

One website for all your member programs and perks



Register today to:

- > Manage your plan
- > Save on health products and services
- > Take an online wellness program
- > Compare plan costs and more

Get all the savings, tools and benefits you're entitled to at www.aetna.com

There's no time like NOW to register for Aetna Navigator

Why? You can manage your health benefits and health insurance plan with ease. Save on staying healthy. Get support meeting your biggest health goal — and much more. And when you register with Aetna Navigator, you get one spot to take advantage of it all.

Here's what else you can do — in one secure site:

- Find a doctor
- Compare costs for services
- Save on eyewear and LASIK
- Save on weight-loss programs and gym memberships
- Get help managing life, work or finances
- Get support for a chronic condition
- Stop smoking
- Save on acupuncture and massage
- Start eating better
- Research health topics
- Store and share your personal health history
- Save on hearing aids and exams
- And much more!



**You're mobile.
So are we.**

Use any mobile phone with web access to find tools to manage your health care. Find a doctor, view your Aetna ID card, see your personal health record and more. Or if you have a smartphone, check out our apps! Log in at www.aetna.com.



Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health, Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.



Save on staying healthy

- Aetna FitnessSM discount program
- Aetna VisionSM discount program
- Aetna Natural Products and ServicesSM discount program
- Aetna Weight ManagementSM discount program
- Aetna HearingSM discount program
- Savings on dental products, ZAGAT.com membership and more

Manage your Aetna plan

- Check on a claim
- View paperless Explanation of Benefits
- Get pharmacy information
- Look up a doctor
- Get a temporary ID card
- Find forms
- Contact Member Services

Reach your health goals

- Simple Steps To A Healthier Life[®]

Manage your health care

- Research prescription drugs
- Look up the costs of services
- Compare hospital outcomes
- Find in-network doctors

The Aetna Navigator website is your one-stop site to manage your plan — and health.

Balance work and life

- Employee Assistance Program (EAP)

Find health information

- Aetna IntelliHealth[®]
- Healthwise[®] KnowledgeBase
- Aetna SmartSourceSM (personalized)

Store and share your health history

- Personal Health Record (PHR)

Manage your health and benefits your way — on your schedule

One site for all your health and benefits needs

Aetna Navigator is your members-only website to manage your health and benefits. It's easy to use. And it's secure. That means your information is always protected:

- Wondering about the status of a claim?
- Need a temporary or replacement ID card?
- Want to change your primary care doctor or dentist?

You can do that — and more — when you want. It's the only site you'll need.

Stay on top of your plan

- Review who's covered under your plan.
- See medical, dental and pharmacy claims for you and your family.
- Get pharmacy information, including the Preferred Drug List, participating pharmacies, mail-order service, and cost-estimation tools.
- Check your Personal Health Record to see your health information. Test results, doctor visits — it's all there. Plus you can print your record and share it with your doctors.
- Get in touch with Member Services.

Take charge of your health

- Print temporary member ID cards, or order replacements.
- Find health care professionals and facilities that participate in your plan — in English or Spanish.
- Get Member Services phone numbers and mailing addresses.
- Send secure e-mails to Member Services (also available in Spanish).
- Send messages about specific claims with key information already filled in from the claims detail page.
- Ask for e-mail alerts when new information, such as Explanation of Benefits (EOB) statements become available.
- Print standard forms.





Get health information just for you

Get health information personalized for you based on your plan and where you live with Aetna SmartSourceSM. It scans our resources to show you:

- Specialists in your local area
- Related medications, treatment options and estimated health costs
- Programs that may help you manage your condition
- Health articles and tips

Link to health information

- The Aetna IntelliHealth[®] website, for health, dental and wellness information offered by trusted sources, including Harvard Medical School
- The Healthwise[®] Knowledgebase, for information on thousands of health topics in English and Spanish

With both resources, you can learn more about asthma, pregnancy, heart disease and many other conditions.

Get smart about your care and costs

With the Member Payment Estimator, you can compare your health care costs. That makes it easier for you to plan your expenses, and save.

Here's what you can do:

- Look up costs for services like office visits or surgeries by type or location before you go.
- Learn how much you can save by choosing a doctor in our network.
- If you have a prescription plan with us, you can compare the cost of brand name versus generic drugs — when bought at retail pharmacies and through our mail-order drug program.
- Compare hospital outcomes for certain procedures to help you decide where to go for medical care.
- See cost details based on your health plan, including copays and deductibles.
- Get ready for your upcoming procedure with helpful advice.

Don't miss out! Sign up for Aetna Navigator.

> Visit www.aetna.com.

> Go to the member log in section, and click "Register." Then follow the prompts.

Save on almost everything you need to stay healthy

Healthy savings programs

Staying healthy doesn't have to cost an arm and a leg. You can sign up for these healthy savings programs right now from your Aetna Navigator website!

Aetna Fitness discount program

Save on getting fit and healthy.

You get:

- Preferred rates on gym memberships* in the GlobalFit™ network
- Savings on home exercise products and equipment, like treadmills and elliptical trainers
- Access to at-home weight-loss programs and one-on-one health coaching**

You can also enjoy thousands of locations, a free guest pass,*** flexible membership options, easy billing and more.

*For new members only. Membership to a gym of which you are now, or were recently a member, may not be available.

**By WellCall, Inc. through GlobalFit.

***Available at most gyms.

†Through the ChooseHealthy program, made available through American Specialty Health Networks, Inc. (ASH Networks) and Healthyroads, Inc., subsidiaries of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

††Check your plan to see if you have chiropractic and acupuncture benefits.

Aetna Vision discount program

Save on almost everything you need to see better. Or supplement your standard vision care benefits.

Here's what you can save on:

- Eyeglasses and contact lenses
- Eye exams
- Designer frames
- Sunglasses
- LASIK eye surgery and more

Just visit popular retailers like Pearle Vision®, Sears Optical®, Target Optical®, JCPenney Optical® and LensCrafters®. Or see a doctor in a private practice.

Aetna Natural Products and Services discount program

Relax, recharge and save on natural products and services† insurance doesn't normally cover:††

Save on:

- Massage therapy
- Acupuncture
- Chiropractic care
- Dietetic counseling

Plus, save on over-the-counter vitamins, yoga equipment, online medical consultations ... the list goes on.

Aetna Hearing discount program

Save on hearing aids and exams. You have two options to meet your needs.

With Hearing Care Solutions, you get:

- Up to 63% savings on a large choice of hearing aids
- A two-year supply of batteries (up to 96 cells), with mail-order discount after
- In-office service for one year
- Free cleanings, checks and battery-door replacements for the life of your hearing aid

With HearPO, you get:

- Savings on many styles of hearing aids, including programmable and digital hearing aids from leading makers
- A two-year supply of batteries (up to 160 cells per hearing aid)
- 40% off the retail cost of hearing exams
- Discounts on hearing aid repairs
- Free follow-up services for one year



Aetna Weight Management discount program

Watch your weight and your wallet. This program helps you save in three ways.

Save on eDiets®

Get personalized online diet plans. And meals delivered to your door.

Features:

- 30% off online monthly plan membership dues
- 20% off an online annual plan when you upgrade from a monthly plan
- 15% off the cost of food for a 5- or 7-day Meal Delivery Plan
- 15% off products in the eDiets Online Store

Save on Nutrisystem®

Over 150 single-serve food choices that are tasty and easy to make.

Features:

- 12% off on any 28-day weight-loss meal plan^{†††}
- An even bigger discount with Auto-Delivery^{†††}
- Other available offers when you sign up
- Food delivered right to your door, free online membership and more

Save on Jenny Craig®

Sensible weight-loss programs that help you lose the weight for good.

Features:

- Start with a free 30-Day Trial Program[†]
- Then get 25% off a Jenny Craig Premium Program[‡] when you sign up through:
 - > Participating Jenny Craig Centres
 - > Jenny Craig At Home
- Weekly one-on-one consultations, 24/7 online support and more

Even more savings

There's plenty more savings where those came from. Like discounts on:

- An automatic Home Blood Pressure Monitor with ComFit™ Cuff
- Sonic toothbrushes and water-jet flossers from Waterpik®
- Epic Dental products like gum, toothpastes, and mouth rinses
- Books and other items from the American Cancer Society Bookstore and the MayoClinic.com Bookstore
- ZAGAT.com memberships
- Yoga DVDs, books and online videos through Pranamaya

To start saving on everything on this page, visit your secure Aetna Navigator website at www.aetna.com.

^{†††}For these plans: Silver, Diabetic, Vegetarian or NutriSystem Select™, not Nutrisystem Flex. The Aetna discount does not apply to any program in which you are already enrolled. To receive the discounted rate, you must wait until your current program ends. If you are enrolled in Auto-Delivery, you must cancel it and then re-enroll to receive the discounted rate. With Auto-Delivery you receive a 10 percent discount off Nutrisystem's regular 28-Day Program price and free shipping to Continental U.S. only. Auto-Delivery offer is good on new 28-Day Auto Delivery programs only.

[†]Food, and if applicable, shipping is not included. Offer applies to initial membership fee only and is valid at participating centres in the U.S., Canada and Puerto Rico, and through Jenny Craig At Home. Each offer is a separate offer and can be used only once per person. Restrictions apply.

Even more perks with your Aetna plan

A healthier you in just a few, simple steps

Be your healthiest with Simple Steps To A Healthier Life. Here's how:

Step #1: Understand your health needs

Log in to your Aetna Navigator website at www.aetna.com. Then, answer a few questions about your health in your online health assessment. Your answers will help you understand what health needs you may have.

Step #2: Set some goals for yourself

Next, you'll get reports based on the results of your health assessment. You can use this information to set a few healthy goals for yourself.

Step #3: Pick the programs and tools that are right for you

Choose an online wellness program* that best targets your goals. They can help you manage stress and depression, lose weight, eat better, sleep better or quit smoking.

Help balancing life — just a click or call away

With your Employee Assistance Program (EAP), you can talk over what's going on in your life 24/7 with a trained professional — confidentially. And get help with issues like:

- Family life
- Personal and professional relationships
- Stress and depression
- Substance abuse
- Mental health and well-being

*You get online wellness programs through HealthMedia®.

This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Rates and benefits vary by location. Discount programs provide access to discounted prices and are NOT insured benefits. The member is 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. The Personal Health Record is offered by Aetna Life Insurance Company and should not be used as the sole source of information about the member's medical history. The Health Assessment is used in a variety of ways to support Aetna products and services that help you manage your health. Aetna will use your Health Assessment information in compliance with all applicable state and federal laws, including the Health Insurance Portability and Accountability Act (HIPAA) privacy and security rules. For more information, view Aetna's Notice of Privacy Practices, located at the bottom of Aetna's website; or call the number on the back of your ID card. 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.

Policy forms issued in Oklahoma include: HMO/OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.



Get your perks,
programs and
benefits in one place.

Sign up for
Aetna Navigator
at www.aetna.com
today.

