Get personal attention for your health conditions and risks

Disease Management Program

Start living healthier today
It’s not always easy to live with an ongoing health condition. But you can get the support you need to live healthier today with the disease management program. It’s included with your Aetna plan. You just have to sign up.

You’ll learn how to:
• Manage your conditions
• Lower your risks for new conditions
• Work better with your doctor
• Take your medicine safely and more

The program supports over 35 conditions. Your condition is likely covered, too.

This program is about you, not your condition
You can interact with the program online, by e-mail or by phone. And an Aetna nurse will act as your personal health coach. You can work together in ways that work for you — when it fits your schedule. They can help you lose weight, lower your cholesterol, understand your doctor’s treatment plan and more.

You may have access to online disease management programs, too. They can boost your nurse coaching sessions.

Technology that looks out for your health and safety
Our smart systems keep scanning your health care records to:
• Find gaps or errors in your care
• Remind you to get preventive care
• Search for drug interactions that could be dangerous
• Notify your doctor to stop a treatment, or try a procedure

Getting started is easy
Two easy ways:
• Send a request through your secure member website at www.aetna.com
• Or call us at 1-866-269-4500

Get health support — in ways that work for you. Call 1-866-269-4500 to sign up today.

Health insurance plans are offered, underwritten or administered by Aetna Life Insurance Company and its affiliates (Aetna).

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. For more information about Aetna plans, refer to www.aetna.com.

©2012 Aetna Inc.
45.36.305.1 C (10/12)