

You're in your car, at the doctor's office ... anywhere. You need that ID number or claims record now. With Aetna Mobile, you'll get all the answers you need, instantly.

## Features of Aetna Mobile

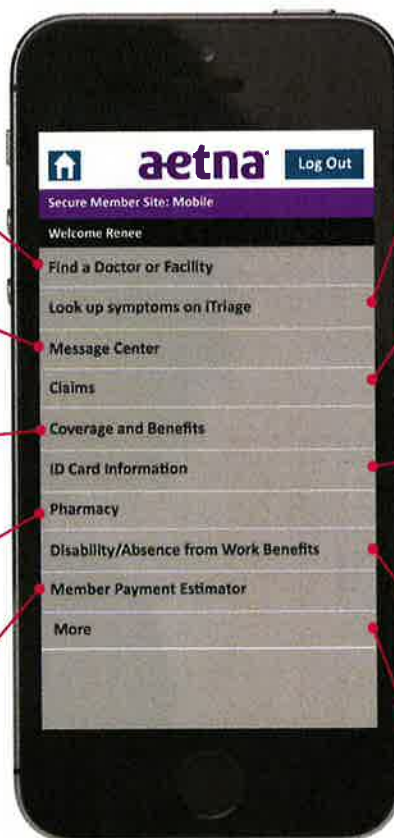
**Find a doctor** — it's easy to search for doctors, dentists and specialists in your area.

**Message center** — one location for all Aetna email correspondence from Member Services.

**Check benefits and coverage information** — just clear, accurate details when you click.

**Pharmacy** — find a pharmacy, get drug costs or refill a prescription on the go.

**Member Payment Estimator** — real-time estimates for out-of-pocket medical expenses based on your health plan.



**Look up symptoms on the iTriage® app** — it's easy to search symptoms, conditions and medicine.

**Search claims** — no more guesswork when you don't have the paperwork with you.

**Pull up your medical and/or dental ID card information** — if you left your ID card at home, it's no problem.

**View your disability or leave information** — reference your existing claims, leaves and payments while you're on the go.

**More** — for access to your personal health record and online programs.

## Two ways to download your FREE Aetna Mobile app:

- Text **Apps** to **23862** to download now.\*
- Scan the code with your mobile device.



To learn more, visit us at [www.aetna.com/mobile](http://www.aetna.com/mobile).

\*Standard text messaging rates may apply.

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**aetna®**

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

aetna®



## Online help to make healthy changes that last

### **Simple Steps To A Healthier Life®**

Get inspired! Take small steps to improve your health in your own time, at your own pace. Our Simple Steps To A Healthier Life program is here to support you along the way.

Our online health coaching programs won't cost you a penny. Simple Steps To A Healthier Life is part of your health benefits and insurance plan. And you'll learn strategies to fit healthy living into your busy life.

#### **You set the direction in the online health coaching programs**

- Commit to the steps that are right for you.
- Work at your own pace.
- Inspire yourself. We give you the tools and resources to succeed in taking small steps. And each success can help you move closer to achieving even greater goals.
- Share your success with family and friends on your favorite social media sites to get their support.
- Set reminders to help you keep on track.

#### **Each person's journey is their own — choose yours:**

- Be Tobacco Free
- Manage Diabetes
- Have a Healthy Back
- Get Heart-Healthy by Managing Cholesterol
- Stress Less
- Weigh Less
- Live Well with Asthma
- Eat Healthier, and more

## How to get started

First, answer a few health questions in our online health assessment.

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com). New to the site? Just click "Register."
2. Scroll over "Health Records."
3. Choose the "Take a health assessment" link — and go!

Your answers are confidential. And you can easily finish in one sitting or come back later. We'll save your answers.

## What questions to expect

We'll ask you about your health history — conditions you have and your current weight.

You'll also see questions about your *modifiable health risks*. These are the health habits you can change. Like eating more fruits and vegetables. Or getting preventive care.

Your answers can help you:

- Understand your health needs and goals
- Identify health concerns to share with your doctor
- Pick an online health coaching program that fits your needs
- Better manage your health risks

## It's all about you

You're ready to get healthy. And now our online health coaching programs can help you succeed.

Based on the information you share in your health assessment, we'll recommend programs to meet your health needs.

You'll get:

- **A personalized plan** based on the information you shared at the start of the program.
- **Tools, tips and features** to help you succeed. And have fun at the same time. You can set reminders to help you stay on track. Get important information about your health choices.
- **Online programs that fit your schedule.** Never the other way around. So you can work on one — or many — at a time and pace that are good for you. The choice is yours.

## Take small steps to improve your health in your own time, at your own pace.

Log in to your secure member website at [www.aetna.com](http://www.aetna.com) to get started.

**Questions?** Call the number on your member ID card.

**Health benefits and health insurance plans are offered, underwritten and/or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.**

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs. This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. 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](http://www.aetna.com).

**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.

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# Special delivery

Introducing the maternity support center

## Support that spans the pregnancy journey

Now there's a great resource for your employees and their dependents who are new moms, pregnant or just thinking about it. At no cost to you or them.

With the new maternity support center, we're with them through it all — from planning for pregnancy to taking care of baby to navigating benefits. Right on their member website at [aetna.com](http://aetna.com).

So instead of phone calls and confusion, they'll feel confident. Ready to focus on their health, and be the best woman, mom and employee they can be.



**Here for her on her journey.**  
Promote the maternity support center in your workplace.



# All about mom and baby



## Knowing feels good

With all of the pregnancy articles and advice out there, your employees can take comfort in one source for health and benefits information.

They can find:

- Coverage details, like ultrasound costs
- Pre-pregnancy checklists
- Baby-care tips

Plus — videos, breastfeeding support, postpartum resources and more.

## Information when it matters most

Today, we field more and more maternity coverage questions, but it's often later in the pregnancy.

Now we're able to connect with women *before* they're pregnant. So they have early support to make healthy decisions for themselves and their babies.

## Support for all stages of her journey

Here are just some of the highlights:

### Planning for baby

- Choosing a care team
- Understanding infertility
- Decoding insurance

### Pregnancy

- Birth-plan checklist
- Genetic testing
- Dental health

### Delivering baby

- Enrolling baby in health plan
- What to know about the NICU
- What to know about breastfeeding

### Bringing baby home

- Year-one checklist
- Immunization schedule
- Car seat and crib safety

### Taking care of her

- Understanding postpartum depression
- Recovery tips
- Going back to work

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