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Achieve Your HealthySM Newsletter

Aetna Individual Health Plans

Make your home safer

Help older people avoid falls

Falls are the most common cause of accidental death and injury in the home. Especially as people get older, they might have mobility, balance or sight problems. These can increase the risk of falls.

Taking a few precautions can make your home safer — for everyone.

Here's how:

Install a second railing. People are safer going up and down stairs if there is a railing on each side of the staircase.

Mark trouble spots with bright tape.

The first and last steps on staircases are high-accident zones. So are areas with furniture that sticks out. Applying strips of bright tape makes these trouble spots easier to see.

Light the way. Install lights in halls and stairways. Plug-in nightlights can be used anywhere there's an outlet.

Put grab bars in the bathtub. Many falls happen in the bathroom. Installing grab bars in the shower or alongside the tub gives people something to hold for balance.

And putting nonskid strips or mats on the shower and tub floor reduces the risk of slipping.

Get bath safety items. Try a tub seat for extra support. And a shower head extension can also be useful. These items let a person bathe without having to move around the shower or tub.

Invest in a personal alarm. A personal alarm can be triggered if a person falls or is in trouble. With the push of a button, the alarm sends a signal. In turn, this alerts someone to call and see if the person needs help. If no one answers the phone, selected family members, friends or emergency services are notified.

Did you know?

Life happens quickly and medical expenses can pop up often when you can least afford them. That's why Aetna offers many products to help with life's unexpected costs. These products are called **Supplemental Insurance** and include:

- Aetna Fixed Benefits Plan
- Aetna Hospital Plan
- Group Critical Illness Insurance
- Group Accident Insurance
- Dental and vision insurance
- Life and disability insurance
- Vital Savings by Aetna® discount program

Sometimes you need added protection for unpredictable life events. Become an Aetna member and see how Supplemental Insurance can help when the unexpected happens.

Get more tips like these.

Check the Aetna iTriage website at www.iTriagehealth.com.

Healthy recipe of the month

Baked Parmesan Fish*



Ingredients

Parmesan cheese (non-fat, grated)	1/3 cup
All-purpose flour	1 tsp
Thyme (leaves removed and crushed)	3 sprigs
White fish (6 ounces each)	4 fillets
Onion (chopped)	1 medium
Mushroom caps (halved)	1 cup
Green onions (finely sliced)	1/2 cup
Garlic (crushed)	1 clove

Total cost: \$11.03

Serving cost: \$2.76

Nutrition facts:

Yield: 4 servings

Sodium: 249 mg

Serving size: 1 fillet

Fiber: 1 g

Calories: 239

Protein: 45 g

Total fat: 2 g

Carbohydrate: 8 g

Saturated fat: 1 g

Directions

1. Preheat oven to 350° F. Place cheese, flour and thyme in paper bag.
2. Individually coat fish by gently shaking in bag; discard coating ingredients.
3. Place fillets in baking pan on rack. Bake for 20 minutes or until fish flakes easily when tested with fork.
4. Heat skillet over medium-high heat. Add onion, mushrooms, green onions, and garlic. Cook, stirring frequently, until onions are tender. Season with ground black pepper.
5. Serve baked fish topped with mushroom mixture.

Notes

- Atlantic cod fillets used in nutrition analysis.
- Suggest serving over pasta or rice.

At Aetna we're committed to helping people live healthy lives. To learn more about Aetna and the tools and health care services available to you visit www.AchieveYourHealthy.com.

Source: Aetna IntelliHealth. Available at www.intelihealth.com. Accessed January 6, 2011.

*<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-parmesan-fish>

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