Support like never before

Aetna Health Connections℠
Disease Management Program

Finally … a program that focuses on you, not just your disease

We want you to know®

Aetna®

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The focus is on you – to help you live your best life

Reach your own level of good health

Not everyone can be perfectly healthy. But, even with an ongoing health condition, you can reach your own level of good health. Our disease management program can help.

In this program, you can learn how to:

- Get the treatment and preventive care you need
- Understand and follow your doctor's treatment plan
- Better manage your ongoing conditions
- Make changes to reach your personal health goals
- Identify and manage your risks for other conditions

You get this program as part of your Aetna[‡] health benefits or health insurance plan. There's nothing extra to pay, and participating is up to you.

Get support from nurses for a healthier you

Our nurses and clinicians can support you even if you have more than one condition. You get this support all in one program, and you get:

- Educational materials mailed to you
- Online resources you can use anytime
- Nurse case management if you're high risk
- State-of-the-art technology that looks out for your health and safety

We focus on you, not your disease, so we can help you with all your health needs.

Our goal is to make it easier for you to manage your conditions and live your life well.

Let us help you protect your health

Another way we help is by putting our technology to work for you.

Our CareEngine® system continuously scans your health data. It compares it with current guidelines of care to help:

- Identify gaps, errors, and duplications in care
- Remind you to get the preventive care you need
- Spot potentially dangerous interactions, such as two drugs that shouldn't be taken together

Our system can also notify your doctor to consider:

- Stopping a treatment
- Adding a treatment
- Trying a procedure or test not yet given

You may also receive a call or a letter, depending on the situation.

[‡]Health benefits and health insurance plans are offered, underwritten or administered by: Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156.

HOW OUR PROGRAM CAN WORK FOR YOU

As an example, let's say you have diabetes. You may contact us to join. Or, we contact you to see if you want help managing your health issues.

Our nurses then can:

- Teach you about and send you information on diabetes
- Give you online resources to use anytime
- Review the treatment plan and medications your doctor gave you
- Explain possible side effects and answer your questions
- Give you our 24-hour, toll-free disease management phone number
- Work with you over time to help you meet your goals for managing diabetes and other health conditions

After speaking with a nurse, you will receive a letter. The letter will list points you discussed and steps you decided to take between doctor visits.

Our support team can help you learn how to help protect yourself from future health problems.

Support for more than 34 conditions

Heart and blood system

> Heart failure
> Diabetes (adult and child)
> Coronary artery disease
> Peripheral artery disease
> High blood pressure (adult and child)
> Cerebrovascular disease/stroke
> High cholesterol

Lungs

> Asthma (adult and child)
> COPD (chronic obstructive pulmonary disease)

Bones

> Osteoarthritis
> Osteoporosis
> Rheumatoid arthritis
> Chronic low back pain

Cancer

> General cancer
> Breast cancer
> Lung cancer
> Lymphoma/leukemia
> Prostate cancer
> Colorectal cancer

Brain and old age

> Geriatrics
> Migraine
> Seizure disorder
> Parkinsonism

Digestive

> Heartburn/GERD (gastroesophageal reflux disease)
> Peptic ulcer disease
> IBD (inflammatory bowel disease), Crohn's disease and ulcerative colitis
> Chronic hepatitis

Kidney

> Chronic kidney disease
> End-stage kidney disease

Other

> Hypercoagulable state (increased blood clotting)
> Sickle cell disease (adult and child)
> Cystic fibrosis
> HIV (human immunodeficiency virus)
> Weight management (adult and child)

Getting started is easy

We may identify you for program participation through:

- Your doctor or self-referral
- Your request submitted through the Aetna Navigator® member website at **www.aetna.com**
- Our patient management staff or systems
- Medical and pharmacy claims data

If you are an Aetna member and have one of the conditions listed, call us at **1-866-269-4500** to get started. Or, call us if you think you're at risk for one of the conditions.

The more quickly you act, the more in control you can be.

We give you the information and resources you need. You decide what's best for you.

Let our disease management program help you live your best life.

If you're not yet an Aetna member, talk to your benefits administrator. Go to www.aetna.com for more information.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Health benefits and health insurance plans contain exclusions and limitations. Not all 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 group size and are subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **www.aetna.com**.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02; HMO/OK GA-3 11/01; HMO OK POS RIDER 8/07; GR 23 and/or GR 29/GR 29N.

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