

We want to improve the healthcare experience for members of all backgrounds. Picking the best doctor for you is the first step when starting off on the path to better health.

When picking a doctor, our website provider search tool shows the provider's gender, race, ethnicity, and languages spoken. If you want help finding the right doctor for you, Member Services can help. Just call **1-866-638-1232 (PA Relay 711)**. Some of the reasons you may want a specific doctor may include:

- Seeing a female OBGYN as opposed to a male
- Wanting a doctor with a similar ethnic or cultural background. Some people feel they may better understand:
  - Not wanting to use opioids for pain management for fear of addiction or negative stereotypes
  - Religious restrictions that may prevent you becoming an organ donor
  - Your desire to seek treatment with home remedies, prayer, spiritual healing, and advice from family and friends
  - How a physical, mental, acute, or chronic disease could be seen as spiritual imbalance
- ♥ ***When you see your doctor, it is ok to bring a family member or friend as a support for your healthcare needs***
- ♥ ***If your doctor is using medical terms, ask them to use common language for you to understand your healthcare needs and medication directions.***

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

**ATTENTION:** If you speak a language other than English, language assistance services, free of charge, are available to you. Call **1-800-385-4104 (PA Relay: 711)**.

**ATENCIÓN:** Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted. Llamar al **1-800-385-4104 (PA Relay: 711)**.

**ВНИМАНИЕ:** Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги. Позвоните по номеру **1-800-385-4104 (PA Relay: 711)**.

We offer case management services for you. Our case managers are from various backgrounds and can understand your cultural needs. They can also help find the best doctor for you. Call Member Services to speak with a case manager at **1-866-638-1232 (PA Relay 711)**.



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**Helping African American Members Get Care and Live Healthier**  
Chronic Disease Management

[AetnaBetterHealth.com/Pennsylvania](https://AetnaBetterHealth.com/Pennsylvania)



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Once you have picked your doctor you can start your path to healthy living and discuss some of the following topics:

### Importance of Chronic Disease Management

Hypertension (high blood pressure) and Diabetes can affect people of various cultures and backgrounds. High blood pressure (Hypertension) means your heart is working harder to get blood pumped throughout your body. Diabetes is a disease that occurs when your blood sugar is too high. High blood sugar can hurt your eyes, kidneys, and lead to high blood pressure.

Some things that might put you at great risk for hypertension or diabetes include:

- Race
- Obesity (being overweight)
- Not having access to healthy food options like fresh fruits or vegetables
  - Fast food is convenient and affordable, but you should limit the amount you eat
- Not getting enough exercise
- Not having access to care
  - We have large network of providers that treat people on Medicaid. They will assist with scheduling checkups, prescribing medications, and ordering important labs like an A1c test

Involve your family and support system in your treatment plan for both hypertension and diabetes. Work to identify healthy meal options and eat them together as a family.

A healthy diet does not have to be boring or bland. Some things to remember:

- Eat every 4 to 6 six hours to keep your blood sugars stable
- Limit salt intake
- When eating fats eat healthy fats that include:
  - oils (olive, canola, sunflower)
  - nuts
  - seeds
  - avocado
  - oily fish such as salmon
- Try eating lean meat baked, broiled, grilled, or roasted:
  - Skinless poultry
  - Fresh fish
- Eat plenty of high fiber foods such as
  - Oranges, mangos, bananas
  - Oats, brown rice (as opposed to white rice)
  - Leafy greens such as callaloo, kale, collards, spinach
  - Lentils, kidney beans
  - Almonds, walnuts, peanuts

**Don't have a primary care doctor to treat your hypertension or diabetes?  
Call Member Services at  
1-866-638-1232 (PA Relay 711).**

### Some healthy examples of meals include:

- Breakfast
  - ¾ of a cup of cooked hominy, oatmeal or porridge
  - ¼ cup of unsalted peanuts or almonds
  - 1 banana
- Lunch
  - ½ a cup of curried pigeon peas
  - ½ a cup of yams
  - 1 cup of salad with 1 Tbsp of oil-based salad dressing
  - 1 guava
- Dinner
  - 2 ½ oz of roasted chicken
  - 1 cup of collards
  - ½ a cup of green banana or cassava
  - 1 small whole grain roll, chapatti or other bread
  - 1 tsp of olive oil for dipping bread

#### Avoid using bad fats

- Butter
- Lard
- Shortening
- Palm Oil

#### Limit high fat meats

- Chicken wings
- Sausage
- Spareribs
- Chicken, cow or pig feet
- Cow tongue
- Pig or ox tail