

# The way to your healthy future

Aetna Health Connections<sup>SM</sup> Health and Wellness Resources



Give your employees —  
and your business —  
ways to stay healthy.

**AETNA AVE**

*Aetna Avenue<sup>®</sup> — Your Destination for Small Business Solutions<sup>SM</sup>*

# Encourage your employees

## Offer health solutions for today and the future

Controlling costs in today's changing world of health care requires innovation, flexibility and engagement strategies that work.

The combination of our wellness programs with your Aetna health benefits and health insurance plans gives you all that and more. We'll help you be ready for the future with:

- Industry-leading initiatives that make benefits and programs work together
- Clinical experience that's personalized for each member
- Tools and services to help your employees engage in their care

## It's about behavior change

Up to 70 percent of health care expenses are preventable.<sup>1</sup> This is because many people, often unknowingly, make unhealthy choices or take unnecessary risks with their health.

Health and wellness programs can be the key to helping your employees:

- Learn how to make healthy changes for life
- Reduce risk for diseases and complications
- Stay satisfied and more productive at work

## Engage your employees

Engaging employees and encouraging participation is important to your program's success. We make that easy by giving you access to promotional materials and other ways help you create awareness and engagement. Talk to your Aetna representative to learn more.

## Offer something for everyone

A variety of wellness programs are available to reach employees across all health stages. From simple, self-directed programs to more involved personal coaching programs, there is something for everyone.

### All members get access to a registered nurse

Members can call our Informed Health<sup>®</sup> Line anytime, 24 hours a day, and talk to a registered nurse for answers to health-related questions. They can also listen to information from our audio health library on thousands of topics.\*

### Personal attention improves likelihood of success

Many people need support to reach their health goals. For example, you may have employees that want to lose weight, but need support or aren't sure how to begin. Our disease management program offers personal attention for more than 30 conditions.

<sup>1</sup>DeVol R, Bedroussian A. An unhealthy America: The economic burden of chronic disease. The Milken Institute. Oct. 2007.

\*While only a doctor can diagnose, prescribe or give medical advice, the Informed Health nurses can provide information on more than 5,000 health topics. Members should contact their doctor first with questions or concerns regarding their health care needs.

# toward healthy change

## Make health and wellness more affordable

Other options include discount programs\*\* for:

- Dental care
- Vision exams, frames and lenses
- Hearing tests and aids
- Complementary health care services and natural products
- Health spas
- MayoClinic.com Bookstore purchases
- Zagat guide reviews and membership
- eDiets subscription
- Weight management programs
- Encourage your employees to utilize interactive tools
- Fitness club memberships

## Encourage your employees to make better health decisions

Encourage your employees to access our interactive tools that help them get information whenever they want it.

Employees will have access to a secure member website. This online resource, available at no extra cost, enables registered members to view their claim status and access personalized health and wellness information.

Members can use it to:

- Look up claims and Explanation of Benefits statements
- Find out about available health and wellness programs
- Compare the costs for procedures and services
- Contact Member Services through secure e-mail ... and more!

This site can also link your employees to these resources:

- **Aetna SmartSource<sup>SM</sup>** search tool, which delivers relevant health information that's specific to each member based on where they live, their Aetna health plan, and other information.
- **Aetna IntelliHealth<sup>®</sup>** website, with information from Harvard Medical School, about current health news and other trustworthy health, dental and wellness information.
- **Healthwise<sup>®</sup> Knowledgebase**, with easy-to-understand information on thousands of health topics from diseases and conditions, to medications, treatment options, support groups and more.
- **Personal Health Record**, where members can keep track of their health history and receive timely messages about their health.

\*\*Discount programs may not be available to Illinois residents.

## Use our technology to help improve health

We use advanced technology to combine information from all of our plans and programs and then use it to offer more ways to help members reach their optimum health.

For example, our CareEngine® system compares member health data with over 1,000 current evidence-based guidelines of care. It runs constantly to help identify:

- Opportunities for better care
- Patient safety risks and solutions
- The need for reminders on preventive care
- Programs and services that can meet the needs of each individual member

When your employees add information to their Personal Health Record, their information is analyzed by the CareEngine, which identifies opportunities for your employees to reach their optimal health.

All information is kept confidential according to HIPAA rules. The information is used only to identify opportunities for your employees to improve their health.



## Make the connection between wellness programs and a stronger, more productive workforce.

Contact your Aetna representative or broker today for more information.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Health benefits and health insurance plans contain exclusions and limitations. Discount programs provide access to discounted prices and are NOT insured benefits. Not all topics discussed within the audio health service are covered expenses under your individual health benefits or insurance plan. The Aetna Personal Health Record should not be used as the sole source of information about the member's medical history. The CareEngine is a proprietary technology platform developed by ActiveHealth Management, an Aetna company. In conjunction with clinicians, the CareEngine continuously analyzes claims and other data against evidence-based best practices and alerts the members and their physicians about possible care gaps and other inconsistencies. Information is not a substitute for diagnosis or treatment by a physician or other health care professional.

This material 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](http://www.aetna.com).

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.



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