

Advance your total health

Reach your wellness goals with added-value benefits

Take charge of your health

It's now easier than ever to aim high and feel your best, all while getting access to programs, tools and resources that fit your schedule.

Plus, you'll save money along the way. And you can even access programs and certain in-network services at low or no additional cost* under your medical and pharmacy plans.*

Start today. Log in to your member website through **Aet.na/Health-Login** or scan the QR code. There, you can check your benefits, connect with care, and view and pay claims.

*FOR NO ADDITIONAL COST SERVICES: If the member enrolls in a qualified high-deductible health plan, they can get preventive services at no cost. To get no additional cost care on all covered, non-preventive services, the member will first need to meet their deductible.

*FOR PHARMACY PLANS: Some states and plan restrictions may apply.

Aetna.com

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aetna®

ACCESS TO CARE

Aetna Smart Compare® with Intelligent Matching

Choosing the right physician or specialist can be tough. That's why we're making it easier for you by using Intelligent Matching. In your provider search feature, we'll use artificial intelligence (AI) to recommend doctors* in your network that are a good fit for your unique health care needs and preferences.

To use Intelligent Matching, just look for providers with the "Picked For You" icon above the provider name in the search results.

Log in to your member website at **Aet.na/Health-Login**. Go to "Find Care & Pricing" to search for providers, such as primary care physicians or specialists.

MinuteClinic®

Your health plan gives you access to covered services at local MinuteClinic locations. A MinuteClinic visit may cost less than going to an emergency room or other walk-in clinic for certain non-emergency services.*

You can get care for things like:

- Minor illnesses and injuries
- Skin conditions
- Women's health needs
- Vaccines
- Preventive services, like adult wellness exams, diabetes screenings and cholesterol checks (at no additional cost to you).

In some areas, MinuteClinic also offers full primary care. These visits will cost the same as other primary care visits under your plan. You may choose a MinuteClinic provider as your regular primary care provider.*

Find a MinuteClinic near you at **CVS.com/MinuteClinic**. Or log in to your Aetna Health℠ app at **Aet.na/Health-App**.

For a list of other in-network providers, log in to **Aet.na/Health-Login** and use our search tool.

*FOR INTELLIGENT MATCHING: Visit **Aetna.com/SmartCompare** for more information. Program is not available to joint ventures, local network, indemnity plans and fully insured groups in CA and TX.

*FOR CERTAIN NON-EMERGENCY SERVICES: Includes select MinuteClinic® services. Not all MinuteClinic services are covered. Please consult benefit documents to confirm what services are included. This benefit is not available in all states and on indemnity plans. Visit **MinuteClinic.com** for age and service restrictions. Members enrolled in qualified high-deductible health plans must meet their deductible before receiving covered non-preventative MinuteClinic services at no cost-share. However, such services are covered at negotiated contract rates. For your best health, we encourage you to have a relationship with a primary care physician or other doctor. Tell them about your visit to MinuteClinic, or MinuteClinic can send a summary of your visit directly to them.

*FOR PRIMARY CARE PROVIDER: Not available on local network or indemnity plans. Visit **CVS.co/PrimaryCare** to see details on MinuteClinic® Primary Care and find providers in your area.

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ACCESS TO CARE (continued)

Virtual care options

CVS Virtual Care® provides convenient virtual care options that are available to members at low or no additional cost.* You can get care for minor injuries, illnesses, skin conditions, select women's services and mental health services, like talk therapy and medication support.

You can access these low or no additional cost virtual care services. Go to **Aet.na/Health-Login** to log in to your member website.

24-Hour Nurse Line*

Talk to a registered nurse anytime. You can get helpful information and resources, and maybe even save yourself a trip to the doctor's office.

Chat with a nurse through our 24-Hour Nurse Line at **1-800-556-1555 (TTY: 711)**.

WELLNESS AND INCENTIVE PROGRAMS

Aetna Health Your Way® – Core

Get access to a personalized digital health platform. You can take a health assessment and choose a personalized pathway to help track and reach your goals. Plus, you have access to health information on many topics and can see what's trending with other members on the platform.

Log in to your member website at **Aet.na/Health-Login**.

Discount program

The Aetna® discount program helps you save on many health products and services. You'll save money on eyewear, hearing exams, healthy lifestyle services, natural health offerings and more.

Watch the savings add up. Visit **Aet.na/Health-Login** to log in to your member website and search under "Health & Wellness."

MENTAL WELL-BEING

Behavioral telehealth virtual providers and services

These services offer another way to get help from a licensed therapist or psychiatrist. And you can choose from a large network of providers.

Log in to your member website at **Aet.na/Health-Login**. Go to "Find Care & Pricing," then "Virtual Care Providers" to search for behavioral health providers.

*FOR CVS VIRTUAL CARE: For a complete list of other participating providers, log in to your member site at **Aetna.com** and use our provider search tool. Members will be able to access CVS Virtual Care® in addition to current virtual services. CVS Virtual Care is not available to joint ventures and indemnity plans and is only available in the USA. Limitations may apply based on services and location. Controlled substances not prescribed. Members enrolled in qualified high-deductible health plans must meet their deductible before receiving covered non-preventive services at no-cost share. Adolescent mental health services are limited to counseling only; mental health medication management and psychiatry services remain available only for adults 18+. CVS Virtual Care is provided by CVS Management Support LLC. Clinical services are provided by CVS Healthcare Practices PLLC or MinuteClinic, LLC and their subsidiaries and managed entities. This material is for informational purposes only. Subject to benefits and eligibility verification.

*FOR 24-HOUR NURSE LINE: While only your doctor can diagnose, prescribe or give medical advice, the 24-Hour Nurse Line can provide information on a variety of health topics.

MANAGING HEALTH

Aetna One® Flex

Your physical and mental health is everything. Whether you're taking care of a minor issue, managing a chronic condition or dealing with other complex health challenges, we can help. Our nurses can work with you to set up a plan, help you understand your benefits and answer any questions.

To get started, go to **Aet.na/Health-Login** to log in to your member website. Or call the number on your Aetna® member ID card.

Aetna maternity support

We're here to help you feel supported, informed and confident throughout your pregnancy journey.

Our maternity support program is included in your Aetna® plan, so you can rest easy knowing you're getting expert guidance and helpful resources at no additional cost.

And with the Maven Fertility & Family Building benefit, you can get support with adoption and surrogacy, IUI and IVF, egg and sperm freezing, and male fertility.

To learn more and sign up, call us at **1-800-272-3531 (TTY: 711)** weekdays from 8 AM to 7 PM ET. Or log in to your member website at **Aet.na/Health-Login** and look for "Family planning" under the "Health & Wellness" tab.

To get started with Maven, you can scan the QR code or go to **MavenClinic.com/Join/Aetna-Family** or download the Maven Clinic app.

Taking care of diabetes health

Diabetic meter program

If you have diabetes, you know it's important to check your blood glucose levels regularly. And we want to help — with a new blood glucose meter.* It's part of your prescription plan, and ordering one is straightforward.

To order, visit **Caremark.com/ManagingDiabetes**. If you have questions, call the number on your Aetna® member ID card.

*FOR NEW BLOOD GLUCOSE METER: Blood glucose meters are funded by the manufacturer. Choice of meters is subject to change. Meters will be shipped to members within 7 to 10 days of order. Additional requirements or limitations may apply.

Maven is the brand name of Maven Clinic Co., an independent company that is not affiliated with Aetna.

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

Aetna® and MinuteClinic, LLC (which either operates or provides certain management support services to MinuteClinic-branded walk-in clinics) are part of the CVS Health® family of companies.

Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Refer to **Aetna.com** for more information about Aetna® plans.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a health care professional.

DISCOUNT OFFERS ARE NOT INSURANCE. They are not benefits under your insurance plan. You get access to discounts off the regular charge on products and services offered by third-party vendors and providers. Aetna makes no payment to the third parties — you are responsible for the full cost. Check any insurance plan benefits you have before using these discount offers, as those benefits may give you lower costs than these discounts. For fitness and weight management: Programs are not available to New York fully insured members. Discount vendors and providers are not agents of Aetna and are solely responsible for the products and services they provide. Discount offers are not guaranteed and may be ended at any time. Aetna may get a fee when you buy these discounted products and services.

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