

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



Services and support for living well



Aetna Behavioral Health

www.aetna.com

48.02.300.1 (11/12)

Benefit  Options
Choice Value Health



Get back to being you

Anyone — any age, gender, income, race or religion — can develop a behavioral health condition, like depression. These conditions are linked to brain functioning. And they can affect how someone thinks, feels and acts.

Sometimes, a condition is mild. Other times, it is more serious and long lasting. Either way, recovery is always possible. But first, a condition must be diagnosed and treated.

If you are coping with a behavioral health condition, there is good news. Your medical plan includes behavioral health benefits. That means we're here with the help you need to work toward recovery. So that you can get back to being your best.

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 Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Aetna Behavioral Health is the name of an internal business unit of Aetna. Each insurer has sole financial responsibility for its own products.

Coverage for many conditions

Your benefits provide access to treatment for many types of conditions:

Anxiety

Anxiety is a feeling of uneasiness or fear. It affects some people from time to time. For others, it can last for years and affect their work and home life.

But treatment can help. Many people respond well to therapy, medication or a combination of both.

Depression

Depression is more than feeling sad. It is a mood disorder. And it can affect your thoughts, mood, health and behavior.

Depression is treatable. Usually, a combination of therapy and medicine is effective. When not treated, it can become a chronic condition.

Substance abuse

Many substances can be addictive. Like prescription or illegal drugs and alcohol. But it's possible to break your dependence.

Our program helps you develop strategies to:

- Handle withdrawal, both physical and mental
- Deal with triggers — like work and relationship stress — that get in the way of behavior change
- Stay away from these substances for good

Treatment options include:

- Residential therapy
- Outpatient treatment
- Medication

Eating disorders

A positive body image and healthy relationship with food support good health. But for some people, an obsession with weight or food can take over. An eating disorder like this can affect physical well-being and self-esteem. It can even become life threatening.

If you are struggling with an eating disorder, treatment is available. It can start you on your way to lifelong healthy eating habits. And it can help you see yourself in a whole new way.

Treatment based on the latest knowledge

Treatment for behavioral health conditions continues to improve. We work with top universities and research groups to learn more about how our mind and body work together. And we're using what we learn to help you get access to the safest, most effective treatment available.

Behavioral therapy

This is also known as talk therapy. It is one of the main ways to treat a behavioral health condition. This treatment helps you identify issues in your life that can contribute to problems. And it helps you manage and move beyond these issues.

A therapy session can be one-on-one, in a group or with family. A psychiatrist, psychologist or counselor leads the session by asking questions, listening to you and helping you see the options available to you.

Medication therapy

Sometimes, treatment involves taking a medicine, often a prescription medication. There are many effective medications for conditions like depression and substance abuse.

Your doctors are trained to find the right medicine to treat you. And they can answer your questions about possible side effects.

Medication management

Sometimes, for different reasons, you might not take medicines the way the doctor prescribed them for you. Or you might stop taking them once you feel better. This can cause symptoms to return.

Our program provides information about your medicines, how they work and why they are important. And it encourages you to talk to your doctor about how you feel, and to ask questions about your medicines and other available treatments.

The role of your doctor

Your primary care doctor is an important ally in your recovery. Sometimes, your doctor is the first person to realize you need help.

Your doctor may also:

- Refer you to a behavioral health specialist
- Talk with you about treatment choices
- Prescribe a medicine for your condition
- Have follow-up visits to check on how you're doing

So make sure to stay in touch with your doctor throughout treatment.

Tools and resources for extra help

Reawakening CenterSM

The Reawakening Center is a helpful website on depression. You can use it in the privacy of your home. Take a short test to learn your risk. Get online coaching. And read up on ways to feel — and get — better. Visit www.reawake.com.

Online DocFind[®] directory

Not sure where to look for a mental health professional in your area? Use DocFind to find:

- Psychiatrists
- Psychologists
- Clinical social workers
- Clinical counselors
- Certified addiction counselors

Visit www.aetna.com.

Your Aetna Navigator[®] secure member website

Register for Aetna Navigator. Then log in to manage your benefits, claims and costs. “Ask Ann” is our virtual assistant on the website. And she’s available 24/7 to provide help. Visit www.aetna.com.

Recovery starts with you.

To learn more:

- Talk to your primary care doctor
- Contact us at **1-800-873-1988**
- Visit www.aetnabehavioralhealth.com

Benefit Options
Choice Value Health

This material is for information only and is not an offer or invitation to contract. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. 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.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, GR-23 and/or GR-29.

www.aetna.com

©2012 Aetna Inc.
48.02.300.1 (11/12)

aetna[®]