



# Aim high

## Small Group Aetna Funding Advantage Health & wellness made easier



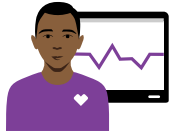
**Aetna Funding Advantage<sup>SM</sup> is a health plan that helps you aim high with your health and wellness goals.**

It gives you big opportunities for savings and support that fit your schedule, with programs that are part of your Aetna Funding Advantage health plan. With Aetna Funding Advantage, you have easy-to-use in-person and online tools and resources you need to stay happy, healthy and productive — in all aspects of your life.

**Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).** Aetna Funding Advantage (AFA) plans are self-funded, meaning the benefits coverage is offered by the employer. Aetna Life Insurance Company only provides administrative services and offers stop-loss insurance coverage to the employer.

# Here for you

## Convenient care you can count on



**MinuteClinic®** — Your plan gives you access to all covered MinuteClinic services at no or low cost to you.<sup>1</sup> MinuteClinic is a clinic inside select CVS Pharmacy® and Target® locations\* and

is the largest provider of retail health care in the United States. Some locations offer expanded health services and wellness products, as well as a one-on-one support and guidance from an enhanced care team. They can help you with conditions like diabetes, COPD/asthma, sleep apnea, high blood pressure and more. These select locations also have the supplies and products needed to manage ongoing health conditions and help you stay on track with your health. They're open every day, even evenings and weekends.

If you're enrolled in a qualified high-deductible health plan, you can receive preventive services at no cost. And you will receive low-cost care for other covered minor illness and injury services provided at MinuteClinic. To receive no-cost care on all covered services, you will first need to meet your deductible.

Find a MinuteClinic near you at [cvs.com/minuteclinic](https://www.cvs.com/minuteclinic).

For a list of other participating providers, log in to [Aetna.com](https://www.aetna.com) and use our provider search tool.



**Telemedicine** — If your doctor isn't available and you need care right away, or if it's after hours or a weekend, you have additional options through telemedicine. With the 24-Hour Nurse Line<sup>2</sup>, you can talk to a registered nurse any time. Get helpful information and maybe even save a trip to the doctor's office.

You can also connect directly with a board-certified doctor by phone or video through Teladoc®. Teladoc is \$0 for general medicine, behavioral health and dermatology services.<sup>3</sup>

**Chat with a nurse:**  
**24-Hour Nurse Line:**  
**Call 1-800-556-1555 (TTY: 711)**  
**Teladoc: Call 1-855-TELADOC (835-2362),**  
**visit [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) or download the**  
**Aetna Health app**



**Disease management** — Maybe you're working with your doctor to manage a condition. Or maybe you just received a diagnosis and are learning more about it. Either way, we're here to support you with the Aetna Health Connections<sup>SM</sup> disease management program. It can help you follow your doctor's treatment plan — in the way that works best for you.<sup>4</sup>

**Call 1-866-269-4500 (TTY: 711) to get started.**

\*For a complete list of other participating providers, log in to your member site at [Aetna.com](https://www.aetna.com) and use our provider search tool.

\*\*Appointment required

<sup>1</sup> Applies only to covered services at MinuteClinic® locations. Video Visits are not a covered service under this benefit. Members enrolled in qualified high-deductible health plans must meet their deductible before accessing covered Minute Clinic services at no cost share. Members in HMO and indemnity plans are not eligible for this benefit and should consult their benefits plan documents to determine coverage and applicable cost share for walk-in clinic benefits and services. Visit [MinuteClinic.com](https://www.minuteclinic.com) for age and service restrictions. Aetna is not responsible for services received at MinuteClinic locations.

This information is only for use with self-funded plans. Aetna and MinuteClinic, LLC (which either operates or provides certain management support services to MinuteClinic-branded walk-in clinics) are both within the CVS Health® family. Aetna is not responsible for services received at MinuteClinic locations.

<sup>2</sup> While only your doctor can diagnose, prescribe or give medical advice, the 24-Hour Nurse Line nurses can provide information on more than 5,000 health topics. Contact your doctor first with any questions or concerns regarding your health care needs.

<sup>3</sup> Members with value and high deductible health plans must meet their deductible first.

<sup>4</sup> 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 health care professional. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna® plans.

This material is for information only. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. Policies and plans are insured and/or administered by Aetna Life Insurance Company (Aetna). Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna® Teladoc: Terms and Conditions: [bit.ly/2nlJFYG](https://bit.ly/2nlJFYG) Privacy Policy: [aetna.com/legal-notices/privacy.html](https://aetna.com/legal-notices/privacy.html). By texting 90156, you consent to receive a one-time marketing automated text message from Aetna with a link to download the Aetna HealthSM app. Consent is not required to download the app. You can also download by going to the App Store or Google Play. ©2020 Teladoc Health, Inc. All rights reserved. Teladoc and the Teladoc logo are registered trademarks of Teladoc Health, Inc. For a complete description of the Teladoc program and the limitations of Teladoc services, visit [Teladoc.com/Aetna](https://www.teladoc.com/Aetna). 475528792\_04032020

## Your resources for healthy living



**Attain by Aetna® app** — The Attain by Aetna app<sup>5</sup> is a first-of-its-kind health experience designed in collaboration with Apple. It combines health history with Apple Watch® activity to offer personalized goals,<sup>6</sup> achievable actions and big rewards — like an Apple Watch or gift cards from popular retailers. It's already part of your health plan, so why miss out? Download from the App Store® or text "ATTAINAPP" to 37046 for a link to download (Message and data rates may apply).

Explore more at [AttainByAetna.com](https://AttainByAetna.com)



**Peerfit®** — Peerfit helps you stay active with monthly credits<sup>8</sup> that can be redeemed for group fitness classes, including virtual classes, at any gym or fitness center that participates in the Peerfit network. Fitness classes include yoga, barre, CrossFit, kickboxing and more.

Get active on your own terms with Peerfit at [Peerfit.com/aetna](https://Peerfit.com/aetna)



**Employee Assistance Program (EAP)** — You and your eligible household members can get assistance with all aspects of life, from emotional well-being and substance misuse to childcare and financial challenges. The Aetna Resources For Living<sup>SM</sup> program is free with Aetna Funding Advantage. Members can seek personalized assistance 24/7, download the Resources For Living mobile app to access tips on work/life balance and stress, access a contact request form and more.

We're always here for you, 24/7. Give us a call at **1-866-326-7172** or check out [resourcesforliving.com](https://resourcesforliving.com) (Username: SGEAP Password: EAP).



**Wellness tools** — You can access a health assessment and online health programs to help you meet your health goals whether you're managing a health risk, overcoming an old habit or just eating healthier. You choose the goals to work on. You choose the pace. You can also get helpful information about procedures, conditions and treatments.

To start using these tools, log in to [aetna.com](https://aetna.com)



Convenient care on your terms

To learn more, log in to your member website at [aetna.com](https://aetna.com)

<sup>5</sup>The Attain by Aetna<sup>SM</sup> app is available now in the Apple App Store for all Small Group AFA members. You must have an Aetna Funding Advantage medical plan. You need to be at least 18. You need an iPhone®.

<sup>6</sup>Goals and suggested health actions should not replace your doctor's advice. If you have a medical condition that prevents you from meeting your goals, or if your doctor advises you not to take part in physical activity, there may be an opportunity for you to earn the same rewards by different means. Please contact 866-820-3731 (TTY: 711).

<sup>7</sup>Terms and Conditions: [aetna.com/2lyZvfc](https://aetna.com/2lyZvfc) Privacy Policy: [aetna.com/2GqxsuN](https://aetna.com/2GqxsuN). Apple, the Apple logo, Apple Watch and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

<sup>8</sup>Employees are provided with 40 monthly credits that can be exchanged for classes from studios in the Peerfit network. Credits reset each month. The number of credits required per class varies based on studio and class type.

## Even more for you

Program	How you benefit	Learn more
<b>Aetna One® Essentials care management</b>	<p>Your health — both physical and mental — is everything. Whether you're managing an acute issue or dealing with other complex health challenges, our nurses can help. If you're identified for care management, a nurse can work with you to put together a plan, help you understand your benefits offerings and answer your health-related questions.</p> <p>If you're identified for care, our clinical nurses can collaborate with service teams to help you achieve your health goals. Whether you're struggling with emotional issues or an advanced illness, we'll work with you and your family to provide guidance and support.</p>	Get started with these resources today. Go to <a href="https://www.aetna.com">aetna.com</a> and log in to your aetna member website.
<b>ExtraCare® Health Program</b>	Use your ExtraCare card for 20% off thousands of CVS Health® brand products. <sup>9</sup>	Visit the <a href="#">ExtraCare Health website</a> to connect this new benefit to your ExtraCare card. You may also receive an email invitation to connect this benefit post enrollment. Please wait until after your benefits effective date to enroll.
<b>Aetna Enhanced Maternity Program</b>	<p>Going through a maternity journey is different for everyone. That's why our holistic, end-to-end family-building solution helps you, wherever you are during this experience.</p> <p>So whether you need support for family planning through postpartum care, we'll be right there as a trusted, reliable resource.</p>	To learn more and sign up call us at <b>1-800-272-3531 (TTY: 711)</b> weekdays from 8 a.m. to 7 p.m. ET., or log in to your member website at <a href="https://www.aetna.com">aetna.com</a> and look under "Stay Healthy."
<b>AbleTo</b>	If you're going through life changes or have medical conditions like diabetes or cancer, you can get support through eight weeks of behavioral health therapy, coaching and digital tools. These services are available through videoconferencing so you can get real help that fits your schedule.	Contact your Aetna case manager or call <b>1-844-330-3648</b> .
<b>Discount center</b>	Saves you money on health and wellness expenses such as eye exams and eye gear, gym memberships and exercise equipment, hearing solutions, natural products, weight loss plans and meal-kits.	Just log in to your member website at <a href="https://www.aetna.com">aetna.com</a> to shop and receive your discounts.

<sup>9</sup>This program is only available to Cardholders enrolled with the Pharmacy benefit with Aetna. The 20% discount is restricted to items purchased for the health of cardholder only and applies to regularly priced CVS Health® Brand health-related items valued at \$1 or more. Your ExtraCare® Health Benefit may not be used in Target stores, including those with a CVS Pharmacy in them. Excludes alcohol, lottery, money orders, prescriptions and copays, pseudoephedrine/ephedrine products, postage stamps, prepaid cards, gift cards, newspapers and magazines, milk (where required by law or regulation), bottle deposits, bus passes, hunting and fishing licenses, any imposed governmental fees, or items reimbursed by a government health plan.

Peerfit, Inc. is an independent provider of fitness and wellness technologies, empowering individuals to live healthy and active lifestyles by making wellness accessible and enjoyable through the power of choice and community-driven motivation.

Aetna Resources For Living<sup>SM</sup> is the brand name used for products and services offered through the Aetna group of subsidiary companies. The EAP is administered by Aetna Behavioral Health, LLC; and in California, for Knox-Keene plans, by Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. EAP instructors, educators and network participating providers are independent contractors and are neither agents nor employees of Aetna. Aetna does not direct, manage, oversee or control the individual services provided by these persons and does not assume any responsibility or liability for the services they provide and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. 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 [aetna.com](https://www.aetna.com).

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