

Overview – Self-Funded Premier Package

Care Management

- Aetna Health ConnectionsSM Disease Management
- Beginning RightSM Maternity Program
- Flu Shot (doctor or participating vendor)*
- Genetic Testing and Counseling**
- BRCA Genetic Testing Program

Worksite Health Screenings

- Biometric Onsite Screening (Total Cholesterol (TC), High Density Lipoprotein (HDL), TC/HDL ratio, blood glucose, blood pressure, self-reported BMI, counseling)

Outreach Programs

- Aetna's Healthy Lifestyle Coaching¹
- MedQuery[®]
- Informed Health[®] Line (24/7 nurse line)

Online Self-Help and Wellness Tools

- Aetna Navigator[®]
- Aetna IntelliHealth[®] Website
- Personal Health Record
- Simple Steps To A Healthier Life[®] (SSHL)
- Healthwise[®] Knowledgebase
- Aetna Women's HealthSM Online

Discount Programs

- Aetna FitnessSM (GlobalFit[™])
- Aetna Weight ManagementSM (Jenny Craig[®])
- Aetna Natural Products and ServicesSM 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

Incentives

- Health Assessment Completion/Update and Completion of one online wellness program (\$50 per employee and/or spouse; \$100 per family)
- Beginning Right Incentives
 - Mayo Clinic Guide to Healthy Pregnancy; Baby Blanket; Growth Chart
- Healthy Lifestyle Coaching Rewards
 - Get Started! Reward Kit
 - Share Results! Reward

* 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.

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