

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

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## Personal attention for your health conditions and risks

# Disease Management Program

### Ready to be your healthiest you?

You can get solid support managing your condition with the disease management program. And it's included with your Aetna health benefits and insurance plan, so you can start living healthier today.

#### You'll learn how to:

- Manage your condition
- Lower your risks for new conditions
- Work better with your doctor
- Take your medicine safely
- Find helpful resources

### Support for more than 35 conditions

This includes diabetes, heart disease, cancer, low back pain and digestive conditions. Your condition is likely covered, too.

### A program that's about you, not your condition

Your condition isn't unique. But you sure are. So this program is designed to help you control your condition in ways that work for you. You can:

- Work with a nurse when it fits your schedule
- Take online disease management programs to boost your nurse coaching sessions
- Interact with the program online, by e-mail or by phone
- Call our dedicated disease management line toll-free, 24/7

To learn more, log in to  
your member website at  
[www.aetna.com](http://www.aetna.com).

## Work one on one with a registered nurse

An Aetna nurse will act as your personal health coach. You choose why, when or how often to speak with him or her.

You can work with your coach:

- Before or after your doctor visits
- When you're looking for healthier lifestyle choices
- To understand your doctor's treatment plans

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

## Manage your condition with online programs

You may have access to online disease management programs, too. They can supplement the progress you're making with your nurse.

### Program topics include:

- General condition management
- Low back pain
- Diabetes
- Pain management
- High cholesterol
- High blood pressure

Your employer can let you know if these programs are offered at your workplace.

## Technology that works for your health and safety

You benefit from smart technology that keeps scanning your health plan records. So if you visit the doctor or pick up a prescription, the system "knows" you did it.

It also scans information you or your care team entered into your online personal health record. Then it compares that information with current care guidelines to help you be safer and healthier.

**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.**

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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 8/07, GR-23 and/or GR-29/GR-29N.

[www.aetna.com](http://www.aetna.com)

## This technology can suggest:

- Stopping or adding a drug
  - Considering a procedure or test not given
  - Thinking about preventive care or wellness options
- You may also get a call or letter, depending on the situation.

## What's the program like?

Let's say you have diabetes. Here's how a nurse would work with you to manage your condition today — and going forward.

### He or she would:

- Teach you about diabetes, and answer your questions
- Send you information by mail or e-mail, or point you to online resources
- Go over your doctor's treatment plan with you
- Explain possible side effects of your medicine

## How to start the program

If you need help, there are a few ways we'll be able to find you:

- Your doctor's referral
- Your medical or prescription claims
- Our Patient Management staff

### If you have a condition, or think you're at risk:

- Put in a request through your Aetna Navigator® member website at [www.aetna.com](http://www.aetna.com)
- Call us at **1-866-269-4500**

**Get health support — in ways that work for you. The disease management program can help.**

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