

Living your best

Aetna Health ConnectionsSM disease management program

A powerful step to be your healthiest, your way

Let's focus on you, not your condition

Maybe it's been a long road and you've been working with your doctor to manage a condition. Or you 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 and do what's best for you — your way. You can try online coaching programs, group coaching* or get one-on-one 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, email or chat. Whatever works best for you.

You'll also get healthy tips through our newsletter, sent straight to your mailbox, to help take better care of you.

*Group coaching is only available for certain conditions.

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

Helping you stay safe

When you pick up a prescription or visit your doctor, we save that information 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 needs.

Let us be the coach in your corner.

Try online programs, group coaching or get one-on-one nurse support.



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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 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 right by your side with a supportive ear and 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:

- 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 best for you.

Three easy ways to get started

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

Let us help you reach your health ambitions. To learn more or sign up, just call us at **1-866-269-4500**.

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.

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, Aetna HealthAssurance Pennsylvania Inc. 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.

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Policy forms issued in Oklahoma include: HMO OK COG-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 03, AL SG HGrpPol 02.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI HGrpAg 03, HI SG HGrpAg 02.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 01, HO HGrpPol 01.



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