



Something new

Aetna Whole HealthSM plans

A new way of looking at health care

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Welcome to your Aetna Whole Health plan

Your to-do list


Your secure member website 

Your doctor 

Your annual wellness visit 

Your care 

Your ID card 

Your money-saving tips 

Here are **three** things you need to do to get off to a great start:

1 

Register for your secure member website

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

Click here for more details.

2 

Select a **primary care doctor*** from the Aetna Whole Health network

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

Click here for more details.

3 

Schedule your annual wellness visit right after you've selected your primary care doctor, even if it isn't until a few months from now.

Click here for more details.

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

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

*In Texas, PCP is known as physician (primary care). In the State of Washington, PCP refers to primary care provider.

1. Register for your secure member website

Your to-do list ▶

Your secure member website ▶

Your doctor ▶

Your annual wellness visit ▶

Your care ▶

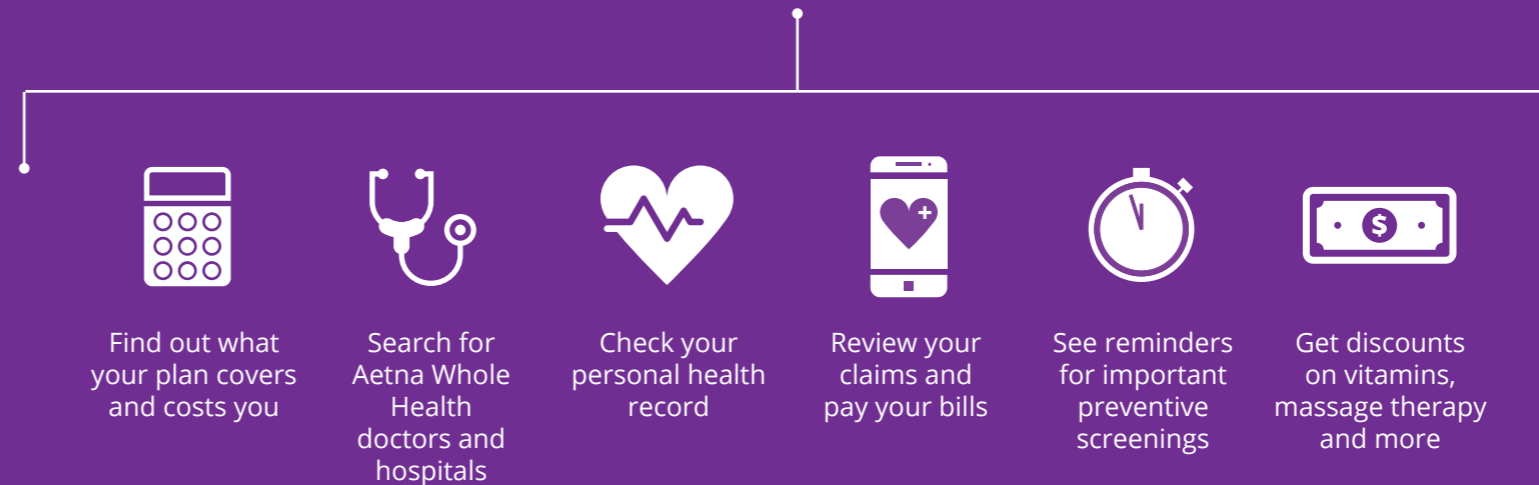
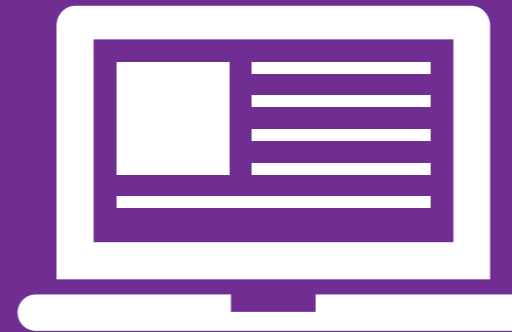
Your ID card ▶

Your money-saving tips ▶

Visit **aetna.com** and click “Log In/Register.”

Then click the “Register” button to sign up for your secure member website.

You’ll need your ID card or Social Security number handy. Then you can better manage your plan, health and budget.



2. Choose a doctor to lead your care team

Your to-do list ▶

Your secure member website ▶

Your doctor ▶

Your annual wellness visit ▶

Your care ▶

Your ID card ▶

Your money-saving tips ▶

After you log in to your **secure member website**:

1. Click on “Find Care”
2. Search for a primary care doctor by name or by clicking on the “Medical Doctors and Specialists” category
3. Pick a doctor from your search results
4. Click on the “Make My Primary Care Doctor” link
5. Submit and repeat for other dependents



The primary care doctor you pick will lead your Aetna Whole Health care team. Your doctor gets to know you and:



Sees you for your annual wellness exam, including preventive screenings



Can treat you when you're sick



Helps guide you on important health decisions



Directs your care across other specialties and facilities in your network

Your to-do list ▶

Your secure member website ▶

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3. Schedule your annual wellness visit

You know what they say about an ounce of prevention. So make a plan for good health this year and schedule your annual wellness visit, even if it isn't until a few months from now. Talk to your doctor about which screenings and tests you need, such as mammograms, colorectal cancer screenings and immunizations, including flu shots. And keep in mind that preventive care is covered at no cost to you.

Tip: Log in to your **[member website](#)** and choose "Health Programs." Then click on "Preventive Health Schedule" to see up-to-date preventive care recommendations.*

Flu season

Not all places offering flu shots are covered by your plan. But you can get yours at your primary care doctor's office. Or you can go to a network walk-in clinic.

For more information about flu prevention, visit the Centers for Disease Control and Prevention website at **[cdc.gov/flu](https://www.cdc.gov/flu)**.



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

Know before you go

Your to-do list ▶

Your secure member website ▶

Your doctor ▶

Your annual wellness visit ▶

Your care ▶

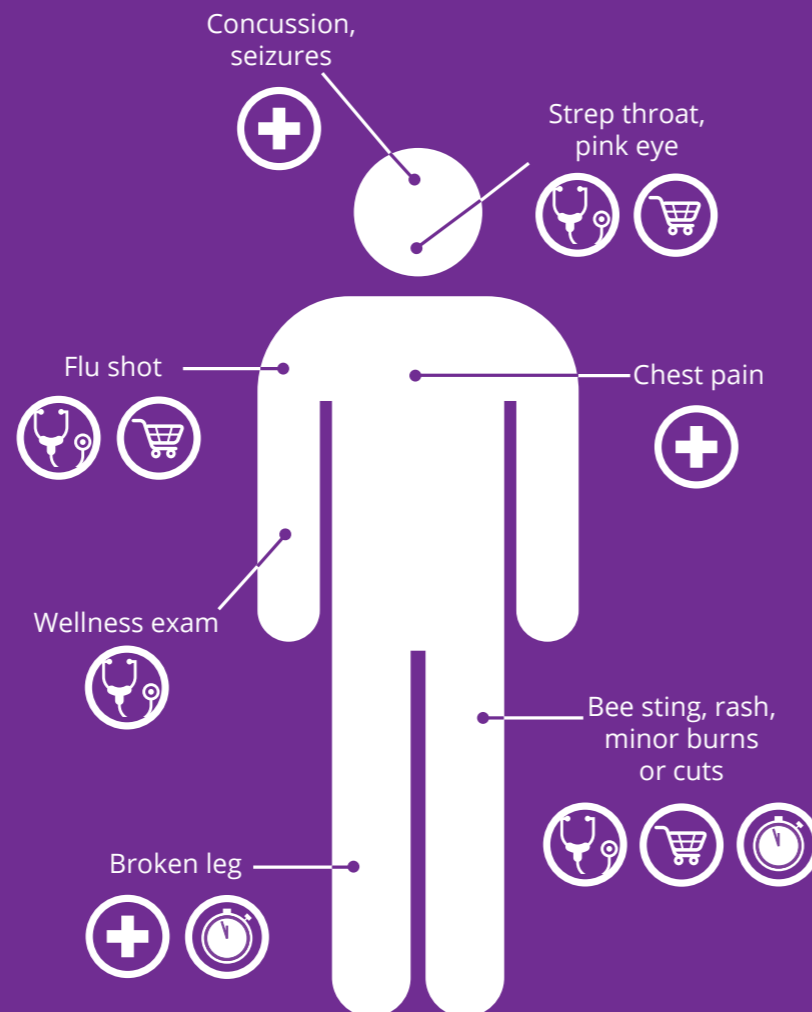
Your ID card ▶

Your money-saving tips ▶

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

Help when and where you need it

Whenever your health or life is in serious danger, call 911 or go to the nearest emergency room. But go elsewhere — like an urgent care center or walk-in clinic — for non-life-threatening events.



Where to go

What to go for

Emergency room



Concussions, seizures
Chest pain
Broken bones

Urgent care center



Broken bones
Sprains, strains
Bites, rashes, burns, cuts

Primary care doctor's office



Wellness exam
Sprains, strains
Bites, rashes, burns, cuts
Healthy lifestyle screening
Strep throat, pink eye
Flu shot

Retail walk-in clinic



Sprains, strains
Bites, rashes, burns, cuts
Healthy lifestyle screening
Strep throat, pink eye
Flu shot



Get familiar with your member ID card

Your to-do list ▶

Your secure member website ▶

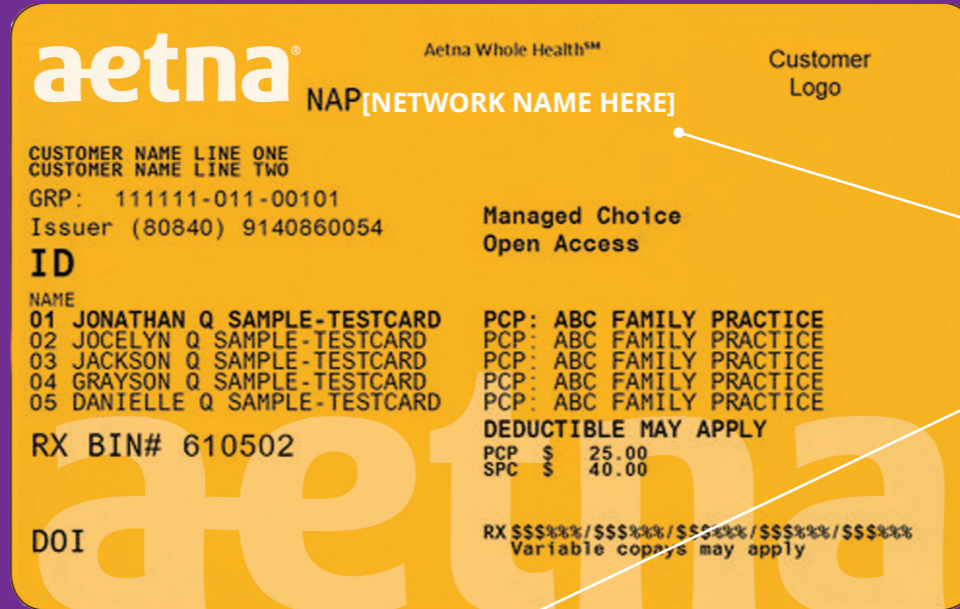
Your doctor ▶

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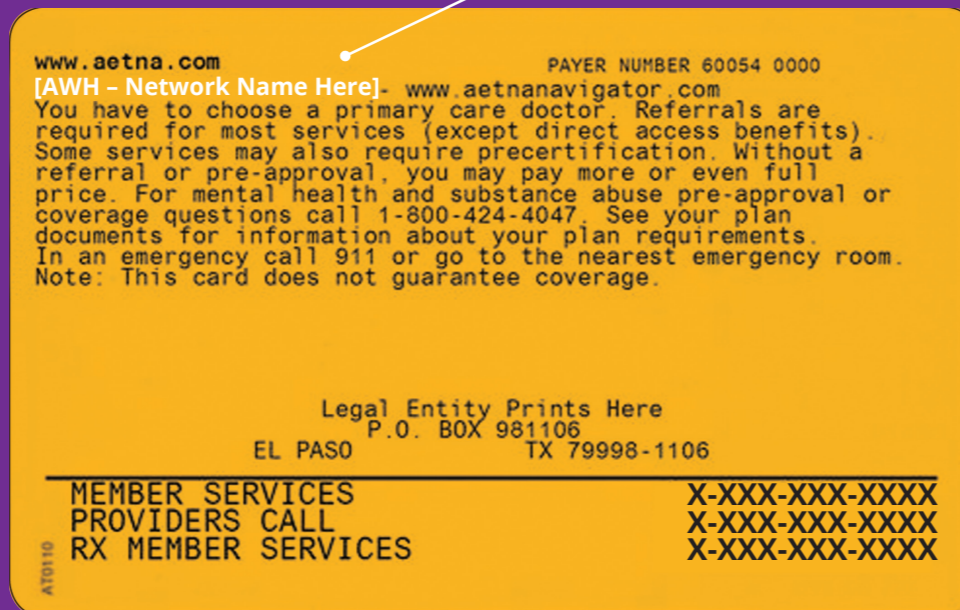
Your care ▶

Your ID card ▶

Your money-saving tips ▶



You can save money and get more 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.



Any questions?
 Call us if you need us.

For illustrative purposes only. Be sure to check your ID card for specific plan details or requirements.

Your to-do list ▶

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Save money

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 versions. And when you pay less for the medicine you need, it's easier to follow doctor's orders.

Get health and wellness 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:

- Lower rates at select gyms, elliptical trainers, treadmills and strength equipment
- One-on-one motivational health coaching
- Hearing aids and exams, eye exams, contact lenses, eyeglasses and LASIK eye surgery
- Weight-loss programs or meal plans
- Massage therapy, acupuncture, chiropractic, nutrition services, over-the-counter vitamins, yoga equipment and homeopathic remedies

Tip: Just log in to your [**member website**](#) and choose "Health Programs." Then click on "Discounts."

Visit us at **myaetnawholehealth.com**.
We'll guide you on your journey.
To better care. Better health.
And lower costs.

This material is for information only and is not an offer or invitation to contract. Rates and benefits may vary by location. Health benefits and health insurance plans contain exclusions and limitations. Not all health 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 are subject to change. Providers are independent contractors and not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services. Under your Aetna Whole Health plan, if your primary care doctor is part of an integrated delivery system, your doctor and other integrated delivery system providers will generally refer you to specialists and hospitals that are affiliated with that delivery system. However, Aetna Whole Health providers that aren't part of the integrated network may not coordinate your care and the data may not be shared in the manner described. Independent practice association (IPA) arrangements do not currently exist in Missouri. Network provider information may be limited. 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 **aetna.com**.

Policy forms issued in Missouri include: AL HGrpPol01R5, HI HGrpAg 01, HO HGrpPol 01.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS-RIDER 08/07, GR-23 and/or GR-29/GR-29N.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI HGrpAg 03, HI SG HGrpAG 02.

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