



# Health happens here

**Find the choices that are right for you**

Health insurance plans are offered and/or underwritten by Aetna Life Insurance Company (Aetna).

[Aetna.com](https://www.aetna.com)

95.02.300.1 B. (6/20) City of Seattle OE



# Overview of plans

## Health your way

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Choosing a health plan that's right for you and your family is important. That's why we designed a suite of plans to meet your unique needs. You may never need every feature. But if you do, they're there for you.

## Connections to care on your terms

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Imagine your road to your very best health. Without the speed bumps, roadblocks and detours. With a support system that's always nearby — right in your neighborhood or a click or call away.

We're here to help you get there. Whether you're trying to get back up to speed or looking for ways to stay healthier, you can get the support, tools and programs you need to finally achieve these goals.

**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).**

Health/dental benefits and health/dental insurance plans are offered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Dental of California Inc., Aetna Health Insurance of New York, Aetna HealthAssurance Pennsylvania Inc., Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). Vision insurance plans are underwritten by Aetna Life Insurance Company (Aetna). Certain claims administration services are provided by First American Administrators, Inc. and certain network administration services are provided by EyeMed Vision Care ("EyeMed"), LLC. Each insurer has sole financial responsibility for its own products.

## Aetna® Open Choice® PPO health insurance plan\* (PPO)

### Choose any doctor, in or out of network

You don't have to choose a primary care physician (PCP)\*, and no referrals are needed. Network doctors handle your claims and get approval from us before providing some services. And you usually pay less when you see a network doctor. Or you can visit any licensed doctor out of our network. But you may have to file your own claims and pay more out of pocket with this option.

## Aetna Behavioral Health AbleTo Support

### Focusing on health conditions and life changes

We teamed with AbleTo, a leading behavioral health provider. They're available for when emotional issues arise and make things worse. This eight-week program offers you emotional support after a medical diagnosis or life transition — for example, becoming a caregiver or giving birth. It combines counseling and coaching to help you:

- Work through the normal emotions you're having
- Understand and stick with a treatment plan
- Know the types of changes you need to make

To get started, an Aetna® or AbleTo representative will call you. They'll explain more about the program and how it can help.

## Aetna Discount Program

### Instant savings on your favorite healthy-living products and services

Save on gym memberships, weight-loss programs, vision services, hearing aids and more — with any health plan. These built-in discounts aren't insurance. And there are no claims, referrals or limits on use.

Log in to your member website at **Aetna.com** to start saving.

\*In Texas, PCP is known as physician (primary care). In the State of Washington, PCP refers to primary care provider.

## **Simple Steps To A Healthier Life<sup>®</sup> program**

### **An interactive online health and wellness program that can help enhance your health**

With its health assessment and online health coaching programs, this program helps reduce health risks. It helps you stay healthy, productive and connected with Aetna<sup>®</sup> care management support services. The program also includes tailored health reports and easy-to-find health information.

## **The Aetna Health<sup>SM</sup> app and your Aetna<sup>®</sup> member website**

### **Manage your benefits, connect to care, handle claims — from anywhere**

The Aetna Health<sup>SM</sup> app and your Aetna<sup>®</sup> member website are personalized, seamless and easy to use. Once you're a member, here's how you can connect:

- Get the Aetna Health app by texting "GETAPP" to **90156** for a link to download the app and create an account.\*
- Go to **Aetna.com** to create an account and log in to your member website.

\*Message and data rates may apply.

## **Use our provider search tool**

You can find providers by name, specialty and location. You'll also find maps, directions and more. You can even look for providers who speak your language. Visit **Aetna.com** to try it out.

## **Digital member ID card**

### **Access your member ID card whenever you need it**

Have your digital ID card on hand, whenever you want, wherever you are with our Aetna Health<sup>SM</sup> app. Or find it by going to **Aetna.com** and logging in to your member website where you have the option to print it out at the top of the page.

Health benefits and health insurance plans contain exclusions and limitations. This material is for informational purposes only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Not all services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Visit

**[Aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html](https://www.aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html)** to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

DISCOUNT OFFERS ARE NOT INSURANCE. They are not benefits under your insurance plan. You get access to discounts off the regular charge on products and services offered by third-party vendors and providers. Aetna makes no payment to the third parties — you are responsible for the full cost. Check any insurance plan benefits you have before using these discount offers, as those benefits may give you lower costs than these discounts. Discount vendors and providers are not agents of Aetna and are solely responsible for the products and services they provide. Discount offers are not guaranteed and may be ended at any time. Aetna may get a fee when you buy these discounted products and services.

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