

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

aetna®



One-on-one support to live healthier today

Aetna Health ConnectionsSM Disease Management Program

Help to be your healthiest

Maybe you've been working with your doctor to manage a condition. Or you just received a diagnosis.

How can you find the time to do what's best for yourself and follow your doctor's treatment plan?

Here's a program to make it easier.

You get one-on-one nurse support and online coaching programs to help you manage your condition. Or even lower your risk for a new one.

How we support you is your choice, too. We can reach you by phone, mail or e-mail. Or through our online resources. Whatever works best for you.

And it's all included with your health benefits plan.

Support for more than 35 conditions

This program supports conditions like diabetes, heart disease, asthma and low back pain. And many others. So it's likely we can help with your condition, too.

To find out, just call us at **1-866-269-4500**.

How the program works

Let's say you have diabetes. Here's how your health coach, who's also a registered nurse, would work with you.

Your coach can:

- Send you information on diabetes
- Go over your doctor's treatment plan with you
- Explain any side effects of your medicine
- Help you find resources on your member website or in your community

Your coach is here for you to help you set personal health goals. Then work with you step-by-step to achieve them.

It's all about you, not your condition

Your condition may not be unique. But you sure are. And how you manage your condition is, too. So you get support in ways that work for you.

You can work one-on-one with a health coach

You choose why, when or how often to speak with your health coach. Your coach is not only a registered nurse, but a personal support system for your health.

Your coach can help you:

- Understand your doctor's treatment plan
- Work on your doctor's advice, like lowering your cholesterol
- Reach healthy steps, like getting active or making good food choices

Of course, only you and your doctor can decide on the best care for you. But your health coach is by your side with tips and ideas to help.

You can take online coaching programs

Need a little extra support? With our online coaching programs,* you choose your focus. And you set the pace.

Choose from online programs like:

- Be Tobacco Free
- Healthy Back
- Stress Less
- Eat Healthier
- Living Well with Asthma and more

Making health easy

Each program is broken up into small steps, so you can choose the steps that work for you. These successes add up. And you can share them with family and friends.

*Check your health and benefits program. Certain restrictions may apply.

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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.

www.aetna.com

Smart technology to help you stay safe

We're not the only ones working hard for you. Our technology is, too.

When you pick up a prescription or visit your doctor, that information is saved in our systems. And it helps us find ways to improve your care — from reminders to get preventive care to alerts for a possible drug interaction.

You may also get a letter or phone call from us, depending on your situation.

How to start the program

If you need help, we may call you or send you a letter.

This is based on information like:

- Your doctor's referral
- Your medical or prescription claims
- Our care management staff

You can always reach us, too. Just call **1-866-269-4500** to learn how our nurse health coaches can support you.

**Helping you live healthier today
and tomorrow. To sign up, call
1-866-269-4500.**

