

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



Helping You Get Healthy and
Manage Your Health Condition



**Aetna Wellness and Disease
Management Programs**



www.aetna.com/statede



The State of Delaware is providing you with activities, tools and resources to help you take charge of your health and wellbeing.

When it comes to your health, it's important to know and understand your health condition. We can provide the support you need to help you live a healthy lifestyle and manage your health condition. This program is included with your Aetna health benefits and insurance plan, so you can start living healthier.



All of your health, medical and wellness programs, services and information will come from one source — your trusted health carrier! Enrolling in a State of Delaware Group Health Plan provided by Aetna gives you automatic, confidential access to our online resources, health coaching, online health assessment and disease management programs.



Focus on your health by completing two easy steps:

1 Preventive Care Exam

Well-Adult Exam (Annual Physical) or
Well-Woman Exam

Checkups are key

Regular physical exams are important for everyone. They can provide reassurance that you are as healthy as you feel or can help your doctor determine any potential health risks and symptoms for health conditions.

Annual physical exams will help:

- Ensure you are up to date with your age-appropriate screenings
- Identify any signs and symptoms that could lead to serious illness
- Increase your chances for early diagnosis and treatment — when illnesses may be easiest to treat

A regular exam can also help strengthen your doctor-patient relationship. Your doctor can review your health history and discuss any changes that may have occurred in your life and lifestyle that could impact your long-term health. Along with your physical exam results, your doctor can use this information to coordinate a personalized care plan for you.

During a routine physical, your doctor will measure your:

- Height
- Weight
- Blood sugar
- Cholesterol
- Blood pressure

The results can tell you and your doctor a great deal about your health.

2 Online Health Assessment

You can take the first step to improving your health. Make a difference in your health in just a few minutes by completing a simple health assessment form. It asks questions about your health history and habits.

The health assessment can:

- Help you learn more about your health risks, so you can take steps to lower them
- Provide strategies to improve your health and well-being
- Give you personalized health results to share with your doctor



Tip: When completing your online health assessment, try to have your latest numbers from any screening tests or a physical exam on hand — your last blood pressure reading, cholesterol values and your weight.

How to take your online health assessment

- 1 Log in to your secure member website at 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!

It won't take long to complete your assessment, but if you need more time, you can always come back later. We'll save your answers.

What questions to expect on your online health assessment

We'll ask you about things you do every day, like eating and sleeping. And have you tell us about any medical conditions you may have. You'll also see questions about your modifiable health risks. These are health habits you can change. For example, your eating and exercise habits, and whether you use tobacco products.

Aetna Healthy Lifestyle Coaching Program

- 1:1 coaching to help reach health goals
- Includes unlimited telephone and email contacts with your coach
- Qualification determined by your online health assessment

Online Wellness Programs

Focuses on topics like weight management and physical activity, nutrition and diet, stress management, smoking cessation and sleep improvement.

Get Started

Go to www.aetna.com/statede for more information and to get started.

Aetna Discount Program

Save on gym memberships, eyeglasses and contacts, weight-loss programs, chiropractic and more.

Start saving today:

- 1 Aetna members can log into their secure member website at www.aetna.com.
- 2 Choose “Health Programs,” then “See the discounts.”
- 3 Follow the steps for each discount you want to use.

Beginning Right Maternity Program

Learn more about having a healthy pregnancy and baby. If you are thinking about becoming or are already pregnant, contact Aetna's Beginning Right® maternity program at **1-800-CRADLE-1 (1-800-272-3531)** to enroll.





Aetna Disease Management Program

You can get solid support managing your condition with our disease management program. 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 manage 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 by e-mail or by phone
- Call our dedicated disease management line toll-free, 24/7

Work one on one with a registered nurse

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

You can work with your nurse:

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

Only your doctor can decide on the best care for you.

But your nurse is by your side with tips and ideas to help.

Technology that looks out 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.

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.

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.

Informed Health Line

Gives you 24/7 toll-free access to registered nurses for health information. Call **1-800-556-1555** to speak to one of our nurses — 24 hours a day, 365 days a year.

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
- Help you set goals that work for you

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 secure member website at **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.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company. Health benefits plans are administered by Aetna Life Insurance Company. 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. Health information programs provide general health information and are not substitutes for diagnosis or treatment by a physician or other health care professional. Discount programs provide access to discounted prices and are not insured benefits. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services. 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.

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