also raise your risk.

Adults have a high risk if they:



Are pregnant or breastfeeding.



Exercise too hard or too long.



Work or are otherwise physically active outdoors in hot weather.

### Are you dehydrated?

Signs and symptoms of mild or moderate dehydration include:

- Dizziness or light-headedness.
- Dry or sticky mouth.
- Muscle cramps.

- Reduced sweating when you should be sweating.
- Small amounts of dark yellow urine or no urine at all.
- Thirst.

If you are severely dehydrated, you might faint, feel confused, or have a hard, fast heartbeat.

You can usually treat mild dehydration by drinking plenty of water. You need to see a medical care provider if you have severe dehydration.

*Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention; National Institutes of Health; U.S. Department of Veterans Affairs*



## How to stay well-hydrated

To help prevent dehydration, drink water:

- Every day.
- During and after exercise.
- Instead of sugary drinks.

Carry a water bottle so you

can sip on water as you go about your day.

You can also drink other fluids, such as milk, sparkling water or herbal tea.

It's best to limit caffeine, but for most people, moderate amounts of plain coffee or black or green tea are safe. Eating water-rich fruits and vegetables, such as melons and tomatoes, helps too.



# Terrific turkey meatloaf

Makes 8 servings.

## Ingredients

- |  |  |
|--|--|
| 1 tablespoon extra-virgin olive oil            | 6 tablespoons fat-free, reduced-sodium chicken broth |
| 1 large onion, chopped                         | 1 teaspoon tomato paste                              |
| ½ pound cremini mushrooms, trimmed and chopped | 2 pounds ground turkey (mix of dark and light meat)  |
| ½ teaspoon dried thyme                         | ¾ cup breadcrumbs                                    |
| Salt and freshly ground black pepper, to taste | 2 eggs, beaten                                       |
| 3 tablespoons Worcestershire sauce             | ⅓ cup ketchup  |

## Directions

- Preheat oven to 325 degrees.
- In skillet, sauté onions and mushrooms in oil. Add thyme and season with salt and pepper.
- Cook until onions are translucent, about 10 minutes.
- Add Worcestershire, broth and tomato paste and mix thoroughly.
- Remove from heat and allow to cool to room temperature.
- In a large mixing bowl, combine turkey, breadcrumbs, eggs and onion-mushroom mixture.
- Mix well and shape into a rectangular loaf in shallow baking dish. Brush ketchup on top.
- Bake 90 minutes or until meat is cooked through and internal temperature is 165 degrees.
- Serve hot. Leftovers may be served cold in sandwiches.

## Nutrition information

Amount per serving:  
260 calories, 12g total fat (3g saturated fat), 13g carbohydrates, 26g protein, 0g dietary fiber, 270mg sodium.

Source: American Institute for Cancer Research



## Bone up on calcium and vitamin D

These essential nutrients can help strengthen your bones one meal and snack at a time

Are you getting enough calcium and vitamin D? If you don't, your bones can weaken over time. You could be at risk for bone disease. Your body can't make its own calcium. It has to come from what you eat.

It's time to strengthen your bones.

### Make the calcium connection

Try low-fat and nonfat dairy foods that have calcium and vitamin D.

Other foods that may have calcium and vitamin D:

- Cereal.
- Nondairy drinks, including milk alternatives.

- Orange juice.
- Tofu.

If you buy a fortified drink, shake the jar before pouring yourself a glass. Added calcium can settle at the bottom.

Read food labels and choose foods with 20% to 30% daily value (DV) of calcium. Aim for three servings of calcium-rich foods or drinks per day.

### Consider a supplement

How much you need each day depends on your age and gender.

Women 50 and younger and men 70 and younger need 1,000 milligrams of calcium

daily. At age 51 if you're a woman and 71 if you're a man, try 1,200 milligrams per day.

All adults should aim for 600 international units (IU) of vitamin D daily. At age 71, your needs rise to 800 IU daily. If you're pregnant or breastfeeding, try to get 1,000 milligrams of calcium and 600 IU of vitamin D daily.

You might want to take a calcium or vitamin D supplement if you can't get enough from food alone. Take them with meals or snacks.

*Sources: Bone Health & Osteoporosis Foundation; National Institutes of Health*

## Strong bones for a lifetime

Don't let broken bones sneak up on you. For more food for thought, talk to your primary care provider about your calcium and vitamin D needs. The steps you take now can pay off for a lifetime.



## Care management

Some members have special health care needs and medical conditions. Our care management unit will help you get the services and the care that you need. They can help you learn more about your condition. They will work with you and your provider to make a care plan that is right for you.

Our care management unit has nurses and social workers that can help you:

- Get services and care, including information on how to get a referral to special care facilities for highly specialized care.
- Work with health care providers, agencies and organizations.
- Learn more about your condition.
- Make a care plan that is right for you.
- Access services after hours for crisis situations for enrollees with special needs. Call Member Services at **1-855-232-3596 (TTY: 711)** for help and ask to speak with an after-hours nurse.
- Arrange services for children with special health care needs, such as well-child care, health promotion, disease prevention and specialty care services.



If you need this kind of help from the care management unit, please call Member Services at **1-855-232-3596 (TTY: 711)**.

### Initial health screening

Every plan member is contacted soon after they enroll. We will attempt to contact you within 45 days of enrollment to complete the initial health screening (IHS). When we talk to you, we ask you questions to complete an IHS. The IHS lets us learn more about your health care needs. We also get information about your past health care.

In case you want to complete the IHS on your own, we also send the IHS to you in the mail in your welcome kit or in a separate mailing with a postage-paid envelope to return to us.

Together, the IHS and your health history let us know if you have special health care needs. If so, we will then contact you to do a comprehensive needs assessment (CNA). It is important that we have your correct address and phone number so we can reach you.

If you need help completing the IHS, please call Member Services at **1-855-232-3596 (TTY: 711)** and ask to speak with the care management department.

**Members with special needs will be asked to complete a CNA.** If a CNA is completed, an individual health care plan (IHCP) will be made to meet your specific health care needs. IHCPs help providers and our care managers make sure you get all the care you need. We will set up a mutually agreeable time to develop your plan. This will be done within 30 days after the CNA is completed.

# What is a pulmonologist?

Your child wheezes and seems short of breath. Your partner snores loudly and gasps for air during sleep. After you've smoked for years, your provider says you might have COPD.

What do these descriptions have in common?

They're all things that could send a person to a pulmonologist.

## Breathing specialists

A pulmonologist is a doctor who helps you with breathing problems.

This type of provider finds and treats conditions that affect the lungs. They check many parts of the respiratory tract, such as the:

- Sinuses.
- Nose.
- Throat.
- Trachea (windpipe).

Sometimes they also check the heart.



Symptoms and illnesses this type of provider may treat include:

- Asthma.
- Breathing difficulty.
- Chronic cough.
- Chronic obstructive pulmonary disease (COPD).
- Cystic fibrosis.
- Lung cancer.
- Pneumonia.
- Pulmonary hypertension.
- Sleep apnea.
- Tuberculosis.

These providers may also manage ventilators for patients who need help breathing.

## Education

Pulmonology is a subtype of internal medicine. That means these doctors attend medical school for four years. They train three more years before they become board-certified as internists. After that, they study diseases that relate to the lungs for another two to three years.

Sometimes these providers care for children, rather than adults.

*Sources: American Board of Medical Specialties; American College of Physicians; American Lung Association*

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## Contact us



Member Services  
**1-855-232-3596**  
24 hours a day,  
7 days a week  
**TTY: 711**  
**AetnaBetterHealth**  
**.com/NewJersey**

MARCH Vision  
**1-844-686-2724**  
**TTY: 1-877-627-2456**  
LIBERTY Dental Plan  
**1-855-225-1727**  
**TTY: 711**

Medical Transportation (Modivcare)  
**Modivcare.com**  
**1-866-527-9933 (TTY: 1-866-288-3133)**  
Non-medical Transportation  
(Access Link — initial approval may take up to 30 days)  
**973-491-4224 (TTY: 1-800-955-6765)**

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  - o Qualified sign language interpreters
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- Provides free language services to people whose primary language is not English, such as:
  - o Qualified interpreters
  - o Information written in other languages

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Address: Attn: Civil Rights Coordinator  
4500 East Cotton Center Boulevard  
Phoenix, AZ 85040

Telephone: **1-888-234-7358 (TTY 711)**

Email: [MedicaidCRCoordinator@aetna.com](mailto:MedicaidCRCoordinator@aetna.com)

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 1-800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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**ENGLISH: ATTENTION:** If you speak a language other than 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)**。

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**PORTUGUESE: ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número que se encontra na parte de trás do seu cartão de identificação ou **1-800-385-4104 (TTY: 711)**.

**GUJARATI: ધ્યાન આપો:** જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. તમારા આઈડી કાર્ડની પાછળ આપેલા નંબર પર અથવા **1-800-385-4104** પર કૉલ કરો (TTY: 711).

**POLISH: UWAGA:** Jeśli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany na odwrocie Twojego identyfikatora lub pod number **1-800-385-4104 (TTY: 711)**.

**ITALIAN: ATTENZIONE:** Nel caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuita. Chiamare il numero sul retro della tessera oppure il numero **1-800-385-4104 (utenti TTY: 711)**.

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**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)**.

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