



We've got you

**Health and wellness program overview
for our self-insured members**
Aetna International

[AetnaInternational.com](https://www.aetnainternational.com)

46.02.565.1-AM B (12/19)



At your side

Being away from home often means being away from your friends and family support network. As your 24/7 partner in health, we help make sure you have all the tools, resources and care needed to thrive no matter where you are.

Your CARE team partners

When you have questions about your health, you can call our Care and Response Excellence (CARE) team to get answers.

These clinicians are available around the clock to help with:

- Pre-trip planning
- Coordinating routine and urgent medical care worldwide
- Locating providers and specialists
- Getting medical devices or prescription medications
- Coordinating and supervising medical evacuations

Our CARE team can communicate with you by phone, email or text messaging — whichever way works best for you





Your gateway to wellness

The path to wellness is a journey made easier with a little help along the way. We support you in your quest to achieve the right level of healthy for you by offering:

- Personalized care to meet your needs and preferences
- Useful information so you know when, where and how to seek care
- Assistance with getting necessary medication, vitamins and medical equipment
- Tools and resources for learning about health topics and getting inspired to make healthy choices

The first place to get started on that path is your member website at **Aetna.com**.

Register and see what's available

If you haven't already done so, please register for your Aetna member website.

- 1.** Go to **Aetna.com** and click "Log in/Register" within the "Log in/Register" box found in the upper right-hand corner
- 2.** Select "Register"
- 3.** Fill in your Member ID number (found on your Member ID Card), name, birthdate, zip code and email

If you have already registered for Health Hub at aetnainternational.com, use the same user name and password to log in to your Aetna member website.

Take your health assessment today!

Find out your current state of health and what conditions you may be at risk for by logging in to your member website at **Aetna.com**. Select "Stay healthy," then "Discover a healthier you," then "Begin my action plan" to start the assessment. You'll get recommendations for next steps to a healthier you.

Support for every step of your journey

Online wellness programs

Our online wellness programs let you move at your own pace to address whatever you want to work on, including:

- Weight management
- Physical activity
- Nutrition/diet
- Stress management
- Smoking cessation
- Insomnia
- Depression

➔ How to access our online wellness programs:

Log in to your member website at **Aetna.com** and click “Stay healthy,” then “Health programs.”

Discount programs

Achieving and maintaining the right weight directly affects your overall health and well-being. Not only can you lower your risk of certain diseases — you may also be able to reverse the effects of chronic conditions such as diabetes and high cholesterol by changing your diet and fitness habits.

We make it easier for you to learn how to eat right for a long, healthy life by offering discounts to several established weight-loss programs. You can get discounts on:

- **CalorieKing®** program and products
- **Jenny Craig®** weight loss programs (only available in the United States, Canada, Puerto Rico, Australia and New Zealand)
- **Nutrisystem®** weight loss meal plans

➔ How to get these discounts:

Log in to your member website at **Aetna.com** and click “Stay healthy,” then select “Discounts.” Review available discounts and follow the instructions to obtain your desired discounts.

Please note that these offers give you access to discounted prices only; they are not insured benefits. You are still responsible for the full cost of the discounted services. We also may receive a percentage of the fee you pay to the discount vendor.



Support managing a condition

Aetna International In Touch Care

The power of one — one clinician, one member

If you're dealing with a chronic or urgent health condition, our Aetna International In Touch Care approach gives you the one-on-one assistance you need. Because you work with one clinician on the CARE team, we're able to more effectively assess your needs and wants and better support you on the road to better health.

With In Touch Care, a CARE team clinician will:

- Get to know you and your health history
- Develop a customized action plan
- Help you navigate care, prepare for a hospital stay or plan for your recovery
- Serve as your advocate if you face challenges

Managing a chronic condition or pregnancy

Whether you are pregnant or living with diabetes, asthma, coronary artery disease or cancer, we offer:

- Assistance with locating doctors and specialists around the world
- Help with getting the medication, supplements or equipment you need to manage your condition or pregnancy
- Educational materials to prepare for pregnancy, labor, childbirth and parenting
- Assessment and support for high-risk pregnancies
- Useful tools to help you keep track of your care and treatment
- A patient safety program (available for U.S.-based members only) that lets you know when it's time for routine testing and alerts you to potential concerns such as conflicts with prescribed medicines

➔ How to contact our CARE team:

Call the number on the back of your Member ID Card and ask to speak to a clinician on the CARE team.



**When you need a hand
with your health, we are
right here to guide you —
in whatever ways work
best for you**

Questions?

Contact Member Services by calling the number on the back of your Member ID Card.

Apple, the Apple logo and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

Google Play and the Google Play logos are trademarks of Google LLC.

Aetna® is a trademark of Aetna Inc. and is protected throughout the world by trademark registrations and treaties. Health insurance plans and programs are offered, underwritten or administered by Aetna Life & Casualty (Bermuda) Ltd. or Aetna Life Insurance Company (Aetna).

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna does not provide care or guarantee access to health services. Not all health services are covered, and information provided is subject to applicable laws and regulations, including economic and trade sanctions. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna International plans, refer to **[AetnaInternational.com](https://www.aetna.com)**.

[AetnaInternational.com](https://www.aetna.com)

© 2019 Aetna Inc.
46.02.565.1-AM B (12/19)

