

# Overview – Self-Funded Core Package

## Care Management

- Flu Shot (doctor or participating vendor)\*
- Genetic Testing and Counseling\*\*
- BRCA Genetic Testing Program

## Outreach Programs

- Informed Health® Line (24/7 nurse line)

## Online Self-Help and Wellness Tools

- Aetna Navigator®
- IntelliHealth® Website
- Simple Steps To A Healthier Life® (SSHL)
- Healthwise® Knowledgebase
- Aetna Women's Health<sup>SM</sup> Online

## Discount Programs

- Aetna Fitness<sup>SM</sup> (GlobalFit™)
- Aetna Weight Management<sup>SM</sup> (Jenny Craig®)
- Aetna Natural Products and Services<sup>SM</sup> Program (American Specialty Health Networks, Inc.)
- Spawish Spa Discount Program
- eDiets Discounts
- Zagat Healthy Dining Guide Discount Program
- Bookstore.MayoClinic.com Discount Program
- Hearing, Vision and Epic Dental Discount Programs
- Phillips/Sonicare Discount Program
- VitaCost.com Discount Program

\* Flu shot program available October through mid-November, but may change based on CDC recommendations.

\*\* Included for Aetna health plans where there is coverage for genetic testing.

Plans and programs offered or administered by Aetna Life Insurance Company (Aetna). Discount programs provide access to discounted prices and are not insured benefits. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health benefits and health insurance plans contain exclusions and limitations. Information is believed to be accurate as of the production date; however, it is subject to change.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).