

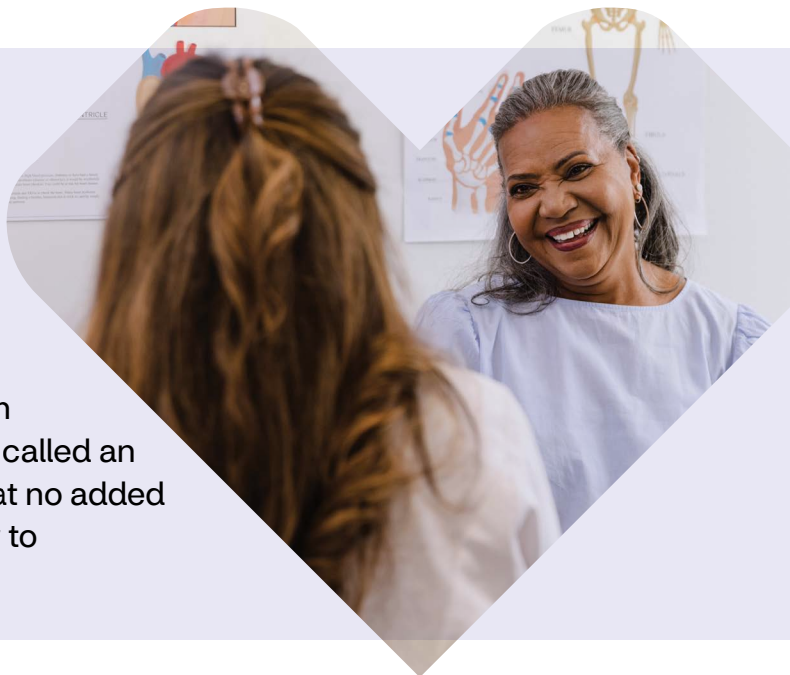
wellness & you

Your Aetna® Medicare FIDE (HMO D-SNP) member newsletter

MAXIMIZE YOUR PLAN

All about your Annual Wellness Visit

Did you know you have a covered checkup each year with your primary care provider (PCP)? It's called an Annual Wellness Visit (AWV). And it's available at no added cost to you. Here's how an AWV works and how to prepare for your appointment.



What is an AWV?

Your Annual Wellness Visit is a chance to talk to your primary care provider all about your health. They'll use this info to build a personal prevention plan for you. Services may include:

- Preventive screenings
- Chronic condition management
- Height, weight and blood pressure measurements
- A personalized care plan

How do you prepare for an AWV?

Start by making a list of all the medicines you take. You should also bring a list of all the providers or specialists you see.

Your AWV is also a great time to speak up for your health. Don't be afraid to ask questions or bring up concerns. If you need help getting an appointment or information on a billing issue, your Member Services team can join a call with you and your provider's office. They are available at **1-866-600-2139 (TTY:711)** from 8 AM to 8 PM, 7 days a week.

How is an AWV different from other appointments?

While the AWV is all about prevention, a yearly physical exam is focused on your current health. During that visit, your provider may check your heart, lungs and reflexes or do other hands-on exams.

Another way to get care

Your AWV is not the only way to get the care you need. The care management program is at your service. A care manager can help you manage chronic conditions, avoid hospital stays and offer support at advanced stages of an illness. You'll be given a care manager to help with coordinating providers, supporting recovery and guiding you through advanced care. Call the number on your member ID card to learn more.

Want to learn more about your plan or coverage details?

Log in to your secure member website at **AetnaMedicare.com/IL-LG**. Or register for your account at **AetnaMedicare.com/IL-RG** today.

Your guide to fall prevention

Falls are one of the most common causes of injury for people age 65 and older. Each year, there are about 3 million emergency room visits due to falls from adults this age.¹ However, there are effective ways to lower your risk. This guide offers practical tips to help you feel more confident and steadier on your feet.



1

Check your fall risk

The first step to preventing falls is knowing your risk. Your provider can help with this important first step during your covered Annual Wellness Visit. They'll give you a fall risk assessment and ask you questions

about walking, balance and any past falls. They may also:

- Test your strength and movement
- Review your medications
- Check your blood pressure

2

Protect your senses

Good vision and hearing can help maintain overall health, including your risk of falls and injury. Remember to schedule yearly eye and ear exams. They can help you stay

steady on your feet and aware of your surroundings. Looking for an in-network eye or ear care provider? Visit aet.na/IL26-21 today.

3

Stay safe if you fall

Sometimes, falls happen, even with the best precautions. But knowing how to fall safely and what to do afterward can help prevent serious injuries.

Tips for falling safely:

- Stay loose and try not to tense up.
- Bend your knees and elbows to soften the landing.
- If you can, roll with the fall instead of landing flat.
- Protect your head by tucking your chin or turning your face.
- Aim to land on soft parts of your body, like your thighs or backside, not your wrists or hips.

Stay safe at home

You get an annual \$100 benefit amount (allowance) for certain approved home and bathroom safety products like travel walkers, folding canes and bath mats. To learn more about this benefit and order approved products, call us at **1-866-600-2139 (TTY:711)** 8 AM to 8 PM, 7 days a week.

¹ Centers for Disease Control and Prevention. Facts about falls. January 27, 2026. Available at: cdc.gov/falls/data-research/facts-stats/index.html Accessed May 14, 2026.

Brush for your whole body

A healthy mouth can lead to a healthier you. Good oral hygiene may lower the risk of conditions like heart disease, diabetes and memory loss. Too many germs in the mouth can spread through the blood and cause harm. Here's how your mouth affects other parts of your body.



1

Your mouth and brain

Did you know your mind may benefit from healthy gums? If germs end up in your bloodstream, that may affect parts of your brain that control memory and thinking.

2

Your mouth and heart

Healthy gums can help keep your heart strong. Bacteria from gum disease can cause inflammation in your arteries. This may increase the risk of heart disease and stroke.¹

¹ American Academy of Neurology. Gum disease and cavities linked to increased stroke risk. October 22, 2025. Available at aan.com/PressRoom/home/PressRelease/5290 Accessed May 14, 2026.

3

Your mouth and lungs

Germs from your mouth can move into your airway and raise the risk of lung infections like pneumonia. Gum disease can also make chronic lung conditions, such as chronic obstructive pulmonary disease (COPD), harder to manage.

4 ways to have a healthier smile

Small daily habits can help keep you healthy. Here are a few to try:

- Brush your teeth twice daily
- Don't forget to floss
- Brush your tongue
- Replace your toothbrush every three to four months

Brush up on your dental coverage

Your plan covers oral exams, cleanings and x-rays. To learn more about your dental benefits, access your Summary of Benefits at aetna.com/IL26-22. Or log into your secure member website at AetnaMedicare.com/IL-LG.

Not registered yet? Visit AetnaMedicare.com/IL-RG to sign up today. In addition to the dental services covered through Medicaid, you get a combined annual benefit amount (allowance) of \$2,500 for certain Medicare-covered preventive and comprehensive dental services.



Health and wellness or prevention information

Have questions or need help with your plan? Visit [AetnaMedicare.com/ILDSNP](https://www.aetna.com/ILDSNP) or call Member Services at **1-866-600-2139 (TTY: 711)**, 8 AM to 8 PM, 7 days a week.

Did you know?

When you first join our plan, it's important for you to complete a health risk assessment (HRA) within 90 days after your enrollment. Your care manager will contact you to complete an HRA with you. The HRA includes questions to identify your health needs. We can complete the HRA by an in-person visit or telephone call. We look forward to serving you.

See Member Handbook for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Aetna Medicare FIDE (HMO D-SNP) is a Fully Integrated Dual Eligible Special Needs Plan with a Medicare contract and a contract with the Illinois Medicaid Program. Enrollment in Aetna Medicare FIDE depends on contract renewal. Participating 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. 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.