



# Here for you

## Aetna<sup>®</sup> In Touch Care<sup>SM</sup> program

Personalized one-on-one nurse support when you need it most

Your health can change at any moment. As long-term conditions become more complex, or severe issues arise, Aetna In Touch Care will help you every step of the way.

### Help for today — and tomorrow

Our clinical nurse team will reach out to assist you and your family. We can help with everything from health questions to medical referrals.

And our predictive technology will detect issues early. That way we not only support you today, but help you prepare for tomorrow.

### You'll get:

- One-on-one phone calls with a trusted family nurse
- Digital personal health record, health decision support and wellness videos
- Customized health action plans based on your needs and preferences

Log in to the member website at [aetna.com](https://aetna.com) to get started

**In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company. For all other states, health benefits and health insurance plans are offered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna HealthAssurance Pennsylvania Inc., Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Florida by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.**

**THIS IS NOT INSURANCE. THIS IS AN ADDITIONAL SERVICE INCLUDED WITH THE MEDICAL PLAN.**

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

# All the support you need

Whether your need for extra support is brief or ongoing, Aetna In Touch Care is there for you. We're committed to helping you live well, stay motivated and keep on track for better health.

**97%** satisfaction rate from members just like you<sup>1</sup>

## You'll benefit from these digital programs and resources:



### Personal health record

Organize and store your health history and information so you can share it with your doctor.



### Health assessment

Get a step-by-step plan for better health.



### Health decision support

Learn about your health care and treatment options.



### Online programs

Find health coaching programs that offer personalized support.



### Personal health database

Hundreds of on-demand videos for health and wellness programs and resources.

<sup>1</sup>Survey of members who were enrolled in self-insured commercial plans with Aetna In Touch Care Premier during 2017.

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**Policy forms issued in Idaho by Aetna Life Insurance Company include:** GR-9/GR-9N, GR-23, GR-29/GR-29N, AL HGrpPol 04.

**Policy forms issued in Idaho by Aetna Health of Utah Inc. include:** HI HGrpAg 04.

**Policy forms issued in Missouri include:** AL HGrpPol 01R5, HI HGrpAg 01, HO HGrpPol 01.

**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, GR-29N.

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