

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

aetna®



A powerful step to be your healthiest, your way

## Aetna Health Connections<sup>SM</sup> disease management program

### All about you, not your condition

Maybe you've been working with your doctor to manage a condition. Or you just received a diagnosis.

Here's a program to help you follow your doctor's treatment plan and do what's best for you — your way. You can try online coaching programs or get one-on-one nurse support when you need help the most.

### You're in charge

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

You'll also get healthy tips, sent straight to your mailbox twice a year, to take better care of you.

### Support for more than 35 conditions

This 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.

To find out, just call us at **1-866-269-4500**.

**A coach in your corner,**  
either one-on-one or through  
online programs.

## Manage your health your way

Your condition may not be unique — but you sure are. So 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 not only a registered nurse, but also 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 steps, 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 by your side with tips and ideas to help.

### You can take online coaching programs

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

There's support to:

- Quit smoking
- Eat healthier
- Manage asthma
- Stress less
- Ease back pain, and more

Each program is broken up into small steps, so you can choose what works for you.

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

**In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company (Aetna). For all other states, health benefits and health insurance plans are offered, administered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company. 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.**

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. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

**Policy forms issued in Oklahoma include:** HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

**Policy forms issued in Idaho by Aetna Life Insurance Company include:** GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HGrpPol 02, AL HCOC 03, GR-96814 02.

**Policy forms issued in Idaho by Aetna Health of Utah Inc. include:** HI HGrpAg 02, HC HCOC 03, ID-GA-SG-AETNA-Amendment 2016 01, AL ID HNO COC Amendment 2016 01.

[www.aetna.com](http://www.aetna.com)

## Helping you stay safe

When you pick up a prescription or visit your doctor, that information is saved in our system. And it helps us find ways to improve your care — from reminders to get preventive care to alerts for a possible drug interaction.

You may also get a letter or phone call from us, depending on your situation.

### How to start the program

If you need a little help, you may get a call or letter from us to join the program.

Your doctor or our care management nurses might alert us. Or we might figure it out from your pharmacy and medical claims.

Of course, you can always reach out to us, too.

**Helping you live healthier today and tomorrow. To sign up, call 1-866-269-4500.**

