

THE HEALTH BENEFIT PLANNER



Summer 2022

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Summer fun

We hope you’ve had the opportunity to enjoy the great outdoors this summer. It is a great time to learn a new sport – pickleball, anyone? – and enjoy the bounty of the garden.

It’s also a good time to learn more about improving your health. In this edition of our newsletter, you’ll find lots of helpful tips – from boosting your brain power (page 2) to protecting your back (page 3).

If you’re new to MHBP, welcome! And if you’re a continuing member, thank you for your loyalty. In addition to the features in this newsletter, you can find a wealth of information on **MHBP.com**, including forms, health and wellness resources, and details on how to maximize your benefits.

Dedicated MHBP representatives are available to answer your questions 24/7 (except major holidays) when you call **1-800-410-7778 (TTY: 711)**.

Thank you for choosing MHBP.

Digital therapy without the hassle. **Meet Hinge Health.**



New for 2022, you have access to Aetna® Back and Joint Program, which includes Hinge Health, a digital exercise therapy program to support back and joint health.

Hinge Health gives you the tools you need to better manage back and joint pain, recover from injuries, prepare for surgery and stay healthy and pain free. This program is available to you and your eligible dependents at no additional cost.* Complete your customized care plan anywhere, any time. That means never rushing to an appointment or worrying about copays!

Once you enroll, you'll receive:



- Free wearable sensors that give live feedback on your form in the Hinge Health app



- Unlimited access to your personal health coach



- Exercise therapy tailored to your condition and schedule

If you have any questions or want to enroll, contact Hinge Health at **1-855-902-2777**, visit hingehealth.com/mhbp/foryou or email hello@hingehealth.com

*This program is available for MHBP members and dependents 18+, residing in the U.S., and not covered by Medicare Part B.

Keeping your brain sharp

Our brains are powerful. They control every part of our daily lives, from thinking and learning, to movement and feeling sensations, to our emotions.¹

But as we get older, it's common for our brains to have cognitive changes. While we can't control things like genetics or injuries that can impact our brain health, there are many risk factors you can control. By making small lifestyle changes, you can help keep your brain sharp.



Health screenings – Get routine preventive screening. Manage chronic health problems.



Sleep – Get enough good sleep. Aim for about 7-8 hours a night.



Activity – Try to be active for 2.5 hours each week.



Cognition – Play games or read. Learn a new skill or hobby.



Alcohol – Limit how much you drink. Some medicines don't mix with any amount of alcohol.



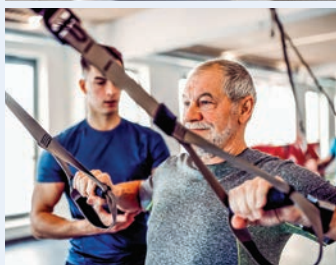
Food – Eat a healthy diet with lots of fruits and veggies.



Nicotine – Don't smoke or use tobacco in any form.



Connection – Stay in touch with family and friends.



HEALTHY IS HAPPY -

Aetna® Lifestyle and Condition Coaching
Personalized support for living well

Ready to do something good for yourself?

It's easier than ever with Aetna Lifestyle and Condition Coaching. This personalized coaching program can help you eat better, get more active and take charge of your health. We'll help you start reaching your health goals one step at a time.

Tailored to your needs

Health coaching provides useful advice based on what we know about you. We'll even send you personal health actions to assist you on your way. But you set the tone and pace.

You also choose how and when to interact with us. And you can always contact our team directly through calls or secure messages.

Ready to get started?

Log in to your member website at **MHBP.com** and select 'Aetna Member Website'. Once logged in, select 'Health and Wellness' and then Earn & Track Well-Being Rewards'. Or call us at **1-866-533-1410 (TTY: 711)**.

¹ Cognitive Health and Older Adults. Available at: [NIA.NIH.Gov/health/cognitive-health-and-older-adults](https://www.nia.nih.gov/health/cognitive-health-and-older-adults) Accessed February 24, 2022.

SOCIAL DETERMINANTS OF HEALTH



Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality of life outcomes and risks.

SDOH have an impact on people's health, well-being, and quality of life. Some common examples of SDOH include:

- Education, job opportunities, and income
- Housing
- Food security
- Language and literacy skills
- Environment
- Social inclusion
- Access to affordable healthcare

Depending on your circumstances, SDOH may have an impact on your health outcomes. That is why MHBP offers programs and support to help you achieve your best health such as:

Telehealth Consultations

Available to through our telehealth vendor, Teladoc® 24 hours a day, 7 days a week. This is available at no additional cost to you.* You can see Doctors of Medicine (MD), Doctors of Osteopathic Medicine (DO), Nutritionists, Licensed Clinical Social Workers (LCSW), Psychiatrists, Psychologists and Dermatologists.

Lifestyle and Condition Coaching Program

Provides you personalized support that helps you manage existing conditions, learn new habits and stay on a path to better health. You can talk to a health coach for weight management, exercise, nutrition, stress management and much more.

Back and Joint Program through Hinge Health

See article on page 2

Social Workers

MHBP's dedicated social workers assist you in improving your quality of life by taking steps to help you locate the right resources. Our social workers can help connect you with community resources that may provide you services in time of need such as: local food pantries, utility or rental assistance programs, federal and state programs.

To learn about these programs, visit **MHBP.com** or call **1-800-410-7778 (TTY: 711)** 24 hours a day, 7 days a week (except major holidays).

* Consumer Option members must meet deductible first

MYTHS

ABOUT STATIN MEDICATIONS

Taking statin medication for high cholesterol

For millions of Americans, taking a statin medication is a way to lower cholesterol and decrease the risk of heart disease and stroke. Knowing how to take your statin medication is important to get the most benefit. Talk your doctor or pharmacist about your medicine and how best to take it. Don't stop taking your statin without talking to your doctor first. Statins only work when you take them, be sure to get your refills on time so you don't miss any doses.

MYTH #1

If I have side effects, I should stop my medication

Always talk to your doctor if you experience side effects. Don't stop taking your statin without talking to your doctor first. Often, switching to a different dose or a different statin can help.

MYTH #2

It doesn't matter when I take my medicine

Most statins are taken once a day, although some are taken more often. Some statins, like simvastatin, work better if you take them at night. Others, like atorvastatin can be just as effective when taken anytime of the day. The most important thing is to be consistent and take your medication at the same time every day. Ask your pharmacist the best time to take your statin.

MYTH #3

I can't have grapefruit if I take a statin

This myth is partly true. Grapefruit can make some statin medications stay in your system longer and can cause liver or kidney problems. However, this doesn't apply to all statins. Read the material that comes with your prescription or ask your doctor or pharmacist if this applies to you.

Mayo Clinic: [Mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/statin-side-effects/art-20046013](https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/statin-side-effects/art-20046013)
Centers for Disease Control and Prevention: [CDC.gov/cholesterol/index.htm](https://www.cdc.gov/cholesterol/index.htm)
American Heart Association: [Heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia/cholesterol-medications](https://www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia/cholesterol-medications)

It's not too late – opt in to MHP's Aetna Medicare Advantage plan

MHP Standard Option now offers an Aetna Medicare Advantage Plan (PPO). Designed for Standard Option members also enrolled in Medicare Parts A and B, you'll get enhanced benefits and added programs for the same FEHB premium as MHP Standard Option.

Enhanced benefits and added programs

When you opt in to the Aetna Medicare Advantage for MHP you'll receive:

- Up to \$900 per year Medicare Part B premium reduction for eligible members
- Added programs such as SilverSneakers®, Healthy Home Visits, nonemergency transportation and more
- \$0 deductibles and coinsurance for medical care
- Prescription copays as low as \$0 from preferred pharmacies.* Be sure to check the formulary (drug list) to confirm your copayment
- Nationwide doctors (use any doctor who is eligible to receive Medicare payment)

To learn more, call Member Services at **1-800-410-7778 (TTY: 711)** 24 hours a day, 7 days a week, (except major holidays). You can also visit [MHP.com/Retiree](https://www.mhp.com/Retiree) to learn more about the plan, to opt in and to check the formulary (drug list).

Ready to opt in to Aetna Medicare Advantage? Visit [AetnaRetireeHealth.com/MHP](https://www.AetnaRetireeHealth.com/MHP), or call **1-866-241-0262 (TTY: 711)**, Monday to Friday, 8 AM–8 PM ET.

*Members who get "Extra Help" are not required to fill prescriptions at preferred network pharmacies in order to get Low Income Subsidy (LIS) copays. The formulary, provider and/or pharmacy network may change at any time. You will receive notice when necessary.



Welcome to your Aetna Medicare Advantage plan

A suite of benefits just for Aetna Medicare Advantage for MHBP Standard Option plan members. Start getting the most from your plan today!

Remember, if you ever need help with your plan, please call us at **1-866-241-0262** (TTY: 711), Monday–Friday, 8 AM–8 PM ET.

Get to know your Aetna[®] extras

As an MHBP Aetna Medicare Advantage plan member, you'll get programs that address the whole you — physical, emotional and social — at no additional cost.



Aetna Healthy Rewards

Get rewarded with a gift card when you complete important health care activities such as getting your annual exam and more.



SilverSneakers[®] fitness program

Get access to thousands of participating gym locations nationwide. If you can't make it to a local gym or exercise class, you can get a home fitness kit or participate in virtual classes.



Resources For Living[®] program

Get referrals to services in your area that offer help such as house cleaning and lawn care, transportation, social and recreational activities, and caregiver support. You just pay for the cost of the services you use.



Nurse support

Talk with a nurse to help you manage chronic conditions, ensure you're taking your medications, answer your questions and more.



Healthy Home Visit

If you choose to participate, a licensed doctor or nurse will come to your home to review your health needs, do a home safety assessment, review your medications and ask about your medical and family history.



Healthy Lifestyle Coaching program

Talking with a health coach can help you quit smoking, lose weight or eat better.

Get started today

We're here for you when you're ready to get started with any of these no-extra-cost programs.

Give us a call at:

1-866-241-0262 (TTY: 711)

Monday–Friday, 8 AM–8 PM ET.

You can also visit:

MHBP.com/Retiree to learn more.



Get quality health care when and where you need it

Your regular doctor is usually the best person to treat you and manage your health. But there may be times when they're not available. Below are two options for where to get care if you can't see your regular doctor.



Teladoc®

Get access to a national network of U.S. board-certified doctors by phone or video. They're available anywhere and anytime to treat many of your non-emergency medical issues including cold and flu symptoms, allergies and sinus problems. Care is available 24/7 by Web, phone, and the Teladoc mobile app.

Visit [Teladoc.com/Aetna](https://teladoc.com/Aetna) or call 1-855-Teladoc (1-855-835-2362).



MDLIVE® virtual behavioral health

It's just like traditional therapy except you have access to over 1,000 behavioral health professionals, including therapists, psychiatrists, social workers and more, from the comfort of your own home.

- **The copay is \$0**
- **There are no visit limits**
- **You can schedule an appointment by phone or video chat within in 7 days or less, on average**

Visit MDLIVE at MDLIVE.com/AetnaMedicareBH to get started.

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CONTACT US



MHPB.COM



Standard Option and Value Plan	1-800-410-7778 (TTY: 711)
Aetna Medicare Advantage Plan Monday-Friday, 8 AM-8 PM ET	1-866-241-0262 (TTY: 711)
Consumer Option 24/7 except major holidays	1-800-694-9901 (TTY: 711)
Overseas Enrollees (toll-free numbers at MHBP.com)	1-480-445-5106 (TTY: 711)
Aetna® Member Website Support	1-800-225-3375 (TTY: 711)
CVS Caremark® Customer Care (pharmacy benefit manager)	1-866-623-1441 (TTY: 711)
EyeMed Vision Care	1-866-559-5252
Hearing Services	
• Hearing Care Solutions	1-866-344-7756
• Amplifon	1-888-901-0129
LifeStation Medical Alert	1-855-322-5011
Lab Savings Programs	
• LabCorp®	1-888-522-2677
• Quest Diagnostics®	1-800-377-7220
MHPB Dental & Vision plans	1-800-254-0227 (TTY: 711)
U.S. Laser Vision Network	1-800-422-6600

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This is a brief description of the features of this Aetna health benefits plan. Before making a decision, please read the plan's applicable federal brochures (RI 71-007 and RI 71-018). All benefits are subject to the definitions, limitations and exclusions set forth in the federal brochure. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional.

Incentive-based activity awards will only be given for completing select wellness programs as determined by the plan sponsor.

Aetna and CVS Pharmacy® are part of the CVS Health® family of companies.

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. 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. SilverSneakers is a registered trademark of Tivity Health, Inc. ©2022 Tivity Health, Inc. All rights reserved. Resources For Living is the brand name used for products and services offered through the Aetna group of subsidiary companies. Aetna Medicare's pharmacy network includes limited lower cost, preferred pharmacies in: applicable areas. The lower costs advertised in our plan materials for these pharmacies may not be available at the pharmacy you use. For up-to-date information about our network pharmacies, including whether there are any lower-cost preferred pharmacies in your area, members please call the number on your ID card, non-members please call **1-855-338-7027 (TTY: 711)** or consult the online pharmacy directory at [AetnaMedicare.com/PharmacyHelp](https://www.AetnaMedicare.com/PharmacyHelp). Members who get "Extra Help" are not required to fill prescriptions at preferred network pharmacies in order to get Low Income Subsidy (LIS) copays. The formulary, provider and/or pharmacy network may change at any time. You will receive notice when necessary. ©2022 Aetna Inc.

Non-Discrimination Notice

Aetna complies with applicable Federal civil rights laws and does not unlawfully discriminate, exclude or treat people differently based on their race, color, national origin, sex, age, or disability.

We provide free aids/services to people with disabilities and to people who need language assistance.

If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card.

If you believe we have failed to provide these services or otherwise discriminated based on a protected class noted above, you can also file a grievance with the Civil Rights Coordinator by contacting:

Civil Rights Coordinator

P.O. Box 14462, Lexington, KY 40512

1-800-648-7817, TTY: 711 Fax: 1-859-425-3379, CRCoordinator@aetna.com

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights Complaint Portal, available at [Ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf), or at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, or at **1-800-368-1019, 1-800-537-7697 (TDD). TTY: 711**

Language Services

ENGLISH

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

SPANISH

Para acceder a los servicios lingüísticos sin costo alguno, llame al número que figura en su tarjeta de identificación.

CHINESE TRADITIONAL

如欲使用免費語言服務，請撥打您健康保險卡上所列的電話號碼

ARABIC

للحصول على الخدمات اللغوية دون أي تكلفة، الرجاء الاتصال على الرقم الموجود على اشتراكك.

FRENCH

Pour accéder gratuitement aux services linguistiques, veuillez composer le numéro indiqué sur votre carte d'assurance santé.

FRENCH CREOLE (HAITIAN)

Pou ou jwenn sèvis gratis nan lang ou, rele nimewo telefòn ki sou kat idantifikasyon asirans sante ou.

GERMAN

Um auf den für Sie kostenlosen Sprachservice auf Deutsch zuzugreifen, rufen Sie die Nummer auf Ihrer ID-Karte an.

ITALIAN

Per accedere ai servizi linguistici senza alcun costo per lei, chiami il numero sulla tessera identificativa.

JAPANESE

無料の言語サービスは、IDカードにある番号にお電話ください。

KOREAN

무료 다국어 서비스를 이용하려면 보험 ID 카드에 수록된 번호로 전화해 주십시오.

PERSIAN FARSI

دیر یگب سامت دودخی یاسانش تراک یور هشد دیکه هرامش اب، نالگیار روطه بنابر تامدخه بی سرتسد یارب.

POLISH

Aby uzyskać dostęp do bezpłatnych usług językowych, należy zadzwonić pod numer podany na karcie identyfikacyjnej.

PORTUGUESE

Para aceder aos serviços linguísticos gratuitamente, ligue para o número indicado no seu cartão de identificação.

RUSSIAN

Для того чтобы бесплатно получить помощь переводчика, позвоните по телефону, приведенному на вашей идентификационной карте.

TAGALOG

Upang ma-access ang mga serbisyo sa wika nang walang bayad, tawagan ang numero sa iyong ID card.

VIETNAMESE

Để sử dụng các dịch vụ ngôn ngữ miễn phí, vui lòng gọi số điện thoại ghi trên thẻ ID của quý vị.