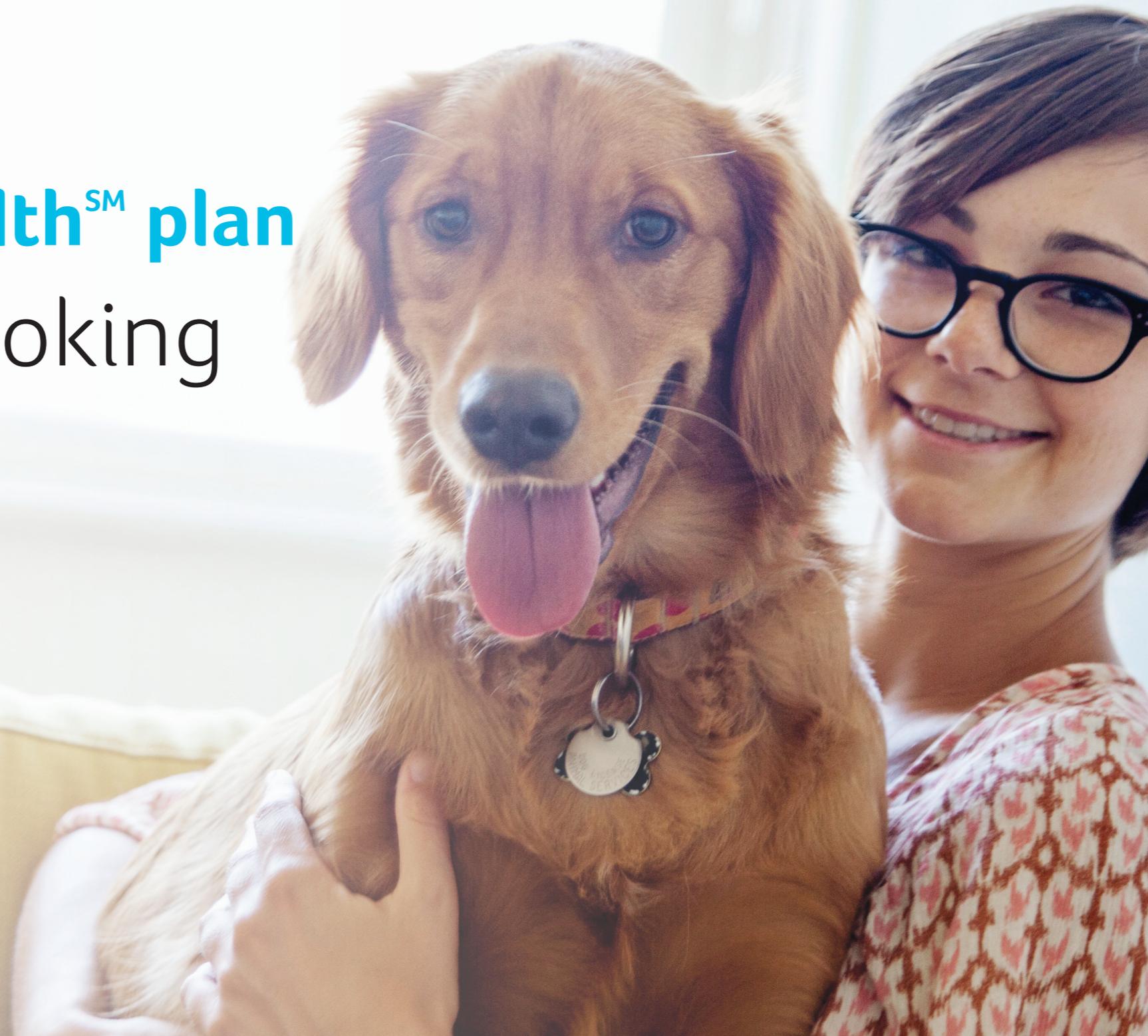


Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna[®]

Welcome to your Aetna Whole HealthSM plan

A new way of looking
at health care



Getting off to a great start

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We're excited you've picked an Aetna Whole Health plan for your health benefits. Here are **3** things you need to do:

1

Register for your secure member website

It'll help you be an active and informed member of your care team.

Click here for instructions and more details.

2

Select an Aetna Whole Health primary care doctor to lead your care team

Learn why it's so important. And how to pick one.

Click here for instructions and more details.

3

Book your annual wellness exam

It's a great way for you and your primary care doctor to get to know each other. And it's a no-cost benefit in your plan.

Click here for more details about recommended preventive care.

Put your new connected, convenient and cost-saving plan to work for you.

And be sure you watch our video on www.myaetnawholehealth.com.

Get familiar with your member ID card

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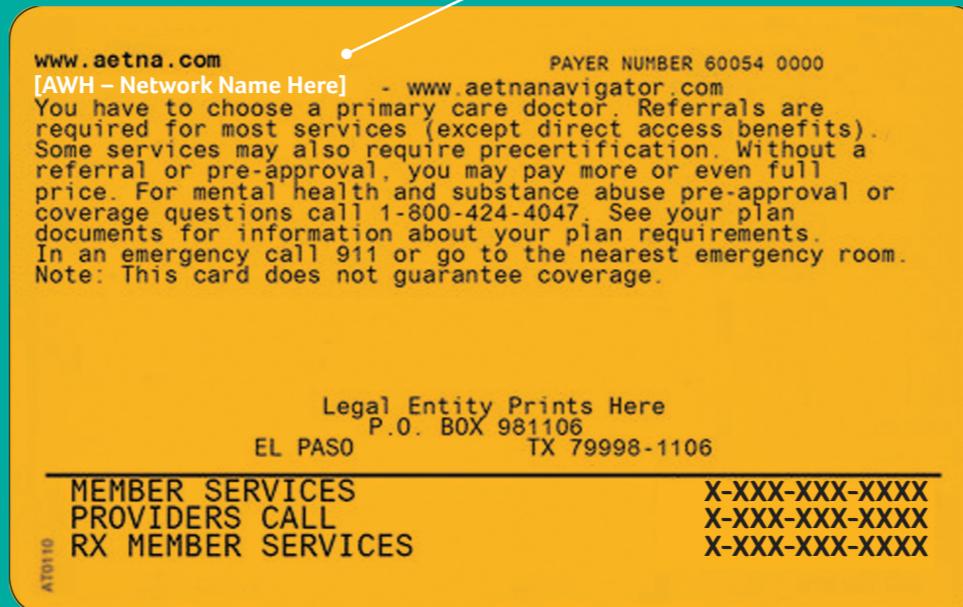
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You'll save money and get the most coordinated care when you stay in network. So look for the name of your network here. Then just confirm that your doctor or hospital is in your Aetna Whole Health network.



Anytime you're unsure about your coverage for doctor visits, procedures or prescriptions, just ask us. You can call the toll-free number listed here.

Better manage your plan, health and budget

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Go ahead and register for your **secure member website**. You'll need your ID card or Social Security number handy. Then you can:

Find out what your plan covers and costs you

Search for Aetna Whole Health doctors and hospitals

Check your personal health record

See reminders for important preventive screenings

Get discounts on vitamins, massage therapy and more

Review your claims and pay your bills

Your primary care doctor leads your care team

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Every team needs a leader

And the primary care doctor you pick will lead your Aetna Whole Health care team. Your doctor gets to know you and your medical history and sees you for your annual wellness exam, including preventive screenings. If you get sick, your primary care doctor can treat you. Your doctor can also help you find care programs tailored to your needs, guide you on important health decisions and direct your care across other specialties and facilities in your network.

Choosing a primary care doctor

Log in to your [secure member website](#). Click on “Find a Doctor, Dentist or Facility.” Then search for a primary care provider in your Aetna Whole Health network. Take note of his or her name and Provider ID and:

- Click on “Add/Change primary care doctor” under the Care & Treatment tab
- Select yourself or another member
- Add your primary care doctor’s name and seven-digit Provider ID and submit

Simply repeat to add a primary care doctor for any of your dependents.



Know before you go

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You never know when you may need medical attention. So it's always a good idea to understand your care options. Getting the right care in the right place can save you money, too.

Handling emergencies

If your health or life is in serious danger, go to the nearest emergency room or call 911.

But if you're not in immediate danger, consider going to an urgent care center in your Aetna Whole Health network.

To find one just:

- Log in to your **secure member website**
- Click on "Find a Doctor, Dentist or Facility"
- Search for urgent care centers

Flu season

Not all places offering flu shots are covered by your plan. But you can get your no-cost flu shot at your primary care doctor's office. Or you can go to an in-network walk-in clinic.

For more information about flu prevention, visit the Centers for Disease Control and Prevention website at **www.cdc.gov/flu/**.



Recommended preventive care

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You know what they say about an ounce of prevention. So make a plan for good health this year. Talk to your doctor about which screenings and tests you need. And keep in mind that preventive care is covered at no cost to you. So you can get:

- Annual wellness exams
- Mammograms (women over 40)
- Colorectal cancer screenings (adults over 50)
- Immunizations, including flu shots

For the most up-to-date preventive care recommendations,* log in to your **secure member website**. Click on “Health Programs.” Then choose “Preventive Health Schedule” on the left side.



*These guidelines are for your information only and shouldn't replace medical advice.

Save on your prescriptions

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Ask about generics

Taking generic drugs can help reduce what you pay for your prescriptions. They're safe, effective and often cost less than their brand-name counterparts. And when you pay less for the medicine you need, it's easier to follow your doctor's orders.

Go ahead and compare the cost of a brand-name drug with its generic. Simply:

- Log in to your **secure member website**
- Click on "Aetna Pharmacy"
- Select "Get Drug Prices"
- Enter the first three letters of your brand-name drug

Our Price-A-DrugSM tool will show you how much your brand-name drug will cost at your local pharmacy or through mail order. It'll also show you if there's a generic substitution and its cost so you can see your savings.



Save with health and wellness discounts

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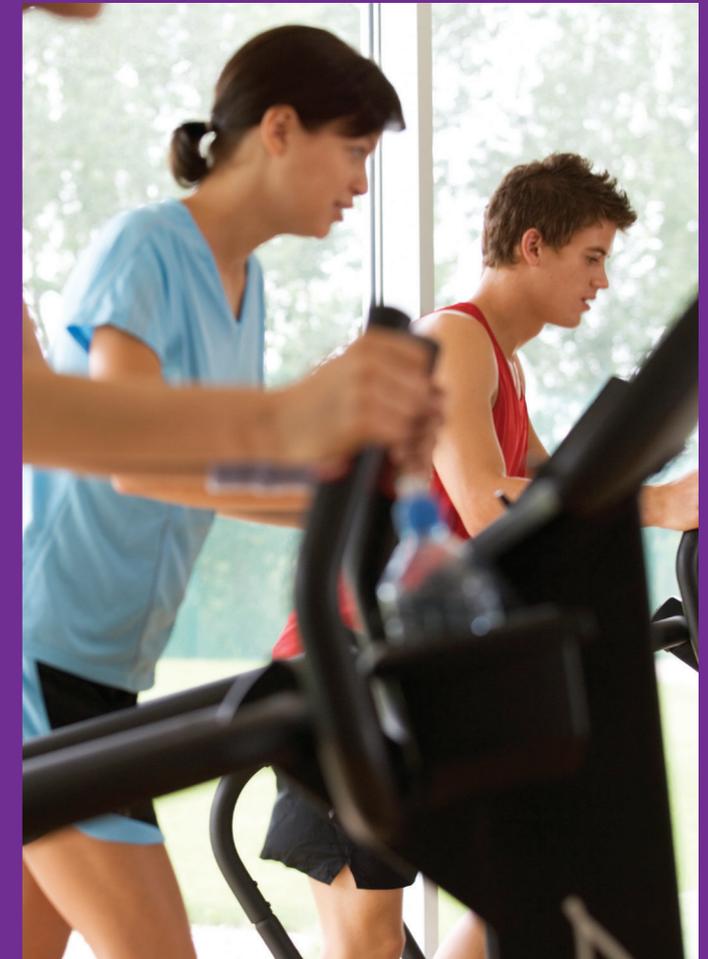
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Get healthy discounts

With no claims forms or referrals, your Aetna Whole Health plan discounts are easy to use. Plus, you can use them as much as you'd like for:

- The lowest rates at your choice of gyms in the GlobalFit® network
- Elliptical trainers, treadmills and strength equipment to build your own home gym
- One-on-one motivational health coaching to help you quit smoking, lower stress or lose weight
- Hearing aids and exams from Hearing Care Solutions or Amplifon Hearing Health Care
- Weight-loss programs or meal plans from CalorieKing®, Jenny Craig® or Nutrisystem®
- Massage therapy, acupuncture, chiropractic, nutrition services, over-the-counter vitamins, yoga equipment and homeopathic remedies through the ChooseHealthy® program*
- Eye exams, contact lenses, prescription and nonprescription eyeglasses, and LASIK laser eye surgery



Start saving today with these discounts and more. Simply:

- Log in to your **secure member website**
- Choose “Health Programs”
- Click on “See the discounts”
- Follow the steps for each discount you'd like to use

*The ChooseHealthy program is made available through American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

Visit us at www.myaetnawholehealth.com. We'll help guide you on your better health, better care, better cost journey.

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