



# Be your best

## Aetna Health Connections<sup>SM</sup> can help you manage a chronic condition

### The focus is on you

Maybe you've been working with your doctor to manage a condition. Or perhaps you just received a diagnosis and are learning more about it. Either way, we're here to support you with the **Aetna Health Connections<sup>SM</sup> disease management program**. It can help you follow your doctor's treatment plan — in the way that works best for you.

### You're in charge

The choice is yours — you can get health support in whatever way you prefer:

- Get online coaching
- Get one-on-one coaching from a registered nurse
- Stay in touch with us by phone or webchat
- Get health tips through our newsletter

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# Support for more than 35 conditions

You can find support for common chronic conditions including diabetes, heart disease, asthma, low back pain and many others. It's likely we can help with your condition, too. Just go to **Aetna.com** for the complete list.

## We stay connected

When you pick up a prescription or visit your doctor, that information helps us find ways to improve your care. We may send you information via email so you can have a discussion with your doctor.

## Work one on one with a health coach

Your coach is a registered nurse and a personal support system for your health. You choose when and how often to speak with your coach, who can help you:

- Understand your doctor's treatment plan
- Recognize any side effects of your medication
- Work on your doctor's advice, like taking steps to lower your cholesterol
- Reach health goals, like getting more active or making good food choices

Of course, you and your doctor decide on the best care for you. But your health care coach is right there with tips and ideas to help.

## Need extra support or want to go it alone?

With our online coaching programs,\* you choose your focus and set your pace. We can help you:

- Quit smoking
- Eat healthier
- Get more exercise
- Sleep better
- Manage asthma
- Feel less stress
- Ease back pain, and more

## It's easy to get started

1. You can respond to a call or letter from us to join the program.
2. You can reach out to us directly.

To sign up for the Aetna Health Connections disease management program, call **1-833-590-1141 (TTY: 711)**.

\*Check your health and benefits program; there may be certain restrictions.

**THIS IS NOT INSURANCE. THIS IS A PLAN AVAILABLE WITH THE MEDICAL PLAN.**

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