

Strong and healthy

A holistic approach to women's health

We focus on helping the whole woman stay healthy. Whether it's offering preventive screenings, support for a healthy pregnancy or resources for aging well, we'll be there. Our experienced nurses and staff will offer guidance and provide personalized, meaningful support for all of life's stages.

Prevention is the best medicine

Early detection of breast, cervical and colorectal cancers can save lives. So we'll remind our members to get the screenings they need and give them age-related health tips.*

We offer a variety of health and well-being programs** to help keep women healthy and address chronic conditions. Our digital, one-on-one, telephonic and group health coaching programs address a wide variety of topics. These include everything from nutrition, sleep and tobacco cessation to chronic conditions like heart disease and diabetes.

*Available for Aetna® commercial (HMO fully insured and self-funded, PPO fully insured and self-funded opt-in, including federal accounts) and Joint Venture plan members.

**Ask your Aetna representative for details.

THIS IS NOT INSURANCE. THIS IS AN ADDITIONAL SERVICE INCLUDED WITH THE MEDICAL PLAN.

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company (Aetna). For all other states, health benefits and health insurance plans are offered, administered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company, Aetna HealthAssurance Pennsylvania Inc. and/or Aetna Life Insurance Company. In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. 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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Healthy mind, healthy body

Women with chronic conditions are more likely to suffer from depression, anxiety or substance abuse. So these screenings are a standard part of our care management offerings. And built-in benefits include support for many other behavioral health conditions.

Prevention and cancer support center

All members can find information about breast health care and cancer prevention, including reproductive cancers, on their member website. We'll also give them information about treatment options, coverage, nutrition, stress relief and more.

For those with inherited genetic risk for cancer, we offer genetic counseling (both face to face and by phone). This information empowers members to take charge of their health and consider steps to lower their risk for disease.*

Help with infertility

With sensitivity and compassion, our specialized team will provide support for infertility.

They'll explain covered benefits and help members access care, provide information about the Infertility Institutes of Excellence™, coordinate precertification and more.

Special support throughout pregnancy

Through our Aetna Maternity Program,** you can count on us to offer support before, during and after pregnancy. We offer a health survey for members, and provide information on prenatal care, labor, delivery and much more. We also offer personalized nurse case management (for high-risk members) and a smoking cessation program.

More maternity resources

Our maternity support center is a no-cost resource available through our member website. Members can find trusted, reliable information on all aspects of the maternity journey.

They can also find:

- Estimates of maternity care costs (personalized to their plan)
- Information about breastfeeding and help with finding a breast pump
- Facilities that promote exclusive breastfeeding and delivery as close to 39 weeks as possible, an approach that promotes maternal health and infant safety

Healthier costs for you

Let's work together to support, engage and empower women on their health journey. From preventive health reminders to programs that optimize benefits, we can help you have a healthier workforce and lower costs.

Talk to your Aetna® representative to learn more.

*Members must meet our clinical criteria and their doctor must obtain precertification in order for us to cover genetic testing.

**Buy-up program for self-funded employers.

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. Not all services are covered. See plan documents for a complete description of benefits, exclusions and limitations of coverage. Plan features and availability may vary by location and are subject to change. 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. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a health care professional. Refer to **Aetna.com** for more information about Aetna plans.

Policy forms issued in Oklahoma include: AL COC00010, HC COC00010.

Policy forms issued in Idaho by Aetna Life Insurance Company include: GR-23, GR-29/GR-29N, GR-9/GR-9N, AL SG HGrpPol 03, AL HGrpPol 04.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI ID HGrpAg 04, HI SG HGrpAg 03.

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