



Living well

Find the services and support you need

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Feeling your best

Many people live with a behavioral health condition

People of any age, gender, income, race or religion can be affected by:

- Anxiety
- Depression
- Eating disorders
- Substance use disorders

These health conditions can affect how people think, feel and act.

Sometimes, the effects are mild and short lived. Other times, they're more serious and long lasting. Either way, there are effective treatments that can help. But the condition must be diagnosed first.

If you're coping with a behavioral health condition, there's good news. Your medical plan includes behavioral health benefits. That means we're here with the help and resources you need to work toward feeling your best.

Getting treatment

We work with top universities and research groups to learn more about how our minds and bodies work together. And we're using what we learn to help you get access to the safest, most effective treatments available.

Counseling and psychotherapy

This is also known as talk therapy. It's one of the main ways to treat a behavioral health condition. It can help you:

- Identify issues in your life that can contribute to problems
- Manage and move beyond those issues

A therapy session can be one-on-one, in a group or with family. A psychiatrist, psychologist or counselor leads the session. They'll ask questions, listen to you and help you see the options available to you.

Counseling can be face-to-face in the provider's office or through televideo, which is a convenient way to get counseling right from your home or while traveling. You can use your computer webcam or a smart device that's connected to the internet. It's private and secure.

Medication therapy and management

Treatment may involve taking prescription medications. There are many that are effective for treating conditions like depression and substance use disorders.

Your doctors are trained to find the right medications to treat you. And they can answer your questions about possible side effects.

Sometimes, you might not take your medications the way the doctor prescribed them for you. Or you might stop taking them once you feel better. This can cause symptoms to return.

We can:

- Help you learn more about your medications, how they work and why they're important
- Encourage you to talk with your doctor about how you feel
- Encourage you to ask questions about your medications and other possible treatments

Your care advocate

Your care advocate will work closely with you to support your emotional health and everyday needs. They can do all the legwork to help you give your emotional health the high priority it deserves.

They provide:

- Guidance and support
- Better access to quality care
- Caregiver support
- A simpler experience

The role of your doctor

Your primary care doctor is an important ally in your recovery. They are often the first person to realize you need help. That's why it's important to be open about how you feel and any emotional issues you struggle with.

Your doctor may also:

- Refer you to behavioral health specialists
- Talk with you about treatment choices
- Prescribe medication for your condition
- Have follow-up visits to check on how you're doing

So make sure to stay in touch with your doctor throughout treatment.

Online support

We all need support at times. Once you're an Aetna member, just log in to your member website at **AetnaBehavioralHealth.com** where you can:

[Check your emotional well-being](#)

[Improve your mood with self-check tools](#)

[Find helpful healthy-living tips](#)

[Find caregiver support and resources](#)

[Watch inspirational videos](#)

[Read empowering stories](#)

[Connect with your community](#)

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

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Get the Aetna Health app by texting "GETAPP" to **90156** for a link to download the app and create an account. Message and data rates may apply.*



Go to **Aetna.com** to create an account and log in to your member website.

More ways to connect



Use our provider search tool

You can search for a mental health professional in your area by logging in to your member website. You'll find contact information for:

- Psychiatrists
- Psychologists
- Clinical social workers
- Clinical counselors
- Certified addiction counselors
- Institutes of Quality[®] facilities
- Televideo behavioral health professionals



You have our number — just call us

You can speak to Member Services anytime during regular business hours. Our representatives are here to help answer any questions you have about your plan. Just call the toll-free number on your ID card.

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