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 online and community resources

Support for more than 35 conditions

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

To learn more, log in to your secure member website at **www.aetna.com**. Then choose "Health Programs," then "Disease management."

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, if available, 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

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 them.

You can work with your coach:

- When you need help losing weight or lowering your cholesterol
- Before or after your doctor's visit
- 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 highlight the progress you're making with your nurse. And they're available 24/7.

Program topics include:

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

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

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Technology that works for your health and safety 24/7

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:

- Find gaps or errors in your care
- Remind you to get preventive care
- Search for drug interactions that could be dangerous
- Notify your doctor to stop a treatment or try a procedure

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 point you to online resources
- Go over your doctor's treatment plan with you
- Explain possible side effects of your medicine
- Give you access to our 24-hour disease management phone line

How to start the program

If you have a condition, or think you're at risk, you can get in touch with us:

- 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.

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 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.

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