

A healthy focus on women

Aetna Women's HealthSM Programs

Programs and
resources to help
you through every
life stage

We want you to know[®]





Your health – it's it's important to

Your body differs from a man's in so many ways. We make sure our health plans and programs pay attention to your needs.

With your Aetna[‡] health benefits and health insurance plan, you can use wellness programs and tools designed just for you. Our online tools and resources can help you make health decisions that are right for you and your family.

Give your baby a healthy start

Use our **Beginning RightSM** maternity program* to help you and your baby stay healthy.

Get the information and support you need

Enroll in our program as soon as you know you're pregnant and you can:

- Learn about prenatal care, labor and delivery, newborn care, and more. We can even send you materials in English or Spanish.
- Get special information for Dad or partner.
- Take our pregnancy risk survey. Knowing your health risks can help you prevent health problems.
- Talk to our obstetric nurse case managers for extra support if you're high risk. They can even screen you for postpartum depression.

Quit smoking — for your health and your baby's

If your pregnancy risk survey shows that you smoke more than five cigarettes a day, we'll invite you to join our Smoke-Free Moms-to-Be[®] program. It's nicotine free, and you'll get information and support from our nurses to help you stay smoke free.

Reduce your risk of preterm labor

A full-term pregnancy is best for your baby. When babies are born sooner than expected, health problems can occur, but we have a program that can help.

If you're at risk for early delivery, our Preterm Labor Prevention Program can help you:

- Learn about and lower the health risks for you and your baby
- Learn the signs and symptoms of preterm labor
- Find out about new treatment options
- Get telephone follow-up from our registered nurses

If you're an Aetna member and you know you're pregnant, call 1-800-CRADLE-1 (1-800-272-3531) to enroll in Beginning Right. You can also register on your secure Aetna NavigatorTM member website at www.aetna.com.

*Check your plan documents or contact your plan sponsor to see if this program is included in your health benefits or insurance plan.

[‡]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, Corporate Health Insurance Company and/or Aetna Life Insurance Company.

important to you, us

Focusing on breast and reproductive health

Staying healthy means knowing your risks and taking action before a problem arises.

Breast Health Education Center

With a simple phone call or click on the Internet, you can find the latest news on general breast health. Learn your risks, and the benefits of finding breast cancer early.

If you have breast cancer, you can:

- Receive special services and support
- Get help coordinating your care
- Learn about treatments and getting a second opinion
- Find out about community resources near you

Genetic testing for breast and ovarian cancer

You can find out if you're at risk for breast and ovarian cancer through genetic screening. This confidential testing covers high-risk women and can:

- Help your doctors decide if genetic testing is right for you
- Identify your risks so you can help prevent cancer
- Direct you to counseling and other services if needed

Infertility case management and education

If you have infertility problems, you can use us for support. Our experienced registered nurses and infertility case managers can answer your health questions. They can also help coordinate care if your plan includes infertility benefits.

Find out how your culture affects your health

Different cultures have different health needs. That's why we have programs to help make you aware of special health risks and help you take steps to protect your health.

If you're African American and say so on your pregnancy risk survey, we'll ask you to join our preterm labor program. That's because African Americans typically are at greater risk for having premature infants. The choice is yours. Our goal is to help lower these rates and help you have a healthy baby.

Understand why breast screenings are important

Finding breast cancer early can help your chances for successful treatment. It's why regular checkups and mammograms are so important.

It's even more important for women with a higher risk for breast cancer to get this screening. If you're African American or Latina and age 40 or older and you haven't had a mammogram, we'll reach out to you to see if we can help.

Our Breast Health team will call to talk to you, in English or Spanish. They'll discuss your risks and answer questions about the test itself. They will listen with care and without judgment to try and help you get the care you need.



Tools that make health decisions easier

In your busy life, simple is better. Why search all over the net for answers to your health questions? Save time by using our health resources, and take charge of your health today.

Go online to learn even more about women's health

Go to Aetna Women's Health Online at <http://womenshealth.aetna.com> for information on many different health topics. Read about:

- Reproductive health
- Menopause
- Breast health
- Heart health
- Migraines
- Depression
- Osteoporosis

You will find:

- Preventive care guidelines for all age ranges
- Interactive tools to help you find out some of your health risks

- Confidential surveys to see if our wellness programs are right for you
- Details on what to expect throughout pregnancy... and more!

Manage your health from one central spot

Your **Aetna Navigator** self-service website makes it easy for you to:

- Find information on your health benefits and programs
- Link to our other services and websites
- Use tools to estimate the cost of care
- Send secure e-mails to Member Services, in English or Spanish

Find answers to important health questions

On the **Aetna IntelliHealth**® website, you can:

- Learn ways to stay healthy using interactive tools
- Find out more about the prescription drugs you take
- Find answers to health questions that matter to you
- Read the latest news on diseases, treatments, exercise and more

Research health conditions, treatments and more

For details on health issues important to you, go to the **Healthwise**® Knowledgebase. You can:

- Look into different treatment options
- Learn more about a disease you have or someone you know has
- Find out more about the medications you take

Get health information from a registered nurse*

When you have health questions, even in the middle of the night, talk to a registered nurse on our 24-hour toll-free **Informed Health**® Line.

You can also listen to more than 2,000 health topics in our audio health library. And, you can do both in English or Spanish.

*Ask your plan sponsor or check your plan documents to see if this program is included in your health plan.

Enroll in an Aetna plan today. See how our women's health programs can help you take charge of your health. Go to <http://womenshealth.aetna.com> to find out more.

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 some benefits are subject to limitations or visit maximums. Not all topics in the audio health service are covered expenses under your plan. Information 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, CHI/OK GP-3 02/02, CHI/OK INSCT-4 01/02, GR-23 and/or GR-29.