

# Aetna health advocacy and wellness in action

We want you to achieve your best health. Here's a look at how we can help.



**Preventive health notices**  
Ensuring you know the vaccinations and other preventive health options available

**Albert and Maria\*** received reminders to get their flu shots, cancer screenings and annual physicals. Albert's doctor found early stage prostate cancer during his physical. Because of the early detection, Albert was able to cure his cancer completely with minimal treatment.



**Annual Healthy Home Visit**  
An extra touch-base to support your health in the comfort of your home

**Sylvia\*** received her annual in-home visit from one of our nurse practitioners who provided medication education. Sylvia also learned how to use her new remote monitoring devices to better manage her diabetes.



**Resources For Living® program**  
Helping you find affordable resources you need

**Akihiro\*** is living with chronic conditions and struggles to find affordable help for everyday needs. His Care Advocacy nurse connected him with our Resources For Living referral service to help him find the most reliable and cost-effective services he needs.



**Readmission Avoidance program**  
Preventing readmissions and supporting your recovery with follow-up care

**George\*** was recently discharged from the hospital; his Care Advocacy Nurse called and visited him at home within two days. Together, they developed a customized care plan, checked on his medications and scheduled his primary care physician follow-up appointment.



**Complex health condition support**  
Helping navigate your health journey when you face multiple health conditions

**Susan\*** was seeing a number of doctors for her hypertension and rheumatoid arthritis. An Aetna nurse care manager coordinated treatment among Susan's doctors and provided additional care support. This helped make sure that Susan received every possible health resource to manage her conditions effectively.



**Compassionate Care**  
Helping you when facing end-of-life issues and their aftermath

**Evelyn and Arthur\*** Arthur took care of his wife Evelyn as she faded away from Alzheimer's. His Compassionate Care team helped him coordinate necessary services and introduced him to a social worker for grief counselling following Evelyn's passing.

\*These are illustrative examples of how members can use our wellness and care advocacy programs based on actual member situations.

We're here for you to support your best health, however you define it.  
Call 1-866-234-3129 (TTY: 711), Monday - Friday, 8 a.m. to 6 p.m. ET,  
to find out more about any of these support options available to you.