



Body, mind and spirit

It's all about choices Just select what's right for you

Your goals, your way

We designed special programs, services and tools to help you choose the right health benefits and insurance plan for you. You may never need these resources. But if you do, they're there for you. And if you have questions, just call **1-855-496-6289 (TTY: 711)**.

Let's work together

Being healthy means having the freedom, choices and opportunities to do what you want. We'll put your needs at the center of a health plan. You'll get the support, tools and programs to help you finally achieve your goals. Whether you want to run a half marathon or just keep up with your grandkids.

Aetna HealthSM app*

Your one tool to stay healthy and track benefits

Start managing your benefits smartly and simply.

When you download the Aetna Health app, you can:

- Find a provider by location and specialty
- Get cost estimates for visits and procedures
- Manage benefits for your whole family
- View claims details and pay claims directly from your app
- Track spending and progress to meeting your deductible
- Access your member ID card whenever you need it

Download the Aetna Health app



*Standard text messaging and other rates from your wireless carrier may apply.



Aetna Concierge program

Your personal assistant for health care

Have benefits questions? Need solutions that fit your needs? Ask your Aetna Concierge to help you:

- Get answers to questions about a diagnosis
- Find a doctor in your network based on your medical needs
- Learn about your coverage or plan for upcoming treatment
- Use our online tools
- Schedule appointments, and more

To get started, simply call the number on your Aetna® ID card. Or you can log in to your member website at aetna.com.

Aetna In Touch CareSM Solutions program

Here to help you focus on your health

The health care system can be complex and confusing. But it doesn't have to be. With this program, we help you and your family work through the health system. So you can take care of yourself.

Your dedicated team supports acute and chronic care management. Through data and by monitoring inpatient admissions, we find members we can impact the most. We then provide support based on their needs and preferences.

*Arkansas and Delaware require video for the first visit every 24 months. Ten minutes is the median wait time for an on-demand visit, but wait times may be longer during peak hours or seasons. On-demand consults are guaranteed within an hour of a request or are free of charge.

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Aetna Maternity Program

Helping you and your baby get healthier together

You can use the program during your pregnancy — and even after your baby is born. Special support is also available for pregnancy risks and to help avoid an early delivery. This program is part of your plan — there's no extra cost to you.

Teladoc® general telemedicine services

24/7 access to quality care

After hours? Can't get to the doctor's office? Teladoc connects you with board-certified doctors anytime. They can treat many non-emergency medical issues by phone or video. You can request visits three ways: online, via the Teladoc app or by phone. You can speak to a doctor "on demand" in minutes* or schedule a time most convenient for you. We know urgent care and emergency room visits can be costly and time-consuming. Teladoc visits are never more than \$40. Find out more and set up your Teladoc account at teladoc.com/aetna.

