

A holistic view of health and wellness



Travel the road towards optimal health

Aetna Global Health Connections from Aetna is a program that provides you with tools and resources to help you accomplish your health goals. So whether you're managing a chronic condition, planning a pregnancy or looking to achieve a healthier lifestyle — Aetna Global Health Connections can help.

Aetna Global Health Connections includes a suite of health and wellness programs that:

- Tailor clinical support to your unique needs and preferences
- Give you information and support so you know when and where to seek care
- Help you get the medication, vitamins and medical equipment that you require
- Provide tools, resources and educational materials that help you make healthy life choices

International Disease Management Program

Not everyone can be perfectly healthy. But even with a chronic condition, it's possible for you to reach your own best health. With that in mind, we targeted chronic conditions that are very common among the global population — and manageable with the right support — so that you can live your life to the fullest. Conditions include diabetes, asthma, coronary artery disease and cancer.

The program can provide you with:

- Support from our International Health Advisory Team (IHAT) registered nurses
- Helpful information and journals on the Wellness Center section of the secure Aetna International member website to help you keep track of your care and treatment
- Assistance in locating doctors and specialists around the world
- Assistance getting the medication or equipment you need to manage your condition
- A health assessment that can assist our nurses with determining what resources are best for you

International Maternity Management Program

Whether you're a first-time parent-to-be or you already have children, there's one thing that never goes out of style: being prepared.

We've developed helpful tools, resources and clinical solutions that can both ease and enhance the pregnancy, delivery and welcoming processes.

With the program, you can receive:

- Information and support from our International Health Advisory Team (IHAT) of dedicated nurses
- Assistance in locating doctors and specialists around the world
- Assistance getting the vitamins or medications you need during your pregnancy
- Educational materials to help you prepare for your pregnancy and delivery, including topics such as pregnancy basics, staying healthy during pregnancy, positive parenting tips and more
- A high-risk assessment questionnaire, to help focus on specific health care needs

Stress Management Program

We know that the demands of life can often seem greater than available resources. We offer you educational tools to help you manage stress and maintain productivity.

Topics include:

- Identifying signs of stress
- Reducing and managing stress
- Living with an illness
- Handling cultural shock

And many more!

Weight Management Program

Eating right and maintaining a healthy weight directly affect your well-being. With this in mind, we are pleased to offer you savings on Weight Watchers®.

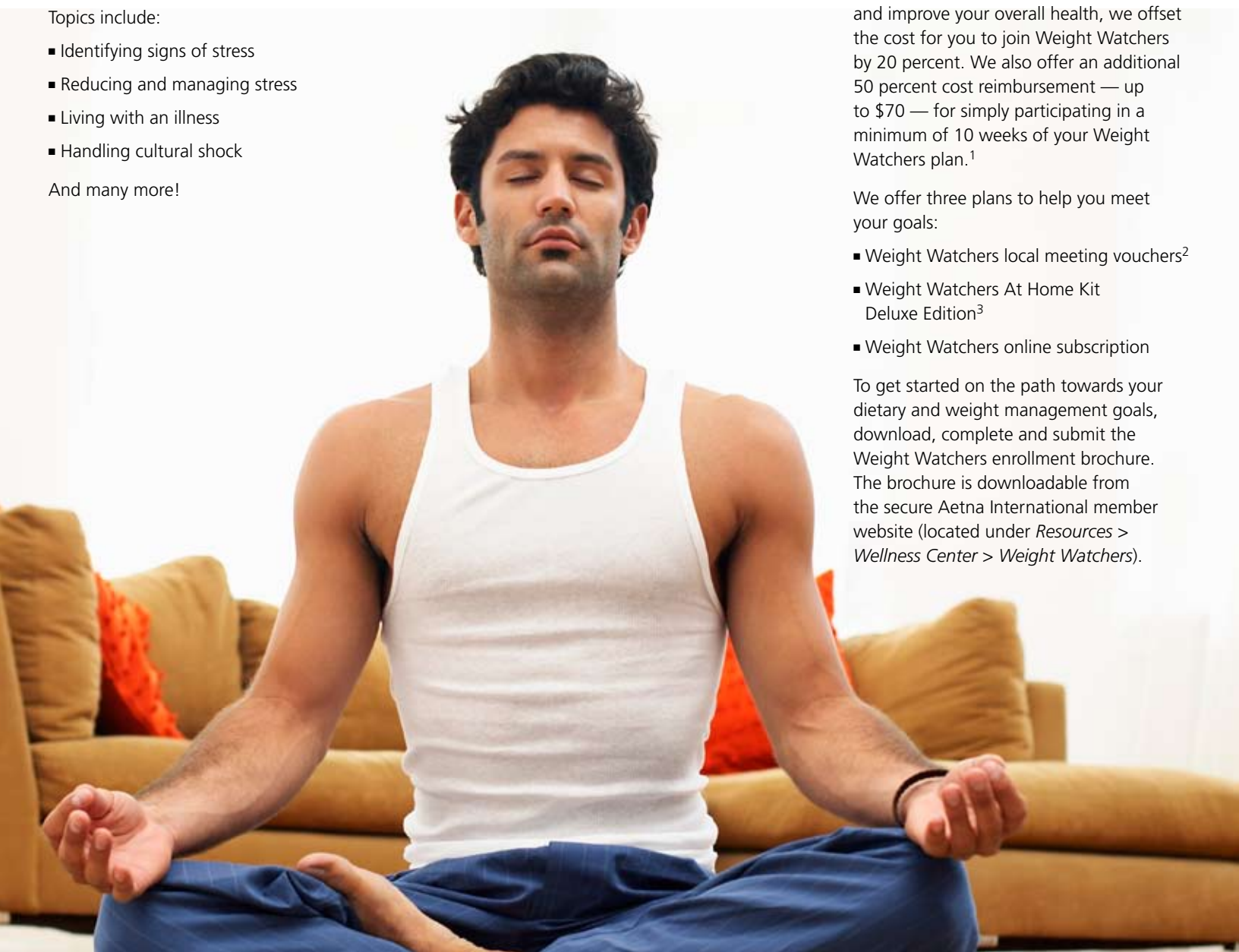
Weight Watchers offers a multifaceted way to learn how to achieve and maintain a healthy body weight for the long term. It incorporates healthy eating, physical activity, behavior modification and — for those who attend meetings — a supportive atmosphere.

To help you achieve your weight-loss goals and improve your overall health, we offset the cost for you to join Weight Watchers by 20 percent. We also offer an additional 50 percent cost reimbursement — up to \$70 — for simply participating in a minimum of 10 weeks of your Weight Watchers plan.¹

We offer three plans to help you meet your goals:

- Weight Watchers local meeting vouchers²
- Weight Watchers At Home Kit Deluxe Edition³
- Weight Watchers online subscription

To get started on the path towards your dietary and weight management goals, download, complete and submit the Weight Watchers enrollment brochure. The brochure is downloadable from the secure Aetna International member website (located under *Resources > Wellness Center > Weight Watchers*).



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

To access resources and educational materials for any of the Aetna Global Health Connections programs:

1. Visit www.AetnaInternational.com
and log in to the secure member site.
2. Click on the *Resources* tab.
3. Select the *Wellness Center* link.

To contact IHAT:

- Call the Aetna International Member Service Center at the number on your member ID card and ask to speak to an IHAT nurse, or
- Log in to the secure Aetna International member website at www.AetnaInternational.com and complete the IHAT Contact Form at *Resources > IHAT > IHAT Contact Form*.



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WEIGHT WATCHERS is the registered trademark of Weight Watchers International and is used under license.

1AGB members may submit for reimbursement of program fees up to \$70.00 upon completion of a minimum of 10 weeks of a Weight Watchers plan. A signed reimbursement form is required. All weekly meetings must occur after August 30, 2008.

2Available only in participating areas throughout the U.S. Minimum enrollment required. Product substitutions may be necessary based on availability.

3Available for purchase in the U.S. only, but can be utilized anywhere in the world. Minimum enrollment required. Product substitutions may be necessary based on availability.

Plans and programs are 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. 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, visit www.AetnaInternational.com.