



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

## Take advantage of this important member benefit — a comprehensive health assessment

### Be proactive with your health

Taking care of your health is more than just visiting your doctor when you're sick. Now, you can get a jump start on your health by scheduling an assessment. The assessment gives you information about your overall health. It also gives you the opportunity to speak with a medical professional about your health care needs. The best part? It's included in your member benefits.\*

### Here's how a health assessment can help you

Having an assessment is entirely up to you. But it can help you maintain your health, so it's a good idea to have one. Your health assessment includes these valuable benefits and services:

- Early detection — find out if you have any diseases or conditions
- Education and prevention — learn ways to better manage your health
- Coordination — get help coordinating the care you need
- Flexibility — increase your options for getting health care

\*Member cost share may apply.

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### You can have the assessment with your doctor or one of these health care providers

You can schedule an assessment with your doctor. Or you can have one performed by one of the health assessment providers we work with. One of these companies — either MedXM® or Your Home Advantage (YHA) — may call you to make an appointment. MedXM or YHA conducts the assessment either in the comfort of your home or at a local retail clinic, where available. Their assessment:

- Is performed by a licensed/credentialed health care provider
- Includes a review of past and current health conditions, a physical exam and a review of your prescription drugs
- Takes about 30 to 45 minutes

MedXM and YHA screen for potential health conditions and send the results of the assessment to your doctor. This can make your next doctor visit more productive.

If you'd prefer to have the assessment done by a doctor but don't have a primary care physician (PCP), we can help. You can find a network PCP near you through our online provider directory at [www.aetna.com](http://www.aetna.com). You can also call the Member Services number on your member ID card.