



Quarterly Newsletter Public and Labor

Helping you on your path to better health

- **January** Starting strong, staying well. Set yourself up for success!
- **February** Eating for a healthy heart.
- **March** Getting screened for colon cancer.

New Year, new challenges, new you - January

Ready to become your healthiest, happiest you? Now's the perfect time to focus on your goals and begin making changes. Set yourself up for success.

Remember your "why". What's your reason for wanting to change a habit? Taking the time to think about what really matters to you will help you reach your goals.

Start small. Focus on small goals first and take it one goal at a time. By doing so, you're less likely to feel overwhelmed and more likely to stay the course.

Reach out for support. You don't have to do it all alone. Consider teaming up with a family member or a friend who's aiming for the same goals you are. Make it a challenge!

Pat yourself of the back. Make sure to celebrate small successes. Giving yourself credit will help you stay motivated in the long run. So go ahead and hype yourself up!

Eating for a healthy heart - February

To take good care of your heart, one of the most important things you can do is to eat a heart-healthy diet. It may seem obvious. But doing so can help stop or even reverse heart disease.

Focus on these lifestyle changes to keep your heart strong and healthy.

- Fill your plate with color.
- Eat fish at least two times a week.
- Choose healthy fats.
- Cut back on sugar.
- Try a variety of grains.
- Limit salt to lower blood pressure.
- If you drink alcohol, drink only a little.
- Limit saturated fat.

Getting screened for Colon Cancer - March

Getting screened regularly is one of the best ways to prevent colon cancer. A screening can help find cancer even if you have no symptoms. And a colonoscopy isn't the only test available. There are some you can do at home. Even if you have no family history of colon cancer, you should get a screening starting at 45 years old. If you're African American, your risk is greater. Talk to your doctor about when to start getting screened for colon cancer.

Preventative care coverage at no extra cost

Get many checkups, screenings, vaccines, prenatal care services, contraceptives and more with no out-of-pocket costs.**

Preventive care services* are covered at no extra cost through your health benefits and insurance plan when you see a physician or provider in your plan's network.

Coverage includes routine screenings and checkups as well as some counseling to prevent illness, disease and other health problems. Many of these services are covered as part of physical exams. You won't have to pay out of pocket for these preventive visits when they are provided in network. They include:

- Regular checkups for adults.
- Routine gynecological exams for women.
- Wellness exams for children.

*Employers with grandfathered plans may choose not to cover some of these preventive services or to include cost share (deductible, copay or coinsurance) for preventive care services. Certain religious employers and organizations may choose not to cover contraceptive services as part of the group health coverage.

** Preventive care at no cost share covered in accordance with the Affordable Care Act.

Your path to well-being

Living well means so much more than having low blood pressure, a strict workout regimen or a low-carb diet. Well-being is made up of all the factors that allow you to be your best — and they're all connected. For example, think about the last time you felt stressed. How did it affect you physically or impact your relationships? It takes a total approach to health to achieve well-being.

The six dimensions* to well-being

- **Physical health** – Taking care of your body and being able to carry out the important tasks in life, not and into the future
- **Emotional health** – Being satisfied with life, having good mental health and being able to deal with difficult emotions
- **Financial security** – Feeling good about your current and future finances without worrying too much about making ends meet
- **Social connectedness** – Having close, meaningful and supportive relationships, and feeling like you're part of a community
- **Character strengths** – Feeling consistent thoughts and taking actions that contribute to the good of yourself and others
- **Purpose** – Having a sense of meaning in life and pursuing what's most important to you

*Determinants of well-being are proprietary to Aetna and developed as part of a multi-year research collaboration with faculty at Harvard T.H. Chan School of Public Health.

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