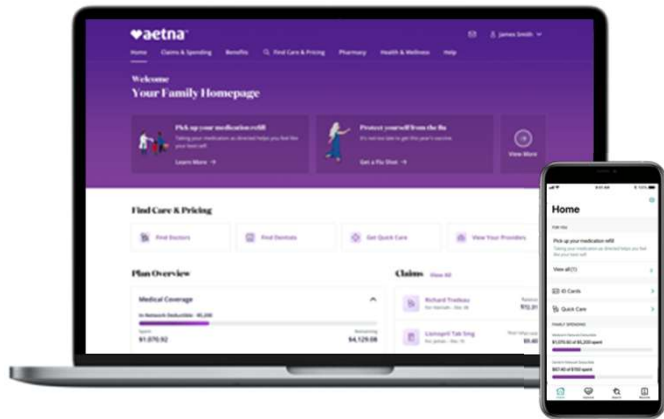


Take charge of your health care

with the Aetna[®] member website and the Aetna HealthSM app

Find everything you need, all in one place

Set up your account to manage your benefits and more at home or on the go.



Download the
Aetna Health app

Just visit **Aetna.com** to create an account
and log in to your member website.

App screens are a composite of real situations.
All names and other identifying information are fictional.

A smarter, simpler, more convenient way to take charge of your health care and benefits



Manage your plan

- Check your plan summary for detailed information on what's covered by your plan.
- Track your spending and understand your progress toward meeting your individual and family deductibles.
- Easily access your digital ID card anytime.



Connect to care

- Use tools to help you choose quality, in-network and local providers, pharmacies and facilities, including convenient retail clinics and urgent care.
- Get cost estimates for visits and procedures before getting care.
- Talk to a doctor anytime by phone or video chat from home.



View claims

- Check up to two years of claims for your whole family.
- Pay claims.



Improve your health

- Receive personalized reminders to improve your health.

And for those who need extra support, there's **Aetna Health ConnectionsSM disease management program***

A proactive approach to chronic care management



Digital resources

- Self-directed coaching
- Actionable steps to better health
- Education on health risks
- Care considerations via mail



Group coaching

- Self-directed and online group coaching*
- Six-week series of 30-minute sessions
- Intro mailing with program info and toll-free number
- Referrals to diabetic educators and dieticians via phone



Personal support

- Disease management nurse
- Monitors progress through outreach calls
- Education on most up-to-date information
- Self-monitoring equipment (e.g., peak flow meter and spacer) if needed

Predictive modeling

Aetna Advice[™] program**

Care coordination

Care team

Digital tools

* Buy-up for self-insured and fully insured care management models.

** Aetna Advice is not applicable to Aetna One Advocate. Aetna One Advocate uses its own proactive service engagement outreach methodology.

24-Hour Nurse Line

Health information is a
phone call away

- Get information on a wide range of health and wellness topics
- Make better health care decisions
- Find out more about a medical test or procedure
- Get help preparing for a visit to your doctor
- Receive emails with links to videos related to your question or topic





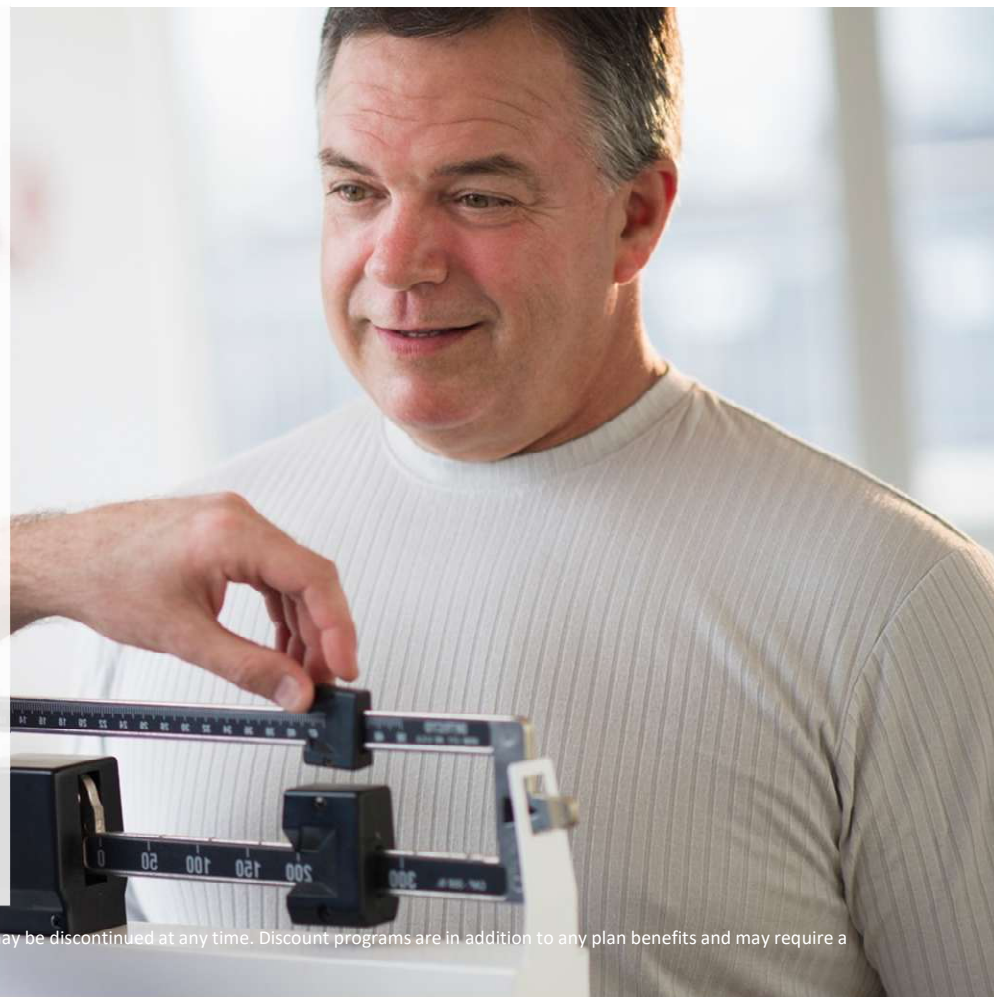
Online health coaching for healthy changes that last

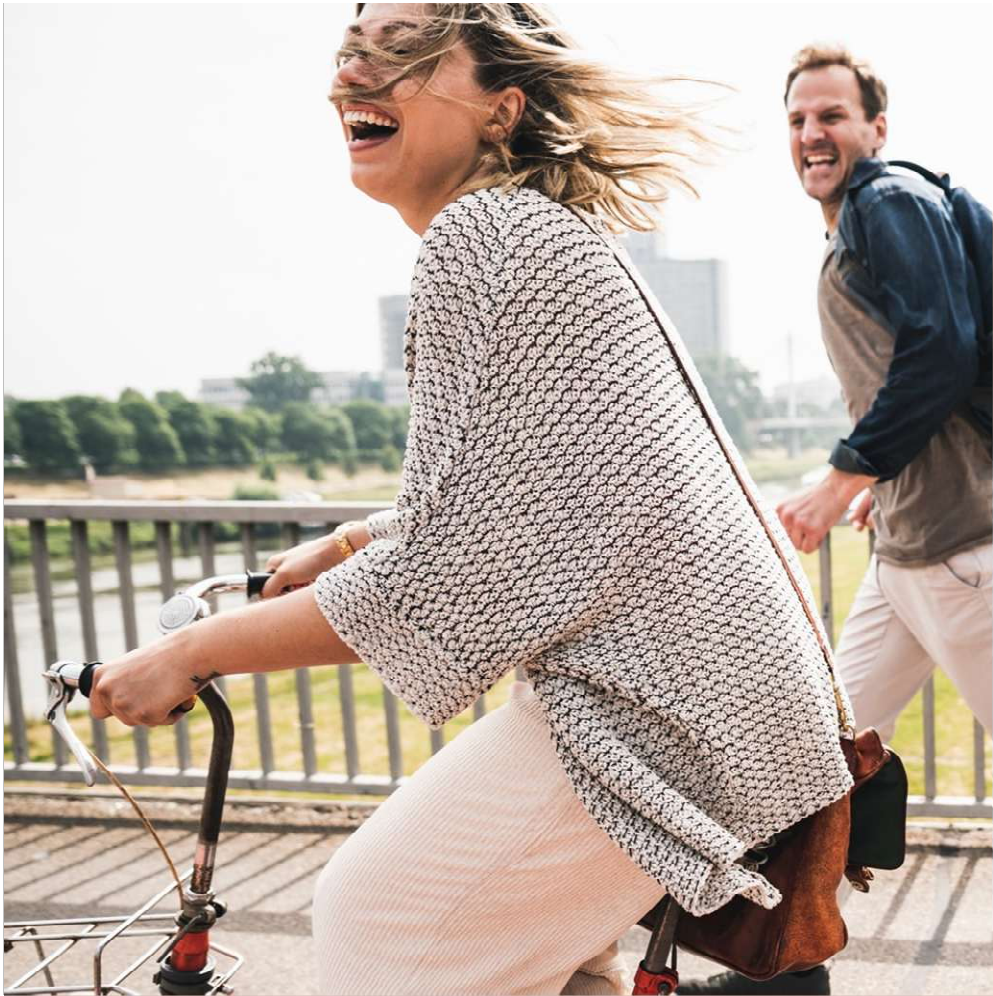
- Be tobacco-free
- Manage diabetes
- Have a healthy back
- Get heart healthy by managing cholesterol
- Stress less
- Manage weight
- Live well with asthma
- Eat healthier

Count on savings with the Aetna® Discount Program*

- Fitness
- Books
- Natural products and services
- Oral health
- Hearing
- Weight management
- Vision
- At-home products

*Discount programs are NOT insurance and program features are not guaranteed under the plan contract and may be discontinued at any time. Discount programs are in addition to any plan benefits and may require a separate charge to access such programs. Discount programs are NOT available to New York policyholders.





Money-saving tips while you get healthy



Use **urgent care centers** for nonemergency, after-hours care



Use your **preventive benefits** — get recommended screenings and checkups



Consider using **generic drugs**, if appropriate



Use **cost tools** on your member website to make smart choices

CVS® HealthHUB™ locations

A convenient and affordable option to help get you on the path to better health.

Convenient

Open every day, including nights and weekends. Get the care you need on **your** schedule.

Affordable

Just use your Aetna® benefits and get care.

MinuteClinic® services

- Minor illnesses and injuries
- Skin conditions
- Wellness and physicals
- Screenings and monitoring
- Vaccinations and injections
- Travel health
- Women's and men's health services
- Obstructive sleep apnea* screening assessment and diagnosis
- Point of care lab testing

Expanded MinuteClinic services available**

- Support managing certain chronic conditions like diabetes, sleep apnea, high cholesterol and more
- Diabetic services like diabetic retinopathy screening and imaging***
- Lifestyle support for heart health
- Pelvic exams, STI testing and more
- Colorectal risk assessment
- Chickenpox vaccination (Varivax®)

* Sleep apnea screening performed by MinuteClinic. Your MinuteClinic provider may prescribe a home sleep test, sleep test interpretation and diagnosis by an independent third-party.

** Clinical services provided by a MinuteClinic nurse practitioner or physician assistant within a CVS HealthHUB location.

***Diabetic retinopathy diagnosis by an independent provider.



Your local MinuteClinic
may now be a CVS HealthHUB.

Visit **CVS.com/HealthHUB**
to find a location near you.

Get low cost/no-cost care* at MinuteClinic® locations

Access convenient, local care

at MinuteClinic locations inside select CVS Pharmacy® and Target® stores.

Find help when you need it, including nights and weekends.

Get the care you deserve, without the high out-of-pocket costs.

* Applies only to covered services at MinuteClinic®. Video visits are not a covered service under this visit. Members in indemnity plans are not eligible for this benefit. Such members should refer to their benefit plan documents in order to determine coverage and applicable cost share for clinic benefits and services, as applicable. Visit [MinuteClinic.com](https://www.minuteclinic.com) for age and service restrictions.

The no-cost MinuteClinic benefit is not currently available to HMO membership in California, Sutter joint venture membership in California and members in the Indemnity plans are not eligible. Includes select MinuteClinic® services. Not all MinuteClinic services are covered. Please consult benefit documents to confirm which services are included. Members enrolled in qualified high-deductible health plans must meet their deductible before receiving covered non-preventive MinuteClinic services at no cost-share. However, such services are covered at negotiated contract rates. This benefit is not available in all states or on indemnity plans.

MinuteClinic services

- Minor illnesses and injuries, like allergies, ear infections, flu-like symptoms, bug bites, stings and more
- Skin conditions
- Wellness and physicals
- Screenings and monitoring
- Vaccinations and injections
- Travel health
- Women's and men's health services
- Obstructive sleep apnea** screening assessment and diagnosis
- Point of care lab testing

MinuteClinic providers can also write prescriptions, when medically appropriate.

For your best health, we encourage you to have a relationship with a primary care physician or other doctors. Tell them about your visit to MinuteClinic, or MinuteClinic can send a summary of your visit directly to them.

** Sleep apnea screening performed by MinuteClinic. Your MinuteClinic provider may prescribe a home sleep test, sleep test interpretation and diagnosis by an independent third party.



Enhancing your member experience with Aetna Health Your Way™

Personalized guidance to help you achieve your health goals, monitor progress and earn rewards for engaging in healthy activities

AETNA HEALTH YOUR WAY

My Health100 Score: Snapshot of your health

Health Assessment-Complete your Health Assessment to calculate your My Health100 score

Pathways-curated activities personalized to for goals

Rewards-complete activities & tasks to earn hearts redeemable for rewards. \$100 in gift cards per adult members

Device & Trackers- Sync a device to earn rewards for daily physical activity goals.

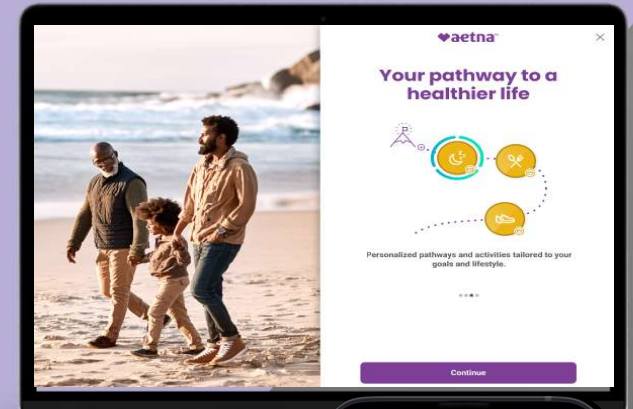
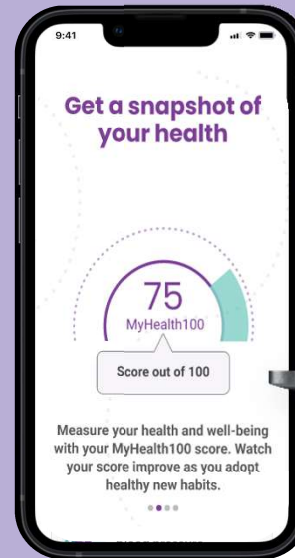
Personal Challenges-weekly physical activity challenges

Lifestyle & Condition Coaching – Work with a coach to improve health or manage conditions

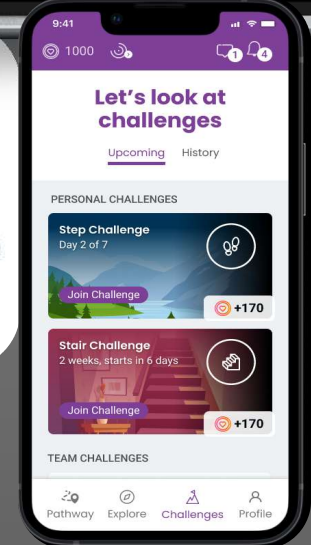
Explore resources : Read, watch or listen to content on a variety of health topics based on your preferences.

Watch Wellness Webinars. Access recipes. See what's trending among other users.

Aetna Health Your Way™ Available on 1/1/25: Access from member website [Aetna.com](https://www.aetna.com) or get the MyActive Health® app:



You will be rewarded with
Hearts as you get
healthier!



Earn Hearts redeemable for gift card rewards



Adult members can earn up to \$100 a year in gift cards by completing heart-based activities. \$20 in e-gift cards for every 2,000 hearts you earn.

1

Know your risks

Health Assessment
Preventive screenings
Mental health check-in

2

Stay active

Verified daily activity through trackers
Personal activity challenges

3

Improve your health

Pathway Activity
Well-being content
1:1 coaching by phone
Immunizations & more

