



# Aim high

## Health and wellness made easier with special tools and resources



Your Aetna® benefits plan can help you reach your health and wellness goals

With Aetna programs that are part of your current benefits plan, you get support that fits your schedule — and big savings.

Let us show you how these can all work together to help you stay healthy and productive — in all areas of your life.

**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, CVS Pharmacy® 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.

[Aetna.com](https://www.aetna.com)

## Convenient care you can count on



### MinuteClinic®

Your plan gives you access to covered MinuteClinic services at no or a lower cost to you.\* They're located inside select CVS Pharmacy® locations.\* And they're open every day, even evenings and weekends.

If you're enrolled in a qualified high-deductible health plan, you can get preventive care at no extra cost. You'll also get care for covered minor illnesses and injuries at a lower cost than available to the public. And once you meet your deductible, you can get all covered services at no extra cost.

Schedule an appointment\* at a MinuteClinic near you at [CVS.com/MinuteClinic](https://www.cvs.com/MinuteClinic).

View a list of other in-network providers at [Aetna.com](https://www.aetna.com) and use our provider search tool.



**Telehealth** — If you can't get care through your in-network doctors (in-person or virtually), it's reassuring to know you have other options.

**CVS Virtual Care™\*** — Get on-demand care and mental health services, via laptop or phone, through one convenient digital platform. Talk to a licensed doctor or nurse, 24/7, about minor illnesses, infections or injuries. Or schedule mental health counseling 7 days a week by appointment.

Go to [CVS.com/virtual-care](https://www.cvs.com/virtual-care) to register and schedule an appointment.

**Teladoc Health®** — Connect directly with a doctor about common health issues. Teladoc offers 24/7 access to board-certified doctors by phone, video, online and through the Aetna Health<sup>SM</sup> app.

Call [1-855-Teladoc \(1-855-835-2362\)](tel:1-855-835-2362) or visit [Teladoc.com/Aetna](https://www.teladoc.com/Aetna). Download the Aetna Health app at [Aet.na/fi-app](https://www.aetna.com/fi-app).

**24-Hour Nurse Line** — Talk to a registered nurse anytime. You can get helpful information and resources, and maybe even save a trip to the doctor's office.

Chat with a nurse through our 24-Hour Nurse Line at [1-800-556-1555 \(TTY: 711\)](tel:1-800-556-1555).

\*FOR NO-COST/LOW-COST MINUTECLINIC SERVICES: Includes select MinuteClinic® services. Not all MinuteClinic services are covered. Please consult benefit documents to confirm what services are included. Members enrolled in qualified high-deductible health plans must meet their deductible before receiving covered non-preventive MinuteClinic services at no cost share. However, such services are covered at negotiated contract rates. This benefit is not available in all states and on indemnity plans. Visit [MinuteClinic.com](https://www.minuteclinic.com) for locations, as well as age and service restrictions. This is for informational purposes only and is intended to be used only in connection with self-funded plans. It is not medical advice and is not intended to be a substitute for proper medical care provided by a physician.

\*FOR LOCATIONS NOTE: For a complete list of other participating providers, log in to your member site at [Aetna.com](https://www.aetna.com) and use our provider search tool.

\*FOR MINUTECLINIC APPOINTMENT NOTE: Appointment required.

\*FOR CVS HEALTH VIRTUAL CARE NOTE: Members on broad network plans will be able to access CVS Health Virtual Primary Care™ and CVS Health Virtual Care™ in addition to current virtual services. CVS Health Virtual Primary Care and CVS Health Virtual Care are not available to joint ventures, locally based network and indemnity plans. Subject to benefits and eligibility verification. CVS Virtual Care services are only available in the USA. Limitations may apply based on services and location.



## Your resources for healthy living



### Disease management

Maybe you're working with your doctor to manage a condition. Or maybe you just received a diagnosis and are learning more about it. Either way, we're here to support you with the Aetna Health Connections<sup>SM</sup> disease management program.\* It can help you follow your doctor's treatment plan — in a way that works best for you.

Call **1-866-269-4500 (TTY: 711)** to get started.



### Maternity care

Get support through the Aetna<sup>®</sup> website and educational mailings during your pregnancy and even after your baby is born. The program is available at no extra cost and also includes personalized nurse support for at-risk pregnancies.

Enroll in the **Aetna Maternity Program** online. Or call us at **1-800-272-3531 (TTY: 711)** weekdays from 8 AM to 7 PM.



### Wellness tools

You can access online health programs to help you stay healthy from head to toe. Plus, while completing health activities, you'll get helpful information about procedures, conditions and treatments. And all at your convenience.

Log in to your **member website** to start using these tools.



### Discount center

Get ready to save money on health and wellness. This includes expenses like eye exams and gear, gym memberships and exercise equipment, hearing solutions, natural products, weight loss plans and meal kits.

Visit your member website at **Aetna.com** to shop and receive your discounts.

\*FOR AETNA HEALTH CONNECTIONS NOTE: Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a health care professional. Refer to **Aetna.com** for more information about Aetna<sup>®</sup> plans.

# Support for your behavioral health



**Behavioral Health** — Your plan gives you access to a variety of tools, resources and support to help decide the care that’s right for you.

**Employee Assistance Program (EAP)** — You and your eligible household members can get help with all areas of life. This includes emotional well-being and substance misuse to child care and financial challenges. You can seek personalized help 24/7, download the Aetna Resources For Living<sup>SM</sup> app to get tips on work/life balance, and much more.

Call [1-855-884-8532](tel:1-855-884-8532) or visit [ResourcesforLiving.com](https://ResourcesforLiving.com)  
(Username: MMAFA;  
Password: EAP).

**AbleTo** — If you’re going through life changes or have medical conditions like diabetes or cancer, you can get support through eight weeks of behavioral health therapy, coaching and digital tools. These services are available through video calls, so you can get real help that fits your schedule.

Contact your Aetna case manager or call [1-844-330-3648](tel:1-844-330-3648).

**Talkspace** — Get counseling, therapy and medication services from the convenience of your laptop or phone with video chat therapy and text. A behavioral health clinician or medical professional leads all care. You can get support for anxiety, depression, stress, child/adolescent mental health, as well as other areas.

Visit [Talkspace.com/Aetna](https://Talkspace.com/Aetna) to register and have your member ID ready. Your applicable copay or deductible/coinsurance will apply.

**Aetna 360™ Behavioral Health** — When you need extra care, we’ll connect you with a care advocate who gets to know your personal care needs. They’re backed by a clinical support team, linking you to all of the specialties, community services and tools you need to achieve your best health.

Convenient care to help you feel your best.  
All on your own terms. Just log in to your member website at [Aetna.com](https://Aetna.com) to learn more.



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