



# Advance your total health

Reach your wellness goals with added-value benefits

## Take charge of your health

It's now easier than ever to aim high and feel your best. All while getting access to programs, tools and resources that fit your schedule.

Plus, get cost savings along the way. And you can even access programs and certain in-network services at low or no cost\* under your medical and pharmacy plans.



**Start today.** Log in to your member website through [Aet.na/Health-Login](https://www.aetna.com/Health-Login). There, you can check your benefits, connect with care, and view and pay claims.

\*FOR NO-COST NOTE: If the member enrolls in a qualified high-deductible health plan, they can get preventive services at no cost. To get no-cost care on all covered, non-preventive services, the member will first need to meet their deductible.

**Aetna® is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna). Aetna Funding Advantage<sup>SM</sup> plans are self-insured by the employer and administered by Aetna Life Insurance Company.**

## ACCESS TO CARE



### Aetna Smart Compare®

Choosing the right physician or specialist can be tough. That's why we're making it easier for you by using intelligent matching. In your provider search feature, we'll use artificial intelligence to recommend doctors\* in your network that are an appropriate fit for your unique health care profile and preferences. To take advantage of intelligent matches, just look for providers with the "Picked For You" icon above the provider name in the search results.

Log in to your member website at [Aetna.com/Health-Login](https://Aetna.com/Health-Login). Go to "Find Care and Pricing" to search for providers, such as primary care physicians or specialists.



### MinuteClinic®

Your health plan gives you access to covered services at local MinuteClinic locations. This can cost less than going to an emergency room or other walk-in clinic for certain nonemergency services.\*

You can get care for things like:

- Minor illnesses and injuries
- Skin conditions
- Women's health needs
- Vaccines
- Preventive services like adult wellness exams, diabetes screenings and cholesterol checks (at no cost to you)

In some areas, MinuteClinic also offers full primary care. These visits will cost the same as other primary care visits under your plan. You may choose a MinuteClinic provider as your regular primary care provider.\*

Find a clinic near you at [CVS.com/MinuteClinic](https://CVS.com/MinuteClinic). Or download the Aetna Health<sup>SM</sup> app at [Aetna.com/Health-App](https://Aetna.com/Health-App).

Where you get care is your choice. For a list of other in-network providers, log in to [Aetna.com/Health-Login](https://Aetna.com/Health-Login) and use our search tool.



### Virtual care options

**CVS Virtual Care®** provides convenient virtual care options that are available to members at no or low cost.\* You get care for minor injuries, illnesses, skin conditions, select women's services and mental health services like talk therapy and medication support.

You also have access to primary care services through a dedicated virtual provider for preventive services, sick and wellness visits, medicine reviews and disease management.

### Teladoc Health®

You can connect directly with a board-certified doctor by phone or video at no or low cost.\* This is best for general medical, dermatology or mental health visits.

You can easily access these low- or no-cost virtual care services. Just go to [Aetna.com/Health-Login](https://Aetna.com/Health-Login) to log in to your member website.

- ✓ Call [1-855-TELADOC \(835-2362\)](tel:1-855-TELADOC)
- ✓ Visit [Aetna.com/AFA-Tdoc](https://Aetna.com/AFA-Tdoc)

\*FOR DOCTORS NOTE: Visit [Aetna.com/SmartCompare](https://Aetna.com/SmartCompare) for more information. Not available to groups located in CA, joint ventures and local network plans.

\*FOR CERTAIN NON-EMERGENCY SERVICES NOTE: Includes select MinuteClinic® services. Not all MinuteClinic services are covered. Please consult benefit documents to confirm what services are included. This benefit is not available in all states and on indemnity plans. Visit [MinuteClinic.com](https://MinuteClinic.com) for age and service restrictions. This is for informational purposes only. It is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Subject to change.

\*FOR PRIMARY CARE PROVIDER NOTE: Not available on local network or indemnity plans. Visit [CVS.co/primarycare](https://CVS.co/primarycare) to see details on MinuteClinic Primary Care and find providers in your area

\*FOR CVS VIRTUAL CARE® NOTE: For a complete list of other participating providers, log in to your member site at [Aetna.com](https://Aetna.com) and use our provider search tool. Members will be able to access CVS Virtual Care® in addition to current virtual services. CVS Virtual Care is not available to joint ventures and indemnity plans and is only available in the USA. Primary care services are not available on certain locally based network plans. Limitations may apply based on services and location. Controlled substances not prescribed. Members enrolled in qualified high-deductible health plans must meet their deductible before receiving covered non-preventive services at no-cost-share. Adolescent mental health services are limited to counseling only; mental health medication management and psychiatry services remain available only for adults 18+.

\*FOR TELADOC NOTE: Members with high deductible health plans must meet their deductible before receiving non-preventive services at no cost share.

## WELLNESS INCENTIVE PROGRAMS



### Aetna Health Your Way™ — Engage

Get personalized resources and challenges to help you earn rewards of up to \$100 per year. You'll start with a well-being assessment, and then interact with recommended resources to earn points and improve your health.\* This way, you can stay on track and reach your goals.

Just log in to your member website at [Aetna.com/Health-Login](https://Aetna.com/Health-Login).



### OTC Health Solutions®

#### Shop hundreds of CVS® brand products

Every three months, you'll get a \$35 allowance\* to spend on select over-the-counter health and wellness products at CVS®. This can help you take care of minor illnesses and save money.

#### 3 ways to save



##### In store

Visit any CVS store that participates in OTC Health Solutions. Go to [CVS.com/otchs/aetcommercialotc/storelocator](https://CVS.com/otchs/aetcommercialotc/storelocator) to find one near you.



##### Online

Visit [CVS.com/otchs/aetcommercialotc](https://CVS.com/otchs/aetcommercialotc) for the fastest and easiest way to order anytime.



##### Over the phone

Call **1-888-628-2770 (TTY: 711)** Monday to Friday, from 9 AM to 8 PM local time.



### Discount program

The Aetna Discount Program helps you save on many health products and services. You'll save money on eyewear, hearing exams, healthy lifestyle services, natural health offerings and more.

Watch the savings add up. Simply visit [Aetna.com/Health-Login](https://Aetna.com/Health-Login) to log in to your member website.

## MENTAL WELL-BEING



### Employee Assistance Program (Aetna Resources For Living<sup>SM</sup>)

Through this program, you'll get support for stress management, work/life balance, depression and anxiety. Plus, we'll connect you with legal and financial help. With this benefit, you get three free visits, available to you and your eligible household members.

Know that we're here for you, 24/7. Call us at **1-866-326-7172 (TTY: 711)**. Or check out [Aetna.com/AFA-RFL](https://Aetna.com/AFA-RFL) (Username: **SGEAP** Password: **EAP**).



### Behavioral telehealth virtual providers and services

These services offer another way to get help from a licensed therapist or psychiatrist. And you can choose from a large network of providers.

Check out our [virtual providers](#). Log in to your member website at [Aetna.com/Health-Login](https://Aetna.com/Health-Login). Go to "Find Care and Pricing" then "Virtual Care Providers" to search for behavioral health providers.

\*FOR EARNING POINTS NOTE: Adult members only. Not all recommended actions result in earning rewards.

\*FOR \$35 ALLOWANCE NOTE: Allowance only available to employees enrolled in the plan. For use on select CVS® brand products. Unused allowance does not carry over to the next quarter.

## MANAGING HEALTH



### Aetna One® Essentials

Your physical and mental health is everything. Whether you're taking care of a minor issue or dealing with bigger health challenges, we can help. If you can benefit from care management,\* one of our nurses will work with you to set up a plan, help you understand your benefits and answer any questions.

To get started, go to [Aetna.com/Health-Login](https://aetna.com/Health-Login) to log in to your member website. Or call the number on your member ID card.



### Aetna Enhanced Maternity Program®

Going through a maternity journey is unique for each person. So whether you need support for family planning or postpartum care, we'll be right there as a trusted, reliable resource throughout your entire experience.

To learn more and sign up, call us at **1-800-272-3531 (TTY: 711)** weekdays from 8 AM to 7 PM ET. Or log in to your member website at [Aetna.com/Health-Login](https://aetna.com/Health-Login) and look under "Stay Healthy."



### Taking care of diabetes health Diabetic meter program

If you have diabetes, you know it's important to check your blood glucose levels regularly. And we want to help — with a new blood glucose meter.\* It's part of your prescription plan, and ordering one is easy!

To order, simply:

Visit [Aetna.com/ManagingDiabetes](https://aetna.com/ManagingDiabetes)

If you have questions, call the number on your Aetna® member ID card.

#### **\$0 preferred diabetic benefit\***

For another way to save, enjoy a new pharmacy benefit. You'll have no deductible and \$0 cost-share for preferred insulin and diabetic supplies.

\*FOR CARE MANAGEMENT NOTE: While only your doctor can diagnose, prescribe or give medical advice, the Care Management nurses can provide information on a variety of health topics.

\*FOR NEW BLOOD GLUCOSE BENEFIT NOTE: Blood glucose meters are funded by the manufacturer. Choice of meters is subject to change. Meters will be shipped to members within 7 to 10 days of order. Additional requirements or limitations may apply.

\*FOR \$0 PREFERRED DIABETIC BENEFIT NOTE: Not available in OK. HSA, IntRx, and Value plans: Preventive deductible waiver and \$0 preferred diabetic offering both waive the deductible. \$0 preferred diabetic benefit also waives copay/coinsurance on preferred insulin/diabetic supplies. The \$0 preferred diabetic benefit does not include diabetic drugs.

Aetna and MinuteClinic, LLC (which either operates or provides certain management support services to MinuteClinic-branded walk-in clinics) are part of the CVS Health® family of companies.

Network providers are independent contractors and are not agents of Aetna. Provider participation may change without notice.

**DISCOUNT OFFERS ARE NOT INSURANCE.** They are not benefits under your insurance plan. You get access to discounts off the regular charge on products and services offered by third-party vendors and providers. Aetna makes no payment to the third parties — you are responsible for the full cost. Check any insurance plan benefits you have before using these discount offers, as those benefits may give you lower costs than these discounts.

Aetna Resources For Living<sup>SM</sup> is the brand name used for products and services offered through the Aetna group of companies. The EAP is administered by Aetna Behavioral Health, LLC; and in California for Knox-Keene plans, and Health and Human Resources Center, Inc. All EAP calls are confidential, except as required by law. EAP instructors, educators and network participating providers are independent contractors and are neither agents nor employees of Aetna. Aetna does not direct, manage, oversee or control the individual services provided by these persons and does not assume any responsibility or liability for the services they provide and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. Information is believed to be accurate as of the production date; however, it is subject to change.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a health care professional.

For your best health, we encourage you to have a relationship with a primary care physician or other doctor. Tell them about your visit to MinuteClinic, or MinuteClinic can send a summary of your visit directly to them.

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