

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

**aetna**<sup>SM</sup>

## **Aetna Navigator<sup>®</sup> Member Website**

The edge you need to make the most  
of your plan

[www.aetna.com](http://www.aetna.com)



When you're an Aetna member, you get tools and resources to help you easily manage your health and your benefits. All of your health benefits and health insurance plan information and cost-savings tools are in one place — your Aetna Navigator member website.

When you sign up and use it, you're not just a member, you're **a navigator**.

## Navigators have know-how

Navigators are smart about their health care. Once you're a navigator, you can easily:

- **Find the right doctor — and save money.** Locate in-network doctors who accept your plan.
- **See what you owe.** Look up claims to see how much the plan paid and what you may have to pay.
- **Know your plan.** Check who is covered by your plan and what it covers.
- **Get valuable information.** See which doctors and hospitals have met extra standards for quality and efficiency.
- **Know costs before you go.** See cost estimates before you make an appointment for an office visit, test or procedure.
- **Get healthier.** Take a health assessment to learn about your health and how to lower your risks.
- **Check your health accounts.** Easily look up your health savings account\* or health fund balances.

Easy-to-use tools help you make smart choices about your health.

## Peace of mind is a password away

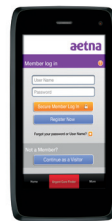
It's easy to be a navigator. (You don't need any special technical skills, we promise.) Just sign up at [www.aetna.com](http://www.aetna.com) once you are an Aetna member. Then you can start using Aetna Navigator's valuable features and tools.

## Meet Ann, your virtual assistant

She can help you sign up for Aetna Navigator. She can even help you find a doctor, estimate the cost of services, answer questions about claims, ID cards and more. Ann never sleeps, so chat with her anytime.

Go to [www.aetnatools.com](http://www.aetnatools.com) to see a preview of what Aetna Navigator has to offer once you are an Aetna member.

## Find what you need — wherever, whenever



The Aetna Mobile app puts our most popular online features at your fingertips. It's available for iPhone® and Android™ mobile devices.

Scan this code now to download.  
Or visit [www.aetna.com/mobile](http://www.aetna.com/mobile).



\*Health savings accounts are currently not available to health maintenance organization (HMO) members in Illinois and California.

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aetna®

## Aetna Mobile

You never know  
when you'll need it ...  
but you'll always  
know where to find it

[www.aetna.com](http://www.aetna.com)



## Find what you need — wherever, whenever — with Aetna Mobile

That's why it's great to know you can use your cell phone with web access to view your health plan information — whenever you want, wherever you are. The Aetna Mobile app works with iPhone® mobile digital devices and Android™-powered phones.

**Use a different smartphone or mobile device?** Instead of loading an app, just visit [www.aetna.com](http://www.aetna.com) and use the mobile web version of the site.

You're in your car, at the doctor's office ... anywhere. You need that ID number or claims record now. With Aetna Mobile, you'll get all the answers you need, instantly.

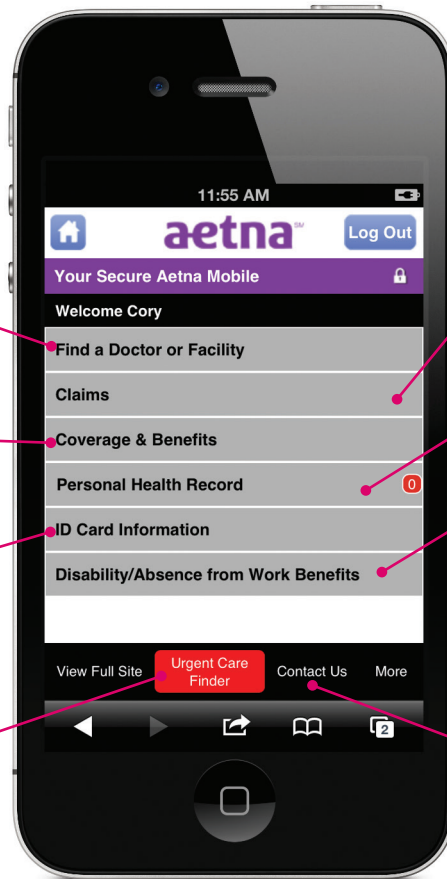
## Features of Aetna Mobile

**Find a doctor** — it's easy to search for doctors, dentists and specialists in your area.

**Check benefits and coverage information** — just clear, accurate details when you click.

**Pull up your medical and/or dental ID card information** — if you left your ID card at home, it's no problem.

**Use the Urgent Care Finder** — it's for immediate help in an emergency. Because every minute counts.



**Search claims** — no more guesswork when you don't have the paperwork with you.

**Track your health and claims** — with your Personal Health Record.

**View your disability or leave information** — reference your existing claims, leaves and payments while you're on the go.

**Contact Us** — for fast answers to your plan questions.

## Two ways to download your FREE Aetna Mobile app:

- Text **Apps** to **44040** to download now\*
- Scan the code with your mobile device



Learn more, visit us at [www.aetna.com/mobile](http://www.aetna.com/mobile)

\*Standard text messaging rates may apply.

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[www.aetna.com](http://www.aetna.com)

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**aetna®**



## DocFind<sup>®</sup> Online Directory

### Help for making smart choices about doctors and quality care

Choosing a doctor, dentist or hospital is a big decision. You want to do a little research first, right? That's why DocFind is an important tool to know. It delivers fast, accurate search results. With DocFind, you:

- **Save money.** Your costs are lower when you choose doctors and facilities in your network. We'll highlight them for you.
- **See the latest information.** Participating doctors and facilities are updated daily.

- **Find doctors who have met extra care and cost standards.** Specialists, like heart doctors, who have the Aexcel<sup>®</sup> designation\* are some of the best at what they do. They meet our evaluation standards.
- **Get personalized results.** Once you sign up for your Aetna Navigator<sup>®</sup> member website, DocFind is tailored to your plan. This makes your search even easier.

\*Aexcel is not available with HMO plans.

## Just what you're looking for

You don't need to know a doctor's name to use DocFind. Search by:

- City, state, ZIP
- Specialty
- Hospital affiliation
- Gender

### Get key details about any doctor to help make your decision:

- Plans accepted
- Office locations
- Maps and driving directions
- Medical school attended
- Board certification
- Languages spoken
- ePrescribing (doctors send your prescriptions right to your pharmacy)

### You can even see which facilities specialize in:

- Transplants
- Children's heart surgery
- Bariatric procedures
- Orthopedic procedures

Find doctors, labs, walk-in clinics to specialized facilities, like children's heart surgery hospitals.

## Try DocFind now

If you're an Aetna member, sign up for Aetna Navigator. That's how to get your personalized version of DocFind.

If you're not an Aetna member, visit [www.aetna.com](http://www.aetna.com). Click on "Find a Doctor."

## Prefer paper?

If you're a member, just call the toll-free Member Services number on your member ID card for a paper directory.

If you're not yet a member, call **1-888-87-AETNA (1-888-872-3862)**.

## ¿Necesita DocFind en español?

¡No hay problema! Simplemente haga clic en el botón "Versión en español" en la parte superior de la página principal de DocFind para cambiar a la versión en español.

## Find what you need — wherever, whenever

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Scan this code now to download.  
Or visit [www.aetna.com/mobile](http://www.aetna.com/mobile).



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aetna®



## Millions of ways for you to save money

### **Aetna Discount Program**

#### **For your health, wellness *and* life**

Everybody likes to save — wherever and whenever they can.

With the Aetna Discount Program, you can save money on whatever matters most to you. You can take advantage of discounts on:

- Gym memberships
- Weight-loss programs
- Eye exams and hearing aids
- Acupuncture and massage therapy

You also get discounts on:

- Travel
- Tickets
- Electronics
- Gas, groceries and more

The Aetna Discount Program is offered to you at no extra cost. Start saving today.

The discounts you get through your Aetna plan are not insurance. So there are no claim forms, referrals or limits on how much you can save. And your family members may be able to save, too.

The discounts give you on-the-spot savings on the products and services provided by participating vendors.

**Important:** If your health plan covers any of these services, use your plan first. You could pay less that way.

### Fitness discounts

Save on gym memberships\* and name-brand home fitness and nutrition products that support a healthy lifestyle, with services provided by GlobalFit®.

Free guest passes are available at most gyms, in case you want to try the gym first. You can also try an at-home weight-loss program or get one-on-one health coaching.\*\*

### Hearing discounts

Save on hearing exams, hearing aids and more. Also get free batteries and in-office services. Through Hearing Care Solutions and HearPO®, you can hear better for less.

### Natural products and services discounts

Save on good health, naturally. With discounts on acupuncture, chiropractic, massage therapy and nutrition services. You can also save on over-the-counter vitamins, yoga equipment and more. Online provider consultations, too.

### Vision discounts

Save on eye exams, prescription eyeglasses and sunglasses, contact lenses, LASIK eye surgery and more. You can also pay less for vision items that don't need a prescription. Like sunglasses, eye chains, contact lens cases and cleaners.

\*Participation is for new gym members only. If you belong to a gym now or belonged recently, call GlobalFit at 1-800-298-7800 to see if a discount applies.

\*\*By WellCall, Inc., through GlobalFit.

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Discount offers provide access to discounted services and are NOT insured benefits. You are responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee you pay to the discount vendor. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. 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 care 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](http://www.aetna.com).

### LifeMart® shopping website discounts

Save on millions of products and services from thousands of national and local merchants. Get discounts on:

- Travel, tickets, electronics
- Home, auto, gas, groceries
- Gifts, flowers, dining, food and so much more

### Weight management discounts

Save on some of today's most popular weight-loss programs and diet and meal plans. Like CalorieKing®, Jenny Craig® and Nutrisystem®. You also get one-on-one help, personalized menus, online tools and more.

### More ways to save

You can also save on books, CDs, DVDs, dental care products, blood pressure monitors and more.

### Learn how to use the discounts

It's easy. It all starts with your secure member website.

- Go to [www.aetna.com](http://www.aetna.com) and log in with your user name and password.
- Choose "Health Programs."
- Select "See the discounts."

There you can learn more about the discounts that matter most to you. And how to take advantage of them.

Get all the savings available to you.  
Log in at [www.aetna.com](http://www.aetna.com) today.



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## Save money on getting and staying in shape

### Fitness Discounts

#### There are many reasons to get fit

Here are just a few. You'll look and feel better. You can also lower your risks for heart disease, high blood pressure, diabetes ... even depression.

And with fitness discounts you can save, too. Just for taking good care of yourself.

You can:

- Save on gym memberships
- Save on treadmills, ellipticals and more
- Try an at-home weight-loss program
- Get health coaching to stop smoking, lower stress and more

#### You get these discounts at no extra cost

They are available to you as part of your Aetna health benefits and insurance plan. Family members may be able to take advantage of them, too.

Plus, it's easy to get started. Once you're an Aetna member, just sign up online at [www.globalfit.com/fitness](http://www.globalfit.com/fitness). Or call **1-800-298-7800**.

#### Try a gym for free

You can get a free guest pass at most gyms. It's a great way to check out the gym culture, services and equipment before you sign up. To get yours, visit [www.globalfit.com/fitness](http://www.globalfit.com/fitness).

## How to save on a gym membership

You can choose and save at over 10,000 gyms\* (and growing) in the GlobalFit® network. So it's easy to find one near work or home.

**Step 1:** Visit [www.globalfit.com/fitness](http://www.globalfit.com/fitness) to find a gym.

**Step 2:** Pick a gym and follow the steps to sign up online.

**Step 3:** Print your confirmation and you're set to go.  
You can also call **1-800-298-7800** to sign up.

Keep in mind that this offer is for new gym members only. If you belong to a gym now, or belonged recently, call GlobalFit at **1-800-298-7800** to see if a discount applies.

## More reasons to join a gym through GlobalFit

You can:

- Choose from flexible membership options
- Get easy billing through your bank account or major credit card
- Visit a participating gym when you travel\*\*
- Transfer your membership to another participating gym or another person\*\*
- Freeze your membership for up to two months per calendar year\*\*

## Save on home exercise equipment, too

Rather get fit in your own home? You can do that, too. You can get discounts on:

- Elliptical trainers
- Treadmills
- Strength equipment

## More support for your healthy lifestyle

Getting fit is just the start to a healthier you. You can also:

- Try out an at-home weight-loss program
- Get one-on-one health coaching\*\*\* to help you quit smoking, lower stress, lose weight and more

**Get fit for less.** With discounts that come with your Aetna health plan.

Log in to your secure member website to find out more.  
[www.aetna.com](http://www.aetna.com)

\*GlobalFit website. [www.globalfit.com/fitness](http://www.globalfit.com/fitness). March 2013.

\*\*Not available for Non-Commit (month-to-month) memberships.

\*\*\*By WellCall, Inc., through GlobalFit.

**If you require language assistance from an Aetna representative, please call the Member Services number located on your ID card, and you will be connected with the language line if needed; or you may dial direct at 1-888-982-3862. (140 languages are available. You must ask for an interpreter.) TDD 1-800-628-3323 (hearing impaired only).**

**Si requiere la asistencia de un representante de Aetna que hable su idioma, por favor llame al número de Servicios al Miembro que aparece en su tarjeta de identificación y se le comunicará con la línea de idiomas si es necesario; de lo contrario, puede llamar directamente al 1-888-982-3862. (140 idiomas disponibles. Debe pedir un intérprete.) TDD 1-800-628-3323 (sólo para las personas con impedimentos auditivos).**

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[www.aetna.com](http://www.aetna.com)



## Helping you get healthier eyes at a lower cost

### Vision Discounts

#### See better, pay less

Save on what you need to help keep your vision sharp and healthy. With vision discounts you can save on eye exams, prescription eyeglasses and sunglasses, contact lenses, LASIK eye surgery and more.\*

You get a discount off eye care items that don't need a prescription, too. Like sunglasses, eyeglass chains, contact lens cases and cleaners, nonprescription eyeglasses and more.

#### Where you can save

You can visit many doctors in private practice. Plus, national chains like JCPenney<sup>®</sup> Optical, LensCrafters<sup>®</sup>, Target Optical<sup>®</sup>, Sears<sup>®</sup> Optical and Pearle Vision<sup>®</sup>.\*\*

To find a participating location, go to [www.aetna.com](http://www.aetna.com).

#### You get these discounts at no extra cost

They are available to you as part of your Aetna health benefits and insurance plan. Family members on your health plan can take advantage of them, too.

And it's easy to get started. Once you're an Aetna member, just log in to your secure member website at [www.aetna.com](http://www.aetna.com) to start saving.

\*If your plan covers any of these services, figure out your plan costs before using these discounts. You could pay less that way.

\*\*EyeMed Select Network and Provider List. April 2013.

## Great rates on eye exams

Routine eye exams are good for your eyes and body.

They help:

- Keep your vision sharp
- Spot eye problems earlier
- Find signs of diabetes, osteoporosis and other serious conditions, before they become a bigger problem

And your cost for an exam is discounted. Even if your plan covers your first exam, you can get another one later at a discounted price from a provider participating in the discount network.

## How to save on eye exams and eyewear

It's easy.

**Step 1:** Find a participating eye doctor at [www.aetna.com](http://www.aetna.com).

**Step 2:** Set up an eye exam.

**Step 3:** Choose from the latest in lenses and most designer frames.\*

**Step 4:** Show your Aetna ID card for instant savings.

You don't have to get a referral or send in a receipt to get money back. You get savings right on the spot. And there are no limits on how many times you can use the discounts.

\*Certain brands impose a no-discount policy.

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## Contact lenses — delivered to your doorstep

If you have a current prescription and need replacement lenses, you can get extra pairs mailed to your home.

Here's how:

1. Buy your first pair of prescription lenses through your doctor.
2. Then call **1-800-391-LENS (1-800-391-5367)** to order additional pairs of contact lenses. Use your current prescription to place your order.

## Pay less for LASIK surgery

You pay one low package price for LASIK screening, surgery and follow-up care. And the first consultation is free. Even if you decide not to have the surgery.

Call **1-800-422-6600** to get started. A representative for the U.S. Laser Network can help you find a doctor, set up a surgery date and more. He or she will also go over the costs with you.

**Get sharper, healthier vision for less. With discounts that come with your Aetna health plan.**

Log in to your secure member website to find out more.  
[www.aetna.com](http://www.aetna.com)

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