

Improve your health

Aetna Health ConnectionsSM Health and Wellness Resources Disease Management Program

Living with an ongoing health condition is not always easy. So, why not let us help you get the support you need?

Manage your health more easily

Our disease management program can help you:

- Know how to get the treatment and preventive care you need
- Understand how to follow your doctor's treatment plan
- Manage your ongoing conditions
- Make changes to reach your personal health goals
- Learn about and manage your risks for other conditions

You'll have a team of nurses and other health professionals on your side — even if you have more than one condition. Our program offers support for more than 35 health conditions.

There's nothing extra to pay, and participating is up to you.

Find out if you're eligible and find ways to reach your best health. Go to www.aetna.com today.

Health insurance plans are offered, underwritten or administered by Aetna Life Insurance Company and its affiliates (Aetna).

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. 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.

Smart technology looks out for you

Our CareEngine[®] system automatically reviews your health data to make sure you're getting the care you need. It can:

- Find gaps, errors and duplications in care
- Remind you to get the preventive care you need
- Spot potentially dangerous interactions, such as two drugs that shouldn't be taken together
- Tell you or your doctor about ways to improve care

Our nurses give you the support you need. Our CareEngine watches for problem areas or concerns. The combination gives you the chance to be as healthy as possible.

Getting started is easy

To start, send a request through your secure member website, at www.aetna.com. Once you log on, go to Benefits — Health Programs — then click "Enroll in Aetna Health Connections Disease Management." You can also call us at **1-866-269-4500**.

Get personal support for the health issues you face.



We want you to know[®]



www.aetna.com