You play a powerful role in your own health — especially if you have diabetes.

Our Healthy Outlook Program® Caring for Diabetes can help you:

- Understand your diabetes and your health risks
- Prevent complications
- Form new habits that can help protect your health

By understanding your diabetes, you can start to control it. Then you can focus on living well.

A program to help control and reduce your symptoms

The Caring for Diabetes program is an important part of your Aetna® health benefits or health insurance plan.

If you are eligible and choose to participate, you will be asked to complete an initial screening. This will help determine how severe your symptoms are.

Depending on your condition and needs, you may receive some or all of the following:

- A health review to determine your dietary needs.
- Helpful materials on nutrition, weight control and quitting smoking. Plus learn how to manage depression. It’s a common side effect of chronic illness.

- A subscription to Living Well magazine.
- Access to a disease management phone line.
- Calls from disease management professionals to make sure your program stays on track.
- Counseling on the importance of:
  - Tracking your vital signs and talking with your doctor
  - The connection between diabetes and dental health
  - Weighing yourself and controlling your weight
  - Taking your medications as your doctor orders

You may also be able to receive a blood glucose monitor, blood pressure monitor and weight scale.*

How to start

You may be able to join the program if:

- Your doctor refers you
- You send a request through the Aetna Navigator™ member website or call and ask Member Services
- Our patient management staff thinks the program will help you
- Our claims data shows you have diabetes

*Available when indicated and covered by your plan, subject to deductibles, copayments or coinsurance.

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You, your doctor and Aetna—a powerful team

Any piece of information you share with your doctor could hold the key to your health. So, if you think you notice an important change or symptom, don’t hold back.

By talking openly with your doctor, you can set a plan for dealing with your diabetes that works.

As added protection, if we notice your condition is getting worse, we may alert your doctor. He or she can then work with you to help you get back on track.

Tools to make your health decisions easier

In your busy life, simple is better. Why search all over the net for answers to your health questions? Save time by using our resources, and take charge of your health today.

Link to all our online resources through one central spot — Aetna Navigator at www.aetna.com.

Manage your health and keep track of your benefits

Use the Aetna Navigator self-service member website to:

- Look up your personal benefits information
- Link to our other health resources
- Use tools to estimate the cost of care
- Ask to sign up for the Caring for Diabetes program
- Send secure e-mails to Member Services, in English or Spanish

Find answers to important health questions

Get up-to-date health news on our Aetna InteliHealth® website. Find answers to important health questions. And, read the latest news on heart health, exercise and more.

Research health conditions, treatments and more

The Healthwise® Knowledgebase can make your health decisions easier. Look up medications you take or almost any medical condition. You can even find community resources and support groups.

For more information, talk to your benefits manager or visit www.aetna.com.