

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

aetna[®]

A strong partnership **Aetna Health and Wellness**

www.aetnainternational.com



We're making it easier to achieve the right level of healthy for you

Wellness is a journey — and it's one that can be challenging when traveled on your own.

That's why we are here to help you through our Aetna Health and Wellness programs, which support 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, resources and educational materials to help you make healthier life choices

You'll be able to find most of what you need to get started on your journey to wellness through your **secure member website**. If you haven't already done so, please register for your secure member website at **www.aetnainternational.com** today — then learn more about all we can do together to discover your ideal state of health.

Taking charge of your health

At Aetna International, we believe everyone can achieve better health — including you! The first step on your journey is to assess your current overall health, including what conditions you may be at higher risk of developing.

Health assessments

Our secure, online health assessments give you information about your personal health needs and motivate you to make lasting positive changes. They encourage you to stay on a healthy path or identify and address potential health issues.

Depending on your plan*, you have access to our **Wellness Checkpoint** or **Simple Steps to a Healthier Life** health assessments. To complete an assessment, log in to your secure member website from **www.aetnainternational.com**.

- You can access Wellness Checkpoint from the "Health and Wellness Resources" link.
- For Simple Steps, sign onto Aetna Navigator (our U.S.-based single-access website) and find the link on the left-hand side.

After completing the survey, you will receive:

- Health reports to help you understand your current level of health and risks
- A recommended action plan to get you on the road to better health

Simple Steps also offers interactive tools that inspire you to incorporate healthy habits and make the right choices before problems become unmanageable or costly. With these convenient tools, you can fit wellness into your busy life using practical, realistic tips and strategies based on your personal health needs.

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

To access these wellness programs, log in to your secure member website and follow this path:

Aetna Navigator -> Health Programs -> Health & Wellness -> Health Dashboard -> Launch My Programs

Managing your pregnancy or chronic health condition

With our help, it's possible for you to reach your own best health.

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
- Support from our International Health Advisory Team (IHAT) of experienced clinicians
- Help with getting the medication, supplements or equipment you need to manage your condition or pregnancy
- Useful information and tools to help you keep track of your care and treatment using your secure member website
- Educational materials to prepare for pregnancy, labor, childbirth and parenting
- Assessment and support for high-risk pregnancies
- Opportunities for you to improve your health in collaboration with your doctors through our patient safety program (for U.S. members only), which lets you know when it's time for routine testing and alerts you to potential concerns such as conflicts with prescribed medicines.

*Refer to your plan documents to see which program you have access to.

Getting a second opinion

Let's say you're on assignment and you or someone in your family has been given a troubling medical diagnosis. Perhaps the recommended surgery or treatment raises questions and concerns. You can take heart knowing that you may be able to get a second opinion at no additional cost with your Aetna International plan.

Second opinions for members and their families are provided by world-renowned specialists at U.S. hospitals in the Partners HealthCare network, affiliated with Harvard Medical School. If a second opinion is approved, our IHAT clinicians make it easy by coordinating with Partners HealthCare to ensure that the right records, images and test results are sent to the right place and that specialists are followed up with. Having that second opinion may give you peace of mind and confidence when discussing care options with doctors.

Turning to counseling and self-help resources

It's important to recognize when situations create an unhealthy amount of stress, distraction or worry. Before any work or life issue becomes a larger problem, you can turn to our Employee Assistance Program for help. We've designed this program to support what matters most to us — your total well-being. This service is available to you at no additional cost and doesn't even require a copay.

When you're facing difficulties or want to strengthen your emotional health, turn to us for confidential counseling (by phone or in person) and self-help resources.

Real person-to-person counseling

You and your family have access to free, confidential support for any work, life, personal or family issue — any day, any time, in over 180 countries and territories — all offered in your language.

- Up to five free sessions of counseling per issue, per year
- Immediate counseling by telephone or referrals to local counselors for in-person appointments
- Referrals to relevant professionals offering legal, financial or other needed advice
- Privacy protected through confidential consultations and referrals

Self-help resources through myStrength™

Preventive health isn't just limited to medical issues. Now you can use myStrength — a new kind of confidential online wellness tool — to help enhance your emotional well-being and support your mind and body, 24/7/365.

Through this free, clinically proven service, you can improve your emotional health and get help with addressing depression, anxiety, substance abuse or other concerns. It's easy to sign up for and access articles, videos, eLearning programs and daily quotes through your customized home page.

You can also download the myStrength app to use whenever you're on the go. The app lets you:

- Get custom inspiration based on your mood
- Track your mood over time
- Upload your own inspiring photos and videos
- Ask for confidential check-in reminders

Managing your weight for less

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 long-term diet and fitness habits.

We make it easier for you to learn how to eat right for a long and healthy life by offering discounts to several established weight-loss programs.

You can get discounts on:

- CalorieKing® program and products²
- Jenny Craig® weight loss programs³
- Nutrisystem® weight loss meal plans⁴

²Includes seven-day free trial period when you join an annual or monthly CalorieKing program; 15% off when you continue your annual program membership; and at least 15% off products from the CalorieKing online store.

³Includes free 30-day program or 30% off the Jenny All Access program enrollment fee.

⁴Includes a 12% discount on any 28-day Nutrisystem Select™ weight loss meal plan along with other offers available from Nutrisystem at the time of purchase.

Whether you're at home or a world away — we are here for you

Get started on your path to wellness today.

To access Aetna Health and Wellness resources and discounts:

1. Visit **www.aetnainternational.com**.
2. Log in to your secure member website.
3. Click on "Tools and Resources."

To contact one of our clinicians on the International Health Advisory Team:

1. Log in to your secure member website at **www.aetnainternational.com** and select "Contact Us" to access the IHAT contact form, or
2. Call the member services number on your member ID card and ask to speak to an IHAT clinician.

To request counseling:

1. Call the member services number on your member ID card, or
2. Log in to your secure member website at **www.aetnainternational.com**, select "Policy and Documents," and then select "Your plan documents." From this screen you can access the EAP website and request counseling.

To access myStrength self-help resources:

1. Go to the App Store or Google Play™ and search for "myStrength."
2. If you've already created a user name and password for your myStrength online account, simply click "log in" and type them in.
3. If you don't already have a myStrength account, you'll need to select "sign up" and enter the code **naexpats** to download the app.



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