

Living your best

Aetna Health ConnectionsSM disease management program

Let's focus on you, not your condition

Maybe it's been a long road working with your doctor to manage a condition. Or maybe you've just received a diagnosis.

Either way, we're here to support you. We have a program to help you follow your doctor's treatment plan — your way. You can try online coaching programs or get nurse support when you need help the most.

You're in charge of your health care journey

How we support you is your choice, too. We can stay in touch by phone or email. Whatever works best for you.

You'll also get healthy tips through our newsletter to help take better care of yourself.

Support for more than 35 conditions

Our program supports conditions like diabetes, heart disease, asthma and low back pain. And many others. So it's likely we can help with your condition, too. Visit [Aetna.com](https://www.aetna.com) to learn more.

Helping you stay safe

When you pick up a prescription or visit your doctor, we save that information in our system. It helps us find ways to improve your care. We may send you information via email so you can discuss it with your health care provider.

Let us be the coach in your corner.
Try online programs or get one-on-one nurse support.

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company. For all other states, health benefits and health insurance plans are offered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company, Aetna HealthAssurance Pennsylvania Inc. and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

Manage your health, your way

Your condition may not be unique — but you sure are. So whether in a group or one-on-one, you have choices in how you manage it.

You can work one-on-one with a health coach

You choose why, when or how often to speak with your health coach. Your coach is a registered nurse and a personal support system for your health.

Your coach can help you:

- Understand your doctor's treatment plan
- Recognize any side effects of your medicine
- Work on your doctor's advice, like lowering your cholesterol
- Reach healthy goals, like getting active or making good food choices

Of course, only you and your doctor can decide on the best care for you. But your health coach is right by your side with tips and ideas to help.

Need a little extra support? With our online coaching programs,* you choose your focus. And you set the pace.

We can work with you to:

- Manage high blood pressure, diabetes and other conditions
- Eat healthier in a way that works for you
- Make changes such as moving more or quitting smoking
- Stress less
- Manage asthma, ease back pain and more

Three easy ways to get started

1. You may get a call or letter from us to join the program.
2. Your doctor or our care management nurses may alert us about your condition. Or we might figure it out from your pharmacy and medical claims.
3. You can reach out to us directly.

To learn more, contact your Aetna® representative.

THIS IS NOT INSURANCE. THIS IS AN ADDITIONAL SERVICE AVAILABLE WITH THE MEDICAL PLAN.

*Check your health and benefits program. There may be certain restrictions.

This material is for information only. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Health benefits and health insurance plans contain exclusions and limitations. Not all services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and group size. Information is believed to be accurate as of the production date; however, it is subject to change. Refer to **Aetna.com** for more information about Aetna® plans.

Visit **[Aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html](https://www.aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html)** to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

Policy forms issued in Oklahoma include: AL COC00010, HC COC00010.

Policy forms issued in Idaho by Aetna Life Insurance Company include: GR-29/GR-29N, AL HGrpPol 05, AL SG HGrpPol 03.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI ID GrpAg 05, HI SG HGrpAg 03.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04, AL SG GrpPolAmend 2019 01, HI SG GrpAgAmend 2019 01.

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