

Your culture, your care

Vitalidad México con AetnaSM

Health benefits
that you can use
close to home.

We want you to know[®]

 Aetna[®]

Convenient bene

Aetna and Northern Mexico's premier HMO program, Sistemas Medicos Nacionales, S.A. de C.V. (SIMNSA), have come together to offer Vitalidad México con Aetna.

The plan gives people who work within San Diego county access to doctors and specialists in the Mexican cities of Tijuana, Mexicali and Tecate.

As simple as 1, 2, 3 ...

STEP # 1

Get started

- Complete your enrollment form and select the Vitalidad México con Aetna plan using the SIMNSA network.

STEP # 2

Choose a Primary Care Physician (PCP)

- Your PCP is the doctor you go to first. PCPs do more than give you a check up — they build a relationship with you and help you stay healthy.
- You can get health care services from any PCP participating in SIMNSA's network.
- It's easy to find a network doctor. You can:
 - > Use the paper directory you'll get after you enroll.
 - > Log onto our Docfind® online directory.
 - > Call the member services telephone number on your ID card.



A new medical plan for people who prefer to receive health care services in Mexico.

Benefits that are easy to use

STEP # 3

Visit the doctor

- When you visit the doctor, you will need to show your Aetna ID card. You may also have to pay a copay. A copay is the low set fee you pay when you go to the doctor's office for services.
- A "Plan Design and Benefits" summary is included in your enrollment kit. The summary lists services that are covered under the plan and copay amounts. Take a look to find out how much you will have to pay.

Your solution for familiar, accessible health care

Vitalidad México con Aetna offers you the security of visiting health professionals near your home. Doctors from your community may have a clearer understanding of your lifestyle and the support you need to stay healthy. We want to see you enjoy your best health!

When you enroll in Vitalidad México con Aetna you get:

- Access to more than 200 health professionals* through SIMNSA's network
- 100 percent coverage for qualified preventive care — including immunizations and child and adult wellness exams
- Low copayments when you visit the doctor or buy prescription drugs
- Plan and wellness information in Spanish and English
- Worldwide coverage for emergency or urgent care

Plus, you don't have to submit any claim forms. Your doctors will take care of that for you.

We've made it easy for you to get great health care in your neighborhood!

Coverage when and where you need it

With Vitalidad México con Aetna, you are covered for emergency and urgent care no matter where you are.

The plan provides benefits for emergency and urgent care in the United States and Mexico, or if you are traveling abroad. Copayments for emergency and urgent care within SIMNSA's network will be lower than those for care provided outside of the service area.

*Accessed from Aetna's Enterprise Provider Database on 12/01/07.

Giving you access to information 24/7— Aetna's online services

Our online services and tools give you the information you need to take charge of your health. The more you know, the easier it is for you to make decisions regarding your health.

Plan for Your HealthSM website

An easy-to-use website available in Spanish and English that helps you understand your health care needs through all of life's stages. Visit www.planforyourhealth.com.

Aetna Navigator[®] website

Aetna Navigator is a self-service website where members can do everything from managing their benefits to getting health tips based on their medical history. With Aetna Navigator you can:

- Find a network doctor by specialty and location.
- Access your Aetna health history on everything from prescriptions to medical services and procedures.
- Get health, dental and wellness information provided by Harvard Medical School through our award-winning Aetna IntelliHealth[®] website.

It's easier to make good decisions about your health when you have the right information

Have a health question in the middle of the night?

After you enroll, you can call our Informed Health[®] Line at any time of the day or night. Our audio library has information on thousands of health conditions in Spanish and English from the award winning Healthwise database.

You can also speak with a registered nurse. Our registered nurses can give you the information you need to work with your network doctor. Then, you can make informed decisions about your care.

While only your doctor can diagnose, prescribe or give medical advice, Informed Health Line nurses can offer information on many health topics. Always consult your doctor first with questions or concerns about your health care needs.

For more information on enrolling in Vitalidad México con Aetna, call 1-866-447-3368.

Customer Service representatives are available to speak with you in Spanish and English.

**Health care services and support to help you live well.
Enroll today!**

This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Rates and benefits vary by location. Providers are independent contractors and are not agents of Aetna. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services. 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 subject to change. For more information about Aetna plans, refer to www.aetna.com.

Available in Spanish. Disponible en Español.

©2008 Aetna Inc.

47.00.300.1 (12/07)

We want you to know[®]

www.aetna.com