

Welcome help when an Aetna nurse calls

Extra support and health information

By choosing Aetna, it's clear your employer cares about your health.

Our programs offer support from well-trained, caring, registered nurses for key times. A nurse from one of Aetna's programs may call:

- Before and after a hospital stay

Or, when you:

- Have longer-term health needs for a medical condition
- Need additional health information about your condition
- Need help coordinating complex care
- Need help managing an ongoing condition, such as asthma or diabetes

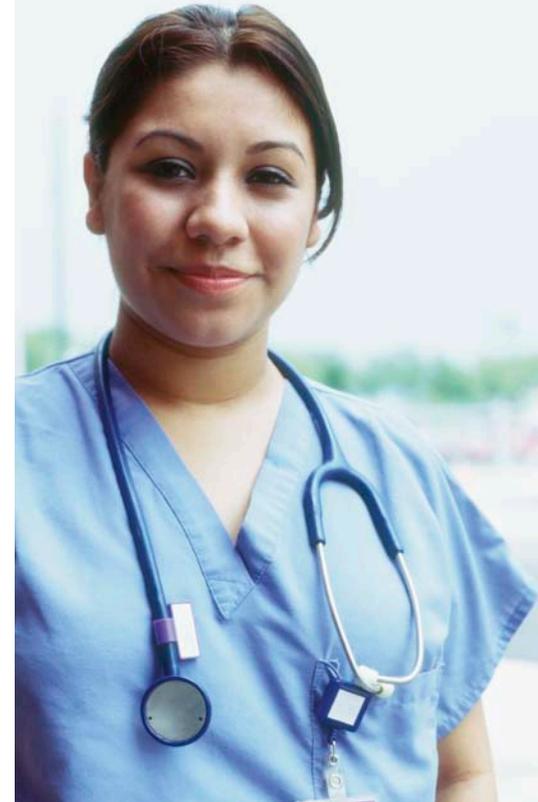
A program nurse might also call you to:

- Help you prepare for your hospital stay and your recovery at home
- Offer tips about questions to ask your doctor

- Coordinate care
- Help you learn more about Aetna's health and wellness programs
- Discuss other services available through your employer or in your community
- Help you actively work toward good health
- Direct you to online resources for self-care
- Help you learn more about Aetna's other health programs

Best of all, this contact is part of your benefits plan. There is no cost to you. And all of the information you talk about with your program nurse is confidential. These nurses do not share it with anyone, including your employer.

Be sure to answer the phone when your Aetna program nurse calls. Speaking to the nurse or returning the call is important to you and your health!



Make sure your employer has your correct phone number on file. This is the number your nurse will use to call you.

Health benefits and health insurance plans are offered, underwritten or administered by: Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas 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.

Material is for information only. 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 subject to change. Health benefits and health insurance plans contain exclusions and limitations. 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.

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