



# Stay safe



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Aetna Better Health® of Texas

## How the coronavirus spreads.

COVID-19 is a new disease. There is still a great deal we don't know about it. But we are learning new things almost every day.

One of the most important things to know is how it spreads. That's one of the keys to stopping it. Here's what experts have found so far.

### Cover those coughs

The coronavirus that causes COVID-19 is called SARS-CoV-2. It appears to spread mainly from person to person. It may pass from an infected person through the droplets they breathe out when they cough, sneeze or talk. These droplets

can land on people who are nearby. And those people might breathe them in.

That's why unvaccinated people are urged to keep at least 6 feet from one another and to cover coughs and sneezes with a face mask, tissue or elbow.

It may also be possible to pick up the virus from the air indoors.

Or a person may be able to get COVID-19 by touching an object that has the virus on it and then touching their mouth, nose or eyes. But this is less likely. It's still a good idea to clean shared surfaces daily.

### What about silent spreaders?

Experts now believe that a number of people who are infected with the virus may show no symptoms. That means you can't count on warning signs like a fever, cough or shortness of breath to let you know that you're sick.

It is possible to spread the virus even when you feel fine. Keeping your distance from other people — at least 6 feet away outside your home — can help protect everyone.

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## Health care for children of seasonal farmworkers.

Do you travel from place to place to work on farms or ranches?

Aetna Better Health wants you to get the Medicaid health care services your child might need. We can help you plan for checkups and shots with your child's doctor that may be due when you are working out of the area. Call **1-800-327-0016 (TTY: 711)** for more information.

## 6 ways to head off falls.

Falls are the No. 1 cause of injury for older Americans. That doesn't mean falling is a normal part of growing old, though. Here are six things you can do to prevent falls.

- 1. Work on your balance and lower body strength.** Tai chi is a good activity that combines those goals.
- 2. Get your sight and hearing checked once a year.** New glasses or a hearing aid may improve your awareness of your surroundings.
- 3. Review your medicines with your doctor.** Ask if any of them put you at risk for falls.
- 4. Make your home safer.** Get rid of tripping hazards. If needed, install grab bars next to your toilet and outside your shower or tub. Non-slip mats may help too.
- 5. Get a good grip.** Always hold onto handrails when using stairs.
- 6. Talk to your doctor about your risk for falling.** Tell your doctor about any falls you've had — even if you weren't injured.

*Sources: Centers for Disease Control and Prevention; National Council on Aging; National Institutes of Health*

## Good for your body and soul.

For exercise, there may be nothing like the great outdoors.

Is the gym your usual go-to place for exercise? Then you may need a change of scenery, and one with lots of it: the great outdoors.

If you need a nudge to move your exercise outside, there's plenty of incentive.

Research suggests that outdoor exercise delivers health benefits that can't be duplicated indoors. And a key one is a bigger boost in positive emotions.

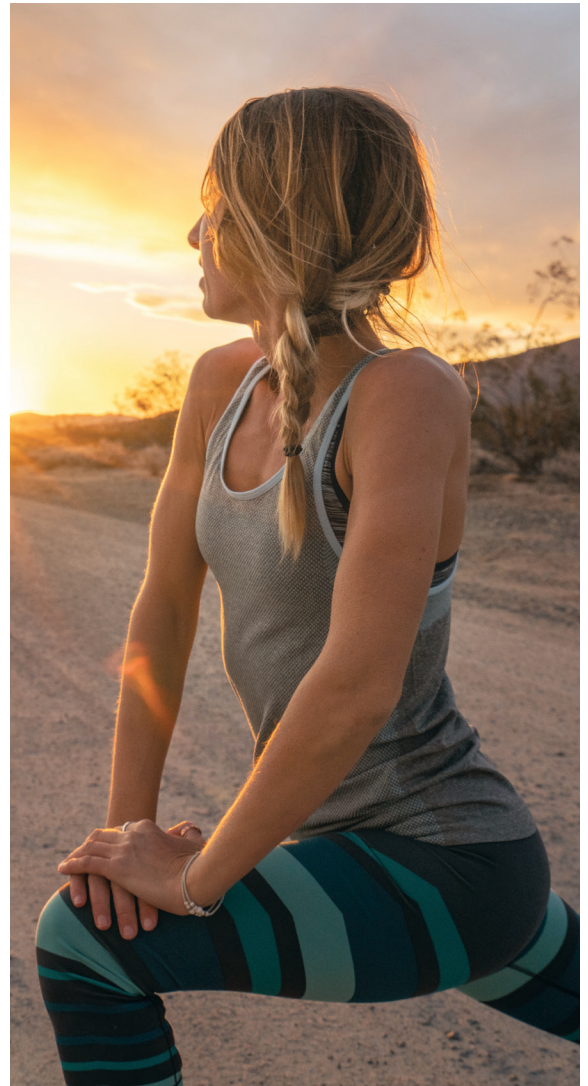
One study, for example, found that outdoor workouts can lift your mood more and help you feel more energetic and revitalized than indoor ones. Another found that as few as five minutes of outdoor exercise can improve self-esteem, especially if you're near greenery or water.

Moving your workouts outdoors also lets you:

**Connect with nature.** That's one of the best perks of outdoor exercise. Think of it this way: Where are you likely to enjoy exercise more, on a treadmill in a crowded gym or on hiking trail in a nearby park?

**Save money.** You don't need a gym membership. The outdoors belongs to all of us.

**Potentially burn more calories.** When you're jogging or biking outdoors, a strong headwind can help you burn more calories. You have to work harder to overcome the wind's resistance.



### Get out and enjoy!

Rather than staying cooped up inside, take a brisk walk either alone to clear your mind or with a buddy to socialize. Work out your muscles on a local hill, bike on a neighborhood street, or walk one lap and jog the next at a nearby school track.

Or treat yourself to a walk in the woods, in a meadow or along a stream at a park. See if a park close by offers an exercise boot camp or a yoga class or has exercise equipment. Many parks do now.

You can turn exercise into family time too. Play on a playground with your child (or grandchild), or take a nature hike together. After all, everybody deserves to have fun outdoors.

*Source: American Council on Exercise*



## Are your kids up-to-date on their vaccines?

Read through any writings about medical history, and you may be reminded of an important truth: Once upon a time in the U.S., diseases made a lot of children very sick.

Those diseases aren't as common as they used to be, thanks to vaccines. But most are still around — and potentially a risk. That's one of the best reasons it's important to make sure your children get their recommended vaccinations on time.

### Safe immunity

Immunizations help kids safely build immunity to the diseases that the vaccines help prevent. One example is measles, a very contagious illness that can cause serious complications and even death. Measles

was eliminated in the U.S. in 2000. But since that time, new outbreaks have occurred among people who were not vaccinated.

Other diseases vaccines help prevent include whooping cough, chickenpox and meningitis.

Protecting your child is important. But there's another reason kids need their vaccines: It helps protect other members of your family and your community through herd immunity.

### Part of your back-to-school list

Back-to-school checkups are a good time to make sure your kids' vaccines are up to date.

Because of COVID-19, school schedules may look different in many communities. But vaccinations are still important — whether your kids are being home schooled, attending school part time or back on a regular school schedule.

So which vaccines might your youngster or teen need? That depends on things like your child's age and vaccine history.

To see what's recommended, check out the Centers for Disease Control and Prevention's schedule of children's vaccinations: **[CDC.gov/Vaccines/Schedules](https://www.cdc.gov/Vaccines/Schedules)**.

Talk to your child's doctor if you have questions about vaccines.

*Additional source: American Academy of Pediatrics*

## Make the connection.

Changing how you think may change how you feel.

Maybe this question has been on your mind: Can my mental state affect my physical health?

Doctors have suspected for centuries that there is a powerful tie between mind and body, and modern medical studies prove them right. Researchers now know that unhealthy levels of stress, depression and anxiety can wreak havoc with your hormones, immune system, heart health and blood pressure.

Back pain, chest pain, headaches, extreme fatigue, diarrhea, a stiff neck or a racing heart are just a few of the physical symptoms that can appear when your emotional health is off-kilter, according to the American Academy of Family Physicians.

Tending to your emotional health can improve your quality of life. It also may help your body fight infections, recover from an illness and prevent chronic disease.

What helps the mind-body balance grow strong? Thankfully, research has answered that question too. These top the list:

1. **Getting a move on.** Exercise changes how the body responds to stress. It improves mood too.
2. **Finding healthy ways to relax.** Some people use music, art, prayer, woodworking, reading or even 10-minute walks to lower stress in their life.
3. **Expressing yourself.** Negative feelings and fears that are bottled up may flow out as aches, pains and problems. A trusted friend, partner or religious adviser may be able to help you focus on positives and work through challenges. Some people keep a gratitude journal or write down goals and accomplishments. Professional counseling is advised if you are stuck or feeling overwhelmed.



Finally, remember these words of wisdom: Be honest with your doctor about the stresses and challenges you face. Ask for help if you think you're feeling depressed. Your doctor can suggest many ways to improve your health and wellness — both mental and physical.

*Additional sources: American Psychological Association; National Institutes of Health*



## Changes to the Texas Medicaid preferred drug list.

Texas Medicaid will publish the semi-annual update of the Medicaid preferred drug list (PDL) in July 2021. The update is based on the changes presented and recommended at the January 2021 and April 2021 Texas Drug Utilization Review (DUR) Board meetings. The tables at right summarize noteworthy changes for the July 2021 update.


Drugs on the Texas Medicaid formulary are designated as preferred, non-preferred or have neither designation. The preferred drug list includes only drugs identified as either preferred or non-preferred. Drugs on the preferred drug list that are listed as “preferred” are available to members without prior authorization; however, some could require a clinical prior authorization. Drugs on the preferred drug list that are identified as “non-preferred” will require prior authorization. There are certain clinical prior authorizations that all Medicaid managed care organizations (MCO) are required to perform.

## Community outreach.

Our community outreach department can normally be found in the community attending health fairs and community events geared toward educating existing and potential members about our plan. In addition to providing an overview of our plan, community outreach educates our communities on STAR/CHIP/STAR Kids, Texas Health Steps, renewal and Accelerated Services for Farmworker Children.

Here are a few additional services our outreach team offers:

- **Re-enrollment assistance.** Call **211 Texas** or visit **[YourTexasBenefits.com/Learn/Home](https://YourTexasBenefits.com/Learn/Home)**.
- **Member Advisory Group meetings.** Community outreach schedules quarterly Member Advisory Group meetings and welcomes all members to attend.
- **Texas Health Steps Assistance.** Community outreach provides Texas Health Steps scheduling assistance for those members who need help completing their Texas Health Steps exams with their providers.
- **Member Baby Shower Program.** Come and learn about our Maternity Care Program. You’ll get lots of great information to help with your pregnancy. A schedule can be found by visiting our website at **[AetnaBetterHealth.com/texas/wellness/women/pregnancy](https://AetnaBetterHealth.com/texas/wellness/women/pregnancy)**.

 For more information on our value-added services and programs, please call **1-877-751-9951**.

## Notable decisions from the January 22, 2021, DUR Board meeting

Preferred drug class	Drug name	Current status	Recommended status
Oncology, oral — breast	All drugs	P	P
Oncology, oral — hematologic	All drugs	P	P
Oncology, oral — lung	All drugs	P	P
Oncology, oral — other	All drugs	P	P
Oncology, oral — prostate	All drugs	P	P
Oncology, oral — renal cell	All drugs	P	P
Oncology, oral — skin	All drugs	P	P
Stimulants and related agents	Amphetamine Salt Combo EE (Ag) (Oral)	P	NP
	Amphetamine Salt Combo ER (Oral)	P	NP
	Aptensio XR (Oral)	P	NP
	Dexmethylphenidate ER (Ag) (Oral)	P	NP
	Dexmethylphenidate ER (Oral)	P	NP
	Methylphenidate ER (Concerta) (Ag) (Oral)	P	NP
Angiotensin modulators	Epaned Solution (Oral)	NP	P
Antimigraine agents, triptans	Imitrex (Nasal)	NP	P
	Sumatriptan Kit (Sun) (Subcutane.)	NP	P
Movement disorders	Tetrabenazine (Oral)	NP	P
Stimulants and related agents	Adderall XR (Oral)	NP	P
	Concerta (Oral)	NP	P
	Focalin XR (Oral)	NP	P
	Jornay PM (Oral)	NP	P
Anti-Parkinson's agents	Apokyn (Subcutaneous)	NR	NP
	Kynmobi (Sublingual)	NR	NP
	Ongentys (Oral)	NR	NP
Cytokine and CAM antagonists	Enbrel Vial (Subcutaneous)	NR	P
	Enspryng (Subcutaneous)	NR	NP
<i>H. pylori</i> treatment	Talicia (Oral)	NR	NP
Multiple sclerosis agents	Bafiertam Capsule Dr (Oral)	NR	P
	Kesimpta (Subcutaneous)	NR	P
Stimulants and related agents	Wakix (Oral)	NR	NP

NP = non-preferred; P = preferred; NR = not reviewed



A list of all PDL recommendations may be found on the Vendor Drug Program website at [txvendordrug.com/about/news/2021/january-2021-drug-utilization-review-board-meeting-summary](https://txvendordrug.com/about/news/2021/january-2021-drug-utilization-review-board-meeting-summary)



## It's not too early to make a back-to-school plan!

Summer is here, but school will start up again before you know it. You can help your kids get off to a healthy start.

Here's a handy checklist to help you get your homework done before the first bell rings.

### Two months before school

- Make an appointment for a back-to-school checkup. This can be combined with a sports physical if your child is on a school team.
- Be sure your child is up to date on all vaccines.
- Consider scheduling a visit with an eye doctor too.
- Does your child have a chronic condition or disability? Meet with the school to work on a plan to

meet your child's health and education needs.

### One month before school

- Keep your eyes peeled for savings on school supplies.
- Choose a backpack with wide, padded straps. Adjust it so it sits at their waist.
- Make plans for car pools or walking/biking buddies.
- Make sure kids who will bike to school have a helmet that fits.
- Make plans for after-school care or activities if needed.

### One week before school

- Help kids start adjusting to their school-year wake/sleep schedule.

- If they're starting a new school, rehearse their first day. For instance, walk to their bus stop. Tour the new school and find their classrooms.
- Meet your child's teachers, if possible.
- Talk with kids about what to do if they or someone else is being bullied.

### The day before school

- Will your child be eating a school lunch? Browse the menu and point out healthy choices.
- Will they be walking, biking or busing to school? Go over the safety rules.

Sources: American Academy of Pediatrics; USA.gov; Youth.gov



## How the coronavirus spreads.

*Continued from front page*

It's also important to:

- Avoid close contact with people who are sick.
- Wear a face mask if you leave your home.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw it out.
- Wash your hands often. Use soap and water and wash for at least 20 seconds.
- Avoid touching your face with unwashed hands.
- Clean surfaces you share with others often.
- Get vaccinated as soon as you can.

Once you're fully vaccinated, you can stop wearing a mask and social distancing in most places. But you still need to wear a mask in some cases,



like on public transportation and in local businesses that require it.

*Source: Centers for Disease Control and Prevention*

### Contact us



Aetna Better Health of Texas  
P.O. Box 569150  
Dallas, TX 75356-9150

Bexar Medicaid  
**1-800-248-7767**  
Tarrant Medicaid  
**1-800-306-8612**

Medical transportation  
**1-855-687-3255**  
Seasonal Farmworker Hotline  
**1-800-327-0016**

Texas HHSC  
**1-800-252-8263**  
or **211**  
Bexar CHIP  
**1-866-818-0959**  
Tarrant CHIP  
**1-800-245-5380**

Important reminder: If your address or phone number has changed, please call **1-800-647-6558** or **211**.

*(Call to find the nearest HHSC office and for customer service.)*

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If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card or **1-800-385-4104**.

If you believe that Aetna has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with our Civil Rights Coordinator at:

Address: Attn: Civil Rights Coordinator  
4500 E. Cotton Center Blvd  
Phoenix, AZ 85040  
Telephone: 1-888-234-7358, TTY 711  
Email: MedicaidCRCoordinator@aetna.com

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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## Multi-language Interpreter Services

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**SPANISH: ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104** (TTY: **711**).

**VIETNAMESE: CHÚ Ý:** nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số có ở mặt sau thẻ id của bạn hoặc **1-800-385-4104** (TTY: **711**).

**CHINESE: 注意:** 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104** (TTY: **711**)。

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**URDU:** توجہ دیں: اگر آپ اردو زبان بولتے ہیں، تو زبان سے متعلق مدد کی خدمات آپ کے لئے مفت دستیاب ہیں۔ اپنے شناختی کارڈ کے پیچھے موجود نمبر پر یا **1-800-385-4104** (TTY: **711**) پر رابطہ کریں۔

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