

Help your employees stay active in their own care

Personal Health Record



Better technology gives your employees better tools to help manage their health.

Make HistorySM — give your employees easy access to their health

Simplify the world of health care for your employees, and they'll be more likely to get the care they need.

Start with our Personal Health Record

With this secure, online tool, your employees can keep track of health information important to them and their families.

An up-to-date record can help your employees:

- Discuss their health with doctors, by printing a health summary to share it during doctor visits or in an emergency
- Stay aware of and manage health risks before they become more serious
- Use prescription drugs safely and avoid dangerous and costly medical errors
- Better coordinate care from multiple doctors and other health care professionals

The Aetna[‡] difference: Designed with you in mind

Staying aware of all the health information available today can be overwhelming. But engaging your employees in their own health is easier with our Personal Health Record.

- **Stays current with medical guidelines and technology** — Our patented CareEngine[®] system compares current evidence-based information with all available member data. This helps identify gaps in care and gives your employees a better chance to stay healthy.

- **Creates a more complete picture of health** — Claims information is prefilled and automatically updates. Your employees can find their health history at any time. They can even add more information, such as over-the-counter medications and family health history, and print a summary to share with their doctors.
- **Lets non-Aetna members participate** — Our Personal Health Record can accept historical data from other carriers, so in most cases, you can offer this to all your employees.



[‡] Health benefits and health insurance plans are offered, underwritten or administered by: Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156; Aetna Health of California Inc.; Aetna Health of the Carolinas Inc.; Aetna Health of Illinois Inc.; Aetna Health Insurance Company of New York, Corporate Health Insurance Company through December 31, 2007/Aetna Health Insurance Company effective January 1, 2008; and/or Aetna Life Insurance Company.

Cholesterol
Acidity (pH)
7.35 - 7.45
Alcohol
0 mg/dL (more than 0 is bad)
Ammonia
15 - 50 µg of nitrogen/dL
Amylase
20 - 120 units/L
Aspartate Aminotransferase (AST)

history and more!

Choose a Personal Health Record that acts more like a personal health assistant

Let us take you beyond traditional online health summaries.

Why ours is better

Personalized alerts and reminders help your employees stay more actively involved in their health.

How we do it

Our Personal Health Record and medical management process work hand in hand to identify potential gaps in care.

We compare information from each record with established medical best practices. Then, we send health alerts or preventive care reminders to help your employees avoid medical complications and improve their health.

Example*

Deb manages her diabetes well, but does not know recent clinical guidelines show that common blood pressure medications can also help manage diabetes. When Deb's record is scanned, this potential care improvement is identified, and Deb is alerted so she can discuss it with her doctor.

Employees can add more information.

This creates a more complete health picture, opening the door to improved care.

Claims information automatically appears, including doctor visits, tests and procedures done, or prescriptions filled. Your employees can also add health information only they would know.

This combination makes it even easier to share a more complete health picture with their doctors.

Tony is being treated for his peptic ulcer. He then starts taking ibuprofen every day to ease a recent back strain and adds it on his Personal Health Record. Tony doesn't realize the ibuprofen increases his risk for a bleeding ulcer. When he shows his doctor his Health Summary, the doctor notices and suggests a different pain medication.

*These examples are for illustrative purposes only and do not reflect events experienced by an actual participant.

Privacy and security are built in

A secure log-on and password are needed to gain access. Your employees decide who sees their Personal Health Record.

A separate private record is also available for your employees' covered family members.

The plan subscriber can view the Personal Health Record of covered family members under age 18. This feature helps your employees better manage health issues their families face.

Alerts and reminders help employees stay safe

If the CareEngine finds a situation that might cause harm — like two drugs that should not be taken together — or finds that a more effective treatment may be available, an alert goes out.

The alert appears online in the Personal Health Record, and the treating doctor is notified in urgent and serious cases. If your employees choose, they can also receive an e-mail telling them an alert or reminder is waiting.

The reminders help your employees get the preventive care they need. Getting this care can help keep them and their families healthy.

Lifesaving health details are available in an emergency

Your employees can print an Emergency Card to keep with them wherever they go. It can hold emergency phone numbers, doctor contact information, allergies, medications and more.

They can also print out a Health Summary and use it anytime to help their doctors give them and their families the care they need.

Room to grow

We've made it easy to use the Personal Health Record, so that you and your employees can get the most value possible from it.

We plan to keep adding features and functions that will make this tool even more useful for you and your employees for years to come.



Make History.

Offer your employees the Personal Health Record today!

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. The Aetna Personal Health Record should not be used as the sole source of information about the member's health conditions or medical treatment. Information is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02; HMO/OK GA-3 11/01; CHI/OK GP-3 02/02; CHI/OK INSCT-4 01/02; GR-23; GR-29; GR-96172 and/or GR-96173.

We want you to know[®]



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