

Make the most of your retirement

# Feeling good

2024

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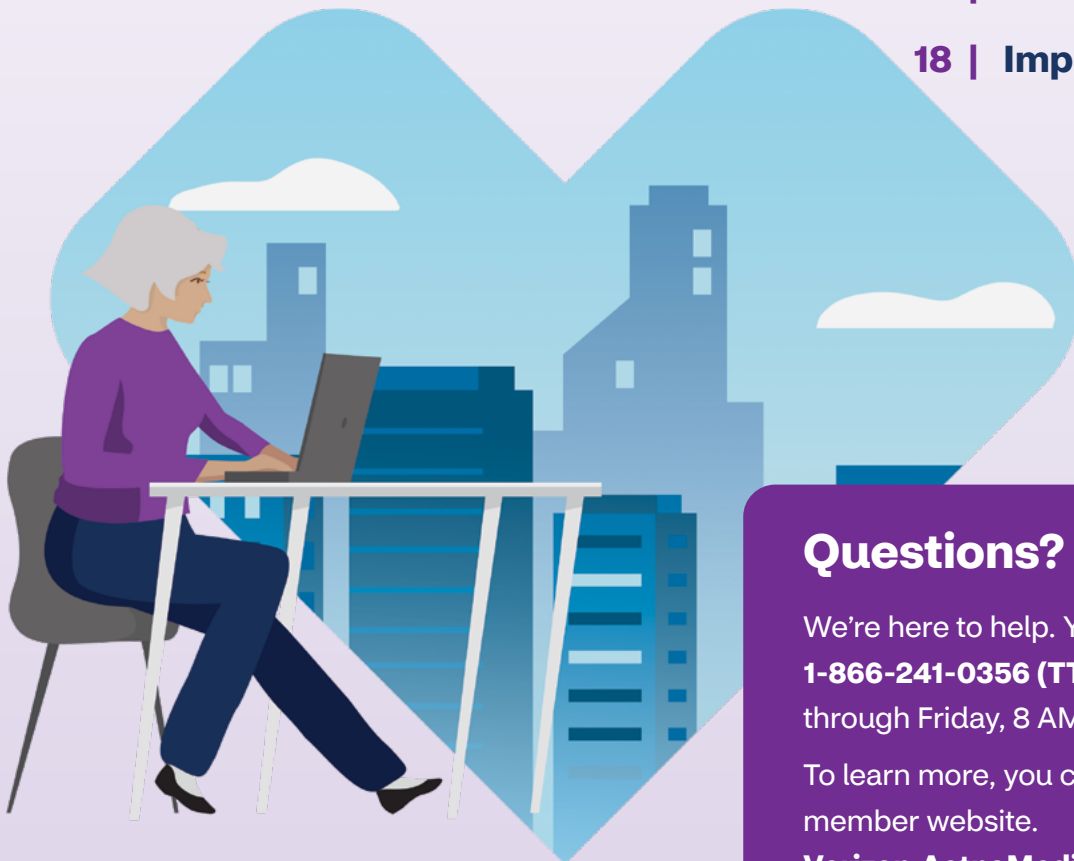
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## Questions?

We're here to help. You can reach us at **1-866-241-0356 (TTY: 711)**, Monday through Friday, 8 AM to 9 PM ET.

To learn more, you can also visit your member website.

**[Verizon.AetnaMedicare.com](https://www.verizon.com/aetna/medicare)**

Embark on a journey to vibrant well-being with this issue of *Feeling good*, tailored for the adventurous spirit within you. Together, we'll explore the pathways to a healthier, more fulfilling life. Discover expert tips, stories and nourishing recipes that will inspire you to embrace every moment of your retirement.



## Health in your hands

Your **member website** gives you quick and easy access to important health resources like a search tool to find care, coverage and claims details, and ways to help get and stay healthy.

### Download the Aetna Health<sup>SM</sup> app

Download the app on your smartphone and use the same login credentials for your secure Aetna Medicare Advantage website.

- 1 Go to the App Store or Google Play. You can also text "**GETSTARTED**" to **90156**.\*
- 2 You'll receive a download link. Message and data rates may apply.

### Register online for your secure Aetna Medicare Advantage website

If you haven't already made an account, signing up is easy.

- 1 Go to your member website.
- 2 Follow the prompts to register. You'll need your Aetna<sup>®</sup> Medicare member ID card handy.
- 3 Log in whenever you need to access your plan, coverage or health resources.

If you need help, just contact us. We're available Monday through Friday, 8 AM–9 PM ET. Call Aetna<sup>®</sup> Member Services at **1-866-241-0356 (TTY: 711)**.

\*FOR TEXTING GET STARTED: By texting **90156**, you consent to receive a one-time marketing automated text message from Aetna<sup>®</sup> with a link to download the Aetna Health app. Consent is not required to download the app.

Terms and Conditions: [aetna.com/terms](https://aetna.com/terms)

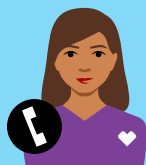
Privacy Policy: [aetna.com/legal-notices/privacy.html](https://aetna.com/legal-notices/privacy.html)



# Enhanced security for your member portal

Aetna® cares about protecting your personal information. As part of our ongoing efforts to keep your information safe, your Aetna member portal has been updated with new security measures.

Over the past few months you may have noticed new measures that include asking you to complete a CAPTCHA challenge when you log in. This is a security tool that helps fight bots, which are malicious computer programs that try to act like a human.



If you ever have trouble logging in to your Aetna portal, just call us for help. We're available Monday through Friday, 8 AM to 9 PM ET. Call Aetna® Member Services at **1-866-241-0356 (TTY: 711)**.



# Nurture your mental wellness

It's important to take care of our minds, just like our bodies.

Did you know that nearly one in four adults over age 65 feels lonely?\* Loneliness can affect our minds, which makes understanding it an important part of staying mentally healthy as we age.

There are many other issues common with older adults that can affect our minds as we age, like major life events, medical conditions or the death of a loved one.\* Stress, sleep problems and not getting enough exercise can also cause depression and more serious mental challenges.\* In 2021, the suicide rates were higher among adults ages **75 to 84** years, with the rate highest among adults ages 85 years or older.\*

Each challenge can stand in the way of more meaningful and joyous life experiences. But, you have available tools to help move past them.

## Watch out for warning signs

Sometimes our minds send signals when something isn't right. If you or someone you know feels very lonely, stops doing things they used to enjoy or has trouble sleeping, it might be a sign that their mind needs some extra care. Other signs can be feeling very sad too often or using alcohol or drugs more than before.

# Nurture your mental wellness

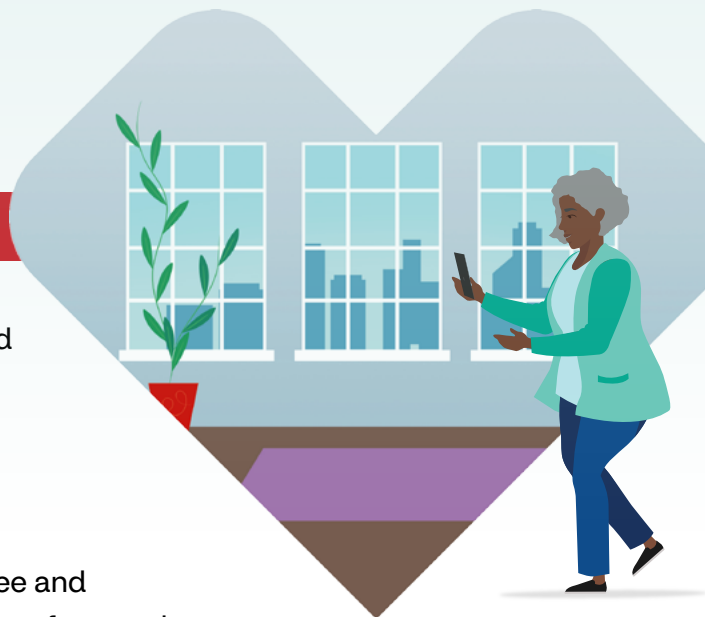


## What you can do

If you notice these signs in yourself or a friend, there are things you can do. Sometimes just talking to a friend about what's going on can make a big difference.

You can also reach out to helpful resources like:

- **American Foundation for Suicide Prevention (AFSP)** at [afsp.org](https://afsp.org)
- **988**: The Suicide & Crisis Lifeline provides 24/7 free and confidential support, prevention and crisis resources for people in distress. Dial **988**.
- **Resources For Living®**: Resources For Living can connect you with counselors or mental health professionals who can listen and support you. Call a Resources For Living counselor 24/7 at [1-866-370-4842 \(TTY: 711\)](tel:1-866-370-4842), Monday through Friday, 8 AM to 6 PM (all time zones).
- **Teladoc® Health**: Teladoc Health gives you access to a national network of U.S. board-certified doctors by phone or video. Contact Teladoc Health at [1-855-835-2362 \(TTY: 1-855-636-1578\)](tel:1-855-835-2362) or visit [Teladoc.com/Aetna](https://Teladoc.com/Aetna)



Growing older is a wondrous journey and nurturing your mental wellness is a crucial chapter. Remember, you're never alone — there are friends and helplines eager to help make your journey brighter and turn your golden years into an unforgettable adventure.

We're also here to help. For a list of mental health services covered under your plan, or to get help finding a provider, visit your member website or call us. Call Aetna® Member Services at the number on your member ID card.

\*FOR LONELINESS IN OLDER ADULTS: Office of the U.S. Surgeon General. Our Epidemic of Loneliness and Isolation. Accessed November 27, 2023. Available at [HHS.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf](https://HHS.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf)

\*FOR DEPRESSION IN OLDER ADULTS: National Institute on Aging. Depression and Older Adults. Accessed November 27, 2023. Available at: [NIA.NIH.gov/health/mental-and-emotional-health/depression-and-older-adults](https://NIA.NIH.gov/health/mental-and-emotional-health/depression-and-older-adults)

\*FOR SUICIDE RISK AND OLDER ADULTS: American Foundation for Suicide Prevention. Suicide Statistics. Accessed November 27, 2023. Available at: [AFSP.org/suicide-statistics/](https://AFSP.org/suicide-statistics/)

Your wellness

# Healthy at Home



## RSVP today

Visit [HealthyatHome.AetnaMedicare.com](https://HealthyatHome.AetnaMedicare.com) or scan the QR code to learn dates and times and to register for the webcasts you'd like to attend. Or, you can watch a previously recorded video. Check your email for confirmations and reminders before each new event.



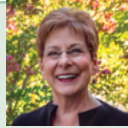
# Healthy at Home® webcast series

Be sure to catch these upcoming webcasts featuring celebrity speakers and experts on topics that support you. They are available at no additional cost to you.



What's your vitality plan?

**Kay VanNorman**



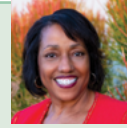
Caregiving for caregivers:  
Dementia – A different reality

**Elaine Sanchez**



3-Ingredient recipes

**Ellie Krieger**



Thriving in retirement

**Sarita Maybin**



Developing positive relationships

**Greg Bell**



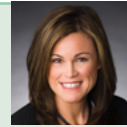
Smart grilling

**Ellie Krieger**



How to be bendable – not breakable

**Debi Robinson**



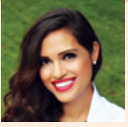
Using humor for brain health/  
performance

**Heidi Hanna**



Strong heart, sharp mind

**Joe Piscatella**



Beating loneliness and isolation

**Dr. Sue Varma**

## Join Workout Wednesdays!



Join senior exercise expert and *Vitality 4 Life* TV show host, Curtis Adams, for Workout Wednesdays. It's a monthly exercise webcast made just for Aetna Medicare Advantage plan retirees. Visit [HealthyAtHome.AetnaMedicare.com/fitness](https://HealthyAtHome.AetnaMedicare.com/fitness) or scan the QR code to sign up for a variety of live workouts. You can engage in workouts available on demand too.



## Not able to make a live webcast?

Sign up anyway — after the event, we'll email you a link to watch a recording.





# Vaccines

## are a vital health tool for older adults

Vaccines are an important part of taking care of our health. They help our immune system so that we can fight germs that make us sick.

**Vaccines are made up of inactive or weakened parts of the germ or the blueprints that make up the virus or bacteria.**

When we get a vaccine, our immune system creates antibodies that help ward off the infections. That way, our body can fight the infection so we either don't get sick or our symptoms are milder. A great example of this is the flu vaccine. While you might still catch the flu after being vaccinated, you'll generally have milder symptoms and recover much faster.

Vaccines are especially important for seniors. Some infections are more common and cause more severe illness and even death in adults older than 65.\* Chronic diseases such as heart disease, diabetes, COPD, asthma, liver disease or cancer can make it much harder for your body to fight infections.\*

Talk with your doctor about which vaccines are recommended for you. The following are just some vaccines covered under your Aetna Medicare Advantage plan:

- **Flu shot (annual)**
- **COVID-19**
- **Pneumonia**
- **Hepatitis B**

To find a full list of covered vaccines, visit your member website or call Aetna® Member Services at the number on your member ID card, Monday through Friday, 8 AM through 9 PM ET.

*Esmeralda Serrano, MD*  
Aetna Senior Clinical Solutions  
Medical Director

\*FOR INFECTION RISKS: Centers for Disease Control. People at higher risk for flu complications. Accessed December 4, 2023. [CDC.gov/flu/highrisk/index.htm](https://www.cdc.gov/flu/highrisk/index.htm)

# A holistic look at your health in the comfort of your home

We want you to be happy and healthy. So we offer a Healthy Home Visit at no additional cost to you each year to help you reach your health goals! We use the results of the Healthy Home Visit to help us work with you and your doctors. The results can help us see if additional Aetna® resources and support might help you achieve your health goals.

During a Healthy Home Visit, a licensed and board-certified nurse practitioner or doctor comes to your home. They will:

- **Answer** your health questions
- **Talk** about your medical history
- **Suggest** ways to improve your health
- **Review** your medications
- **Provide** any needed health screenings
- **Do** a safety check
- **Connect** you with community resources

This visit doesn't take the place of a physical exam from your own doctor. But, it can be a critical part of managing your health at home. A post-visit summary is shared with you and your doctor.



## Schedule one today

Schedule your Healthy Home Visit today.  
Just visit [Schedule.SignifyHealth.com](https://Schedule.SignifyHealth.com)  
or scan the QR code to get started.





# Adventure awaits

Consider an accessible national park for a summer trip

**National parks are not just for the adventurous youth; they're for everyone!**

Staying active is essential at any age and most national parks provide multiple levels of accessibility for people with various needs. They're the perfect backdrop to embrace the beauty of nature while keeping fit or enjoying an inclusive trip with family or friends.



**Grand Canyon National Park, Arizona:** The Grand Canyon's breathtaking vistas are accessible to all with paved paths and shuttle services. The South Rim offers stunning viewpoints, like Mather Point. Get details about accessible features at [NPS.gov/grca/planyourvisit/accessibility.htm](https://www.nps.gov/grca/planyourvisit/accessibility.htm)



**Acadia National Park, Maine:** Acadia has more than 50,000 acres along Maine's coastline with a scenic beauty that's not limited by age. The Park Loop Road provides stunning views for those who prefer a leisurely drive, and the Jordan Pond Path is a flat trail suitable for walkers of all abilities. Check out the park's accessibility at [NPS.gov/acad/planyourvisit/accessibility.htm](https://www.nps.gov/acad/planyourvisit/accessibility.htm)

# Adventure awaits



**Shenandoah National Park, Virginia:** With its Skyline Drive offering panoramic views of the Blue Ridge Mountains and Shenandoah Valley, Shenandoah National Park is a perfect destination for a road trip. Learn about the park's assistive listening devices, trails, visitor centers and more at [NPS.gov/shen/planyourvisit/accessibility.htm](https://www.nps.gov/shen/planyourvisit/accessibility.htm)



**Zion National Park, Utah:** Everyone can marvel at Zion's colorful wonders. Use the park's shuttle system to experience the majestic canyons. Or, enjoy the Riverside Walk, which is a paved trail with benches for sitting along the way. For information on accessible features, visit [NPS.gov/zion/planyourvisit/accessibility.htm](https://www.nps.gov/zion/planyourvisit/accessibility.htm)



**Everglades National Park, Florida:** For those seeking a unique adventure, Everglades National Park provides accessible opportunities to explore its vast wetlands. The Anhinga Trail is a short, paved path with plenty of wildlife viewing. Learn more about accessibility features at [NPS.gov/ever/planyourvisit/accessibility.htm](https://www.nps.gov/ever/planyourvisit/accessibility.htm)

## Stay active amidst nature's wonders

Exploring these national parks isn't just about enjoying stunning landscapes, it's an opportunity to stay active and healthy. Before you embark on your journey, make sure to check each park's accessibility information on its website. You can learn more about all our national parks at [NPS.gov/findapark/index.htm](https://www.nps.gov/findapark/index.htm) or scan the QR code.

National parks are waiting to be explored and they're accessible to everyone, ensuring that the joy of nature knows no age limit.



## Caregiver corner

# Exploring *home care* options for older adults

As we age, it's important to consider the care we need to stay healthy and happy. Sometimes, a little extra help can make a big difference — even for everyday tasks. Home care is an option for getting the care you or your loved one deserves.



**Three out of four adults over age 50 want to age in their own homes. Home is where the heart is, and getting care in the place you love is a top choice for many.\***

## Stay independent and comfortable while getting the support you need

Home care is all about making life easier. It's like having a friendly helper by your side. Caregivers can assist with daily activities such as cooking, cleaning and personal care. They can also be a wonderful source of companionship, someone to chat with or accompany you on walks.



\*FOR AGING-IN-PLACE STATISTICS: AARP. Where We Live, Where We Age: Trends in Home and Community Preferences. Accessed December 4, 2023. Available at:

[AARP.org/pri/topics/livable-communities/housing/2021-home-community-preferences.html](https://www.aarp.org/pri/topics/livable-communities/housing/2021-home-community-preferences.html)

## Find care for yourself or a loved one

Getting started with home care is as easy as talking about it. Tell your doctor about the type of care you need and they can guide you on the right path. Involve your family in the conversation — they're there to support you. You can also explore online for home care agencies in your area to find the perfect match for your needs.

Options for care at home can include, but are not limited to:

- **Personal care aides:** These caring professionals help with daily activities, like bathing, dressing and meal preparation.
- **Companionship services:** A friendly face to spend time with, play games or share stories.
- **Home health care:** For those needing a bit more medical attention, home health care provides services like wound care or medication management.



### Trying to find care at home? Resources For Living® can help

There may be resources in your community that can help with care at home, and a Resources For Living consultant can help you find them. Resources For Living is a program Aetna® provides you at no additional cost as part of your plan. To get started call [1-866-234-3129 \(TTY: 711\)](tel:1-866-234-3129), Monday through Friday, 8 AM to 6 PM (all time zones).

# Quinoa & black bean salad



## Energizing eats for an adventurous day

Have a busy day or exciting destination coming up? These recipes can provide essential nutrients to help keep you energized before and during your journey.

### Quinoa and black bean salad\*

#### Ingredients

- 1/2 cup** quinoa
- 1 1/2 cups** water
- 1 1/2 tablespoons** olive oil
- 3 tablespoons** lime juice
- 1/4 teaspoon** cumin
- 1/4 teaspoon** coriander (ground dried cilantro seeds)
- 2 tablespoons** cilantro (chopped)
- 2 medium** scallions (minced)
- 1 can** black beans (15 1/2 oz, low-sodium, drained and rinsed)
- 2 cups** tomatoes (chopped)
- 1 medium** bell pepper (red, chopped)
- 1 medium** bell pepper (green, chopped)
- 2** chilis (fresh green, minced; or to taste)

#### Directions

- 1.** Rinse the quinoa in cold water. Boil 1 1/2 cups water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
- 2.** While the quinoa is cooking, mix olive oil, lime juice, cumin, coriander, cilantro, and scallions in a small bowl, and set aside.
- 3.** Combine chopped vegetables with the black beans in a large bowl, and set aside.
- 4.** Once the quinoa has cooled, combine all ingredients and mix well.
- 5.** Cover and refrigerate until ready to serve.

\*FOR QUINOA AND BLACK BEAN SALAD: US Department of Agriculture. Quinoa and Black Bean Salad. Accessed January 4, 2024. Available at: [Nutrition.gov/recipes/quinoa-and-black-bean-salad](https://www.nutrition.gov/recipes/quinoa-and-black-bean-salad)

# Banana oatmeal cookies

## Banana oatmeal cookies\*

Looking for a no-added-sugar snack? Try these banana oatmeal cookies for a pick-me-up during the day.

### Ingredients

- 2** bananas (very ripe)
- 1 cup** oats (quick or old-fashioned)
- ½ teaspoon** cinnamon
- ½ teaspoon** vanilla
- ½ cup** raisins, dried cranberries or chopped nuts

### Directions

- 1.** Preheat oven to 350 degrees.
- 2.** In a medium bowl, mash bananas with a fork until mostly smooth.
- 3.** Add oats, cinnamon, vanilla and raisins. Mix well.
- 4.** Drop spoonfuls of dough onto a lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
- 5.** Bake 10 to 15 minutes. Remove from oven and let cool before serving.

\*FOR BANANA OATMEAL COOKIES: US Department of Agriculture. Banana Oatmeal Cookies. Accessed January 4, 2024. Available at: [Nutrition.gov/recipes/banana-oatmeal-cookies](https://www.nutrition.gov/recipes/banana-oatmeal-cookies)



# Brain game



## Find the national parks

Can you find all 63 national parks in this Word Search puzzle?

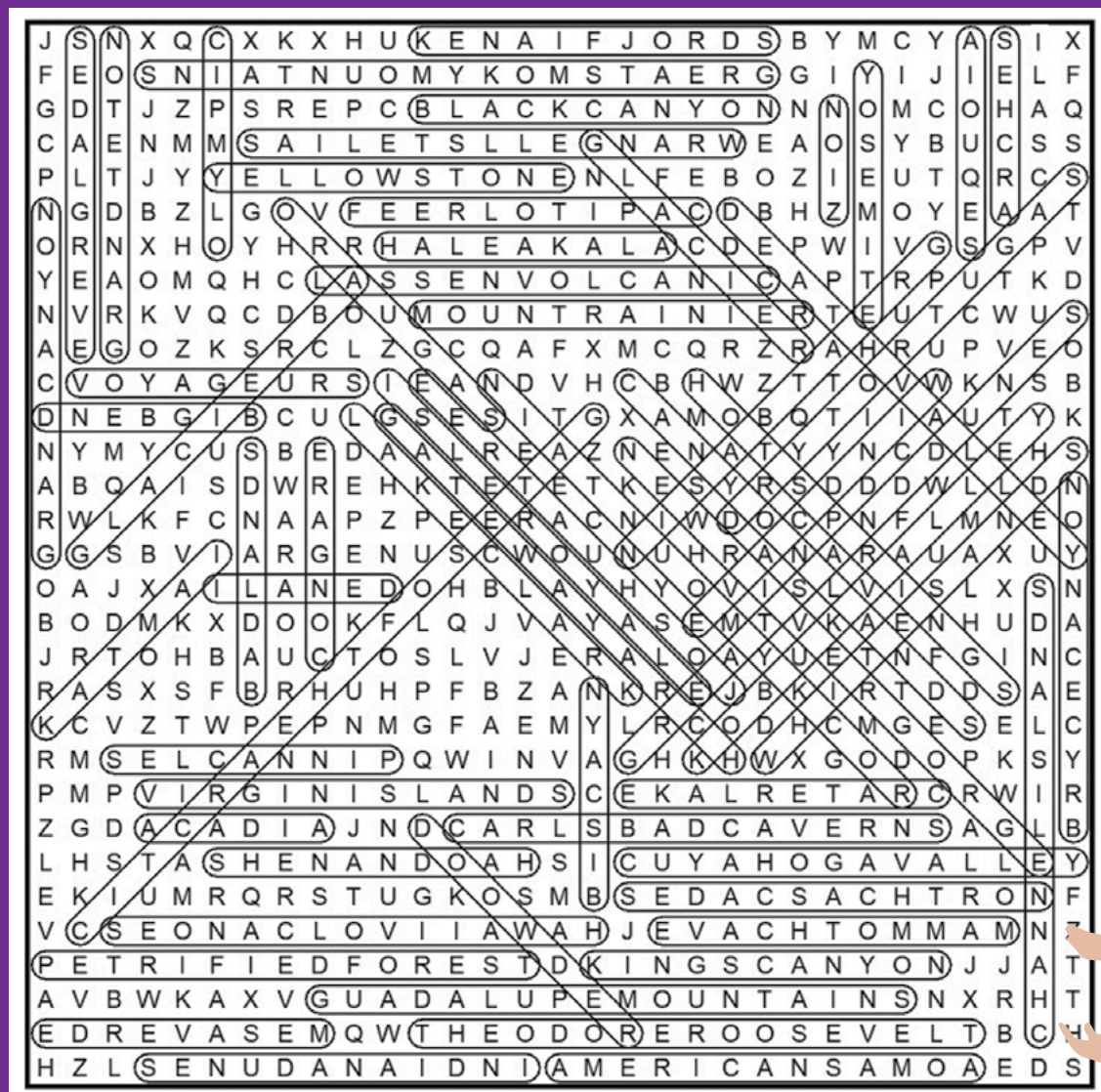
Acadia	Glacier	Mount Rainier
Arches	Grand Canyon	American Samoa
Badlands	Grand Teton	New River Gorge
Big Bend	Great Basin	North Cascades
Biscayne	Great Sand Dunes	Olympic
Black Canyon	Great Smoky Mountains	Petrified Forest
Bryce Canyon	Guadalupe Mountains	Pinnacles
Canyonlands	Haleakala	Redwood
Capitol Reef	Hawai'i Volcanoes	Rocky Mountain
Carlsbad Caverns	Hot Springs	Saguaro
Channel Islands	Indiana Dunes	Sequoia
Congaree	Isle Royale	Shenandoah
Crater Lake	Joshua Tree	Theodore Roosevelt
Cuyahoga Valley	Katmai	Virgin Islands
Death Valley	Kenai Fjords	Voyageurs
Denali	Kings Canyon	White Sands
Dry Tortugas	Kobuk Valley	Wind Cave
Everglades	Lake Clark	Wrangell-St. Elias
Gates of the Arctic	Lassen Volcanic	Yellowstone
Gateway Arch	Mammoth Cave	Yosemite
Glacier Bay	Mesa Verde	Zion



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# Solution to word search (pages 15-16)



# Important resources

## Aetna® Member Services

Call us at [1-866-241-0356 \(TTY: 711\)](tel:1-866-241-0356),

Monday–Friday, 8 AM–9 PM ET or [Verizon.AetnaMedicare.com](https://www.Verizon.AetnaMedicare.com).

## Healthy Home Visit

[1-877-503-5802 \(TTY: 711\)](tel:1-877-503-5802)

Monday through Friday, 8 AM to 8 PM ET

Or visit [Schedule.SignifyHealth.com](https://Schedule.SignifyHealth.com)

to schedule an appointment online.

## Resources For Living®

[1-866-370-4842 \(TTY: 711\)](tel:1-866-370-4842)

Monday through Friday, 8 AM to 6 PM

for all continental U.S. time zones.

The formulary and/or pharmacy network may change at any time. You will receive notice when necessary. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. 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.

Resources For Living is the brand name used for products and services offered through the Aetna group of subsidiary companies. For accommodation of persons with special needs at meetings, call [1-800-307-4830 \(TTY: 711\)](tel:1-800-307-4830).