

wellness & you

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

HEALTHIER ALL YEAR

How to boost heart health

Hello <First name,>

Your heart works nonstop. It's always pumping blood, delivering oxygen and keeping you going. That's why heart health matters. Here are two science-backed tips to help you take great care of it.



Stay on top of screenings

Some heart problems can show up in unexpected places. This includes your teeth and your eyes. For example, there is a link between gum disease and a higher risk of heart attack and stroke. And conditions like high blood pressure can cause changes in the blood vessels at the back of the eye.

The good news? Seeing your dentist and eye care provider regularly for checkups can help you watch for warning signs of heart-related issues.

Your plan covers regular visits with dental and vision providers. Taking advantage of these exams can help catch issues early and make treatment easier.

Know your numbers

You've likely had your heart rate and blood pressure checked during a doctor's visit — but do you know what the numbers mean? Here's a simple breakdown:

- **Heart rate.** This is the number of times your heart beats every minute. For most adults, a resting heart rate is between 60 and 100 beats per minute.

- **Blood pressure.** This measures how hard your blood pushes against your artery walls. A healthy reading is less than 120/80. The top number measures pressure when your heart beats. The bottom number measures pressure when your heart rests between beats.

Get the support you need

Our population health management programs can help you live your healthiest life possible. Whether you're managing diabetes or just trying to stay healthy, we have special programs to help you get the care you need — and prevent health issues in the future. You can learn about the program online at [AetnaMedicare.com/MichDSNP](https://www.aetna.com/MichDSNP) or in your member handbook. Or call us at **1-855-676-5772 (TTY: 711)** 8 AM to 8 PM, 7 days a week.

You have the right to make decisions about your health care. If we contact you to join one of our programs, you may decline. If you are already in a program, you may choose to stop at any time by calling the number above.

Resource
spotlight



Having the right pharmacy can help you safely manage your medications.

Find an in-network pharmacy today at aetna.com/mi26-11.

Find your partner in health

Having a strong relationship with your primary care provider (PCP) helps you better manage your health. Don't have a PCP? Thinking about switching providers? Here are four ways having the right PCP can benefit you.



Resource
spotlight



Find helpful information

1 A trusted partner

Having a provider you trust makes it easier to share concerns before they become more serious. No problem is too embarrassing, and no question is too silly. Your PCP understands your health history and can provide care that's right for you.

2 Chronic condition management

If you have ongoing health issues like diabetes, high blood pressure or asthma, your PCP is your go-to partner. They coordinate your care and bring together a team of specialists to make sure you get the right treatment.

3 Illness prevention

Your PCP doesn't just treat problems — they help prevent them. With regular checkups, screenings and a personalized care plan, your PCP can catch potential health concerns early when they are often easier to treat. And they can help you avoid more serious issues down the line.

4 Well-rounded care

Your PCP cares about more than just your physical symptoms. They're here to support your overall health and well-being, helping you thrive in every aspect of your life. This may include:

- Mental health
- Fall prevention
- Lifestyle changes
- Wellness goals

Check your Member Handbook or visit aetna.com/mi26-13 to learn about:

- Covered benefits
- Language assistance
- Submitting a claim for reimbursement
- In-network doctors
- Primary care, emergency care, specialty care, behavioral health and hospital care
- Care, coverage and benefit restrictions outside of Aetna's service area
- Care after normal business hours
- How to submit a complaint and appeal a decision
- How Aetna evaluates new technology to include in coverage

For a printed copy of this information, call Member Services



Thinking about getting a new primary care provider (PCP)?

Visit aetna.com/mi26-12 to search for an in-network provider in your area.

MAXIMIZE YOUR PLAN

How to access care with your plan

A new plan year is a fresh start — and getting care should be simple. Whether you need to see a provider in person, get care from home or manage your health online, your plan has options to support you. Knowing where to turn makes it easier to stay on top of your health and get the help you need, when you need it.

Reach out for support

There are many folks at Aetna® Medicare who are ready to help support you and your health care needs. This includes the Member Services team, 24-Hour Nurse Line* and your care team.

*While only your doctor can diagnose, prescribe or give medical advice, the 24-Hour Nurse Line can provide information on a variety of health topics.

Access care from anywhere

Your plan offers a variety of benefits to help you stay healthy and get the care you may need — whether at home, online or in a provider's office.

From telehealth visits to a \$0 copay Annual Wellness Visit, your plan is designed to make accessing care easier and more convenient.

Use digital tools to manage care

With your online resources, you don't have to leave home or even make a phone call to access valuable benefit and health info. Want to see plan details, manage your prescriptions or find key forms? Log in to your secure member website to access these resources.



Resource spotlight



Take charge of your health online with MyActiveHealth

Track your health, set personal goals and get customized tips with this online portal. Easily access tools and resources designed to support your wellness journey. To start, log in at **MyActiveHealth.com**.

Want to learn more about your plan and benefits? Visit **AetnaMedicare.com/MI-LG** to log in to your secure member website? Or register for your account at **AetnaMedicare.com/MI-RG** today.



Health and wellness or prevention information

Have questions or need help with your plan? Visit **AetnaMedicare.com/MichDSNP** or call Member Services at **1-855-676-5772 (TTY:711)** 8 AM to 8 PM, 7 days a week.

We're
here for
you in
the 2026
plan year

We're excited to kick off another year with you.

In this newsletter, we've packed in tips to help you take care of your heart, benefits of having a primary care provider and ways to access care with your plan.

Our goal is to make managing your health a little easier — whether that's answering your questions, offering support or helping you navigate your benefits and coverage. And we're proud to share that we've been recognized as the Best Medicare Advantage Plan by *U.S. News & World Report*!¹

We're ready to support you at every step of your health journey.



Find out more inside. →

¹U.S. News & World Report. U.S. News & World Report Announces the 2026 Best Insurance Companies for Medicare Advantage and Part D. Available at: <https://www.usnews.com/info/blogs/press-room/articles/2025-10-17/u-s-news-world-report-announces-the-2026-best-insurance-companies-for-medicare-advantage-and-part-d> Accessed Dec 9, 2025.

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

Notice of Availability (NOA)

TTY: 711

To access language services at no cost to you, call the number on your ID card. (English)

እርስዎ ወጪ ሳያወጡ የቋንቋ አገልግሎቶችን ለመድረስ በመታወቂያ ካርድዎ (ID) ላይ ወዳለው ቁጥር ይደውሉ። (Amharic)

(Arabic) للحصول على خدمات اللغة مجاناً، اتصل بالرقم الموجود على بطاقة العضوية الخاصة بك.

如欲使用免費語言服務，請致電您 ID 卡上的電話號碼。 (Chinese)

Tajaajila afaanii bilisaan argachuuf, lakkoofsa Waraqaa Eenyummeessaa (ID) keessan irra jiru irratti bilbilaa. (Cushite)

Pour accéder gratuitement aux services linguistiques, appelez le numéro figurant sur votre carte d'identité. (French)

Pou w jwenn aksè ak sèvis lang gratis pou ou, rele nimewo ki sou kat idantite w la. (French Creole)

Um kostenlos auf Sprachdienste zuzugreifen, rufen Sie die Nummer auf Ihrem Ausweis an. (German)

Inā ake 'oe e ili mai no ke kōkua manuahi me ka unuhi, e kelepona 'oe i ka helu ma kou kāleka ID. (Hawaiian)

Kom tau txais cov kev pab cuam txhais lus yam tsis sau nqi ntawm koj, thov hu rau tus xov tooj nyob ntawm koj daim npav ID. (Hmong)

Per accedere gratuitamente ai servizi linguistici, chiama il numero riportato sul tuo tesserino identificativo. (Italian)

無料の言語サービスをご利用いただくには、ご自身のIDカードに記載されている番号にお電話ください。 (Japanese)

လၢကမၤန့ၢ် ကျိတၢ်မၤစၢၤတၢ်မၤ လၢတလိၣ်လၢၣ်ဘျီလၢၣ်စ့ၤ လၢနဂီၢ်အဂီၢ်,
ကိးနီၣ်ဂံၢ် လၢအအိၣ် ဖဲန ID အဖီခိၣ်န့ၣ်တက့ၢ်. (Karen)

무료로 언어 서비스를 이용하려면 ID 카드에 적힌 전화번호로 전화하세요.
(Korean)

ເພື່ອເຂົ້າເຖິງການບໍລິການພາສາໂດຍບໍ່ເສຍຄ່າໃຊ້ຈ່າຍໃດໆແກ່ທ່ານ,
ໃຫ້ໂທຫາເບີທີຢູ່ໃນບັດປະຈຳຕົວຂອງທ່ານ. (Laotian)

ដើម្បីទទួលបានសេវាផ្នែកភាសាដោយមិនគិតថ្លៃពីអ្នកសូមទូរសព្ទទៅលេខដែលមាននៅ
លើកាតសម្គាល់ខ្លួនរបស់អ្នក។ (Mon-Khmer, Cambodian)

برای دسترسی به خدمات زبانی رایگان، با شماره مندرج روی کارت ID خود
تماس بگیرید.

Aby uzyskać bezpłatny dostęp do usług językowych, zadzwoń pod
numer podany na karcie ID. (Polish)

Ligue para o número que está no seu cartão de identificação para
receber assistência linguística gratuita. (Portuguese)

Чтобы получить бесплатные языковые услуги, позвоните по номеру
телефона, указанному на вашей идентификационной карте.
(Russian)

Para acceder a servicios de idiomas sin costo alguno, llame al número
que figura en su tarjeta de identificación. (Spanish)

Upang ma-access ang mga serbisyo sa wika nang wala kang
babayaran, tawagan ang numero sa iyong ID card. (Tagalog)

Để truy cập dịch vụ ngôn ngữ miễn phí, hãy gọi đến số điện thoại trên
thẻ ID của quý vị. (Vietnamese)

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NOA-Medicare ID -1557-1 (6-25)