Make the most of Aetna Navigator, your secure member website: aetnanavigator.com. Access online health tools and resources:

- Health Assessment
- Discount Programs
- Health Information Tools
- Manage Claims
- View Coverage & Costs
- Member Payment Estimator
- Health Decision Support

[FName] [MInit] [LName]
[Street address line 1]
[Street address line 2]
[City], [State] [Zip code]
FACT: 6,543 State of Delaware non-Medicare covered members (6.6%) have diabetes with a total annual cost of $32.4 million

PREVENT IT
Excess weight and a non-active lifestyle increases the risk for developing type 2 diabetes. Lower your risk with lifestyle changes:

• Move more
• Lose weight
• Eat healthy
• Quit tobacco

Take advantage of the following resources at no cost to you:

• Healthy Lifestyle Coaching (1-866-213-0153)
  This program provides online educational materials, web-based tools and telephonic coaching with a primary Aetna health coach.

• Informed Health Line (1-800-556-1555)
  Do you have a health question? Aetna’s nurses are available 24/7 via telephone to assist you. You can also email a nurse (through Aetna Navigator) who can send you links to health information.

MANAGE IT
Type 2 diabetes can have complications such as nerve, kidney and heart damage. If you are living with diabetes, it’s important to make choices that keep you healthy:

• Eat right and be active
• Check your blood sugar (glucose)
• Take medicines (as prescribed by your doctor) and stay up to date on your doctor visits, screenings, exams and tests

Take advantage of the following resources at no cost to you:

• Aetna Health Connections Disease Management (1-866-269-4500)
  Aetna’s specially trained registered nurses can interact with your doctor’s office and help you manage your diabetes, stay on track with your treatment and avoid trips to the hospital.

• Diabetic Program (Offered Through Your Express Scripts Prescription Drug Plan)
  Diabetic supplies (lancets, test strips, syringes/needles) are provided at no cost ($0 copay). Multiple diabetic medications may be obtained for just one copay. For details on the Diabetic Program, visit de.gov/statewidebenefits.