

Aetna Better Health of Kansas Community e-Newsletter—March 2021



What's Inside

- Value-Added Benefit Spotlight: Wellness Rewards Program
- Member Success
- Upcoming Events: Kansas LEND Family Education Series
- National Nutrition Month



Aetna Better Health® of Kansas

Benefit Spotlight— Wellness Rewards Program

Healthy & happy

The Healthy Rewards Program lets members earn gift cards when they complete wellness activities such as vaccines, yearly checkups and diabetic eye exams.

Wellness Activity	Eligible Members	Reward Amount	Frequency
Childhood Immunizations— Complete all immunizations by age 2	Birth to Age 2	\$10	One time by Age 2
Ted E. Bear Kids Club— Well-Child Checkup	Birth to Age 12	\$25	Once per calendar year
Complete HPV Vaccine Series	Age 9 to 26	\$15	Once upon completing HPV series
Healthy Teens Wellness	Age 13 to 21	\$25	Once per calendar year
Adult Wellness Exam	Adults 21+	\$10	Once per calendar year
Mammogram	Women—All Ages	\$10	Once per calendar year
Cervical Cancer Screening	Women—Ages 21-64	\$25	Once per calendar year
Chlamydia Screening	Women—Ages 16-24	\$25	Once per calendar year
Annual Flu Shot	All members	\$15	Once per flu season
First Colonoscopy	Men and women ages 50 -75	\$15	Once per member
Prostate Exam	Men, Ages 21+	\$15	Once every <u>other</u> year
Diabetes Care—Retinal Eye Exam	Members with Diabetes	\$15	Once per calendar year
Diabetes Care—HbA1c	Members with Diabetes	\$25	Once per calendar year

Member Success Story: Lending a Helping Hand



Jennifer* was having a hard time keeping up with maintaining her household after injuring her arm in a fall. She was concerned about sustaining another injury while performing daily activities.

Jennifer reached out to Aetna Better Health of Kansas for help. She began receiving waiver services like attendant care. For additional safety, she was given a personal emergency response unit which she wears wherever she goes. With these tools, she gets assistance with household tasks and errands in the community.

She's grateful for the help because she no longer has to take unnecessary risks while

taking care of her household.

She's getting to her medical appointments and working on getting her strength back since her fall. She's been working on goals associated with pain and mobility.

With the help of Aetna, she can now focus on her health and wellness. Jennifer will continue to work on making progress towards her goals increasing her health, wellness, energy level, improving her quality of life by implementing tools for healthy activities and routines.

**Names have been changed to protect the privacy of Aetna Better Health of Kansas members.*

National Nutrition Month

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme, *Personalize Your Plate*, promotes creating nutritious meals to meet individuals' cultural and personal food preferences.

During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. The Academy encourages seeking the advice of registered dietitian nutritionists – the food and nutrition experts who can help develop individualized eating and activity plans to meet people's health goals.

“There is no magic immune-boosting pill or food, but a well-balanced eating plan that includes a variety of nutritious foods from all of the food groups will help give your body the nutrients it needs to support your immune system,” said registered dietitian nutritionist Wesley McWhorter, a national spokesperson for the Academy of Nutrition and Dietetics in Houston, Texas.

More information at:

- <https://www.eatright.org/food/resources/national-nutrition-month>
- <https://www.eatrightpro.org/media/press-releases/national-nutrition-month/nnm-2021-vitamins-and-minerals>

Key Dates

- Wednesday, March 10 at 12 p.m. CT/ 1 p.m. ET
Twitter chat hosted by @eatrightPRO using #NNMchat
- Wednesday, March 10
Registered Dietitian Nutritionist Day commemorates the dedication of RDNs and NDTRs as advocates for advancing the nutrition status of Americans and people around the world.
- Wednesday, March 17 at 12 p.m. CT/ 1 p.m. ET
Twitter chat hosted by @foodnutrimag using #NNMchat
- Wednesday, March 24 at 12 p.m. CT/ 1 p.m. ET
Twitter chat hosted by @kidseatright using #NNMchat

LEND Family Education Series



The Family Education Series Presents:

Remote Learning and Telehealth: Tips for Success

with Tami Allen and Beth Orth with Families Together, Inc.

Co-sponsored by Families Together Inc., & Kansas University Center on Developmental Disabilities (KUCDD)

Join us on Zoom or Facebook!

Thursday, March 11th, 2021 6:00—7:30 PM

Register at: www.tinyurl.com/EducSeries

Connect with LEND:



@KansasLEND

Member Advisory Committee



We value any ideas or suggestions on ways to change and improve our service to our members. Do you know someone who would be interested? If so, we invite you to call Member Services anytime at **1-855-221-5656, (TTY: 711)**.

We have a group made up of our members and their caregivers, who share the same goals as you. This group is our Member Advisory Committee (MAC). They meet quarterly to review member materials and provide member feedback, as well as look at changes and new programs. They let us know how we can improve our services.

We're always looking for members to help us find better ways to do things. Any member is welcome to join our Member Advisory Committee.



Want your organization featured next?

We would love to hear about the work your organization is doing throughout Kansas to assist individuals who are beneficiaries of KanCare. If you have information you would like to pass along, feel free to reach out to the Community Development team members listed below. We will be happy to include your information in future editions of the newsletter. [Learn more here](#)

Get in touch with the Kansas Community Development team

Chris Beurman

Director, Community Development

beurmanc@aetna.com

(816) 398-1913

Elizabeth Zuisse

Community Development Coordinator for South Kansas

zuisse@aetna.com

(316) 364-1095

Dawn Cubbison

Community Development Coordinator for North Kansas

cubbisond@aetna.com

(785) 241-9748

Get in touch with other Aetna Better Health teams

Department	Contact Information
Member Services	855-221-5656 TTY 711
24 Hour Nurse Advice Line	855-221-5656 TTY 711
Transportation Line	866-252-5634 TTY 711
Pharmacy Line	855-221-5656 TTY 711
Provider Experience	855-221-5656 TTY 711
Provider Email	ProviderExperience_KS@aetna.com