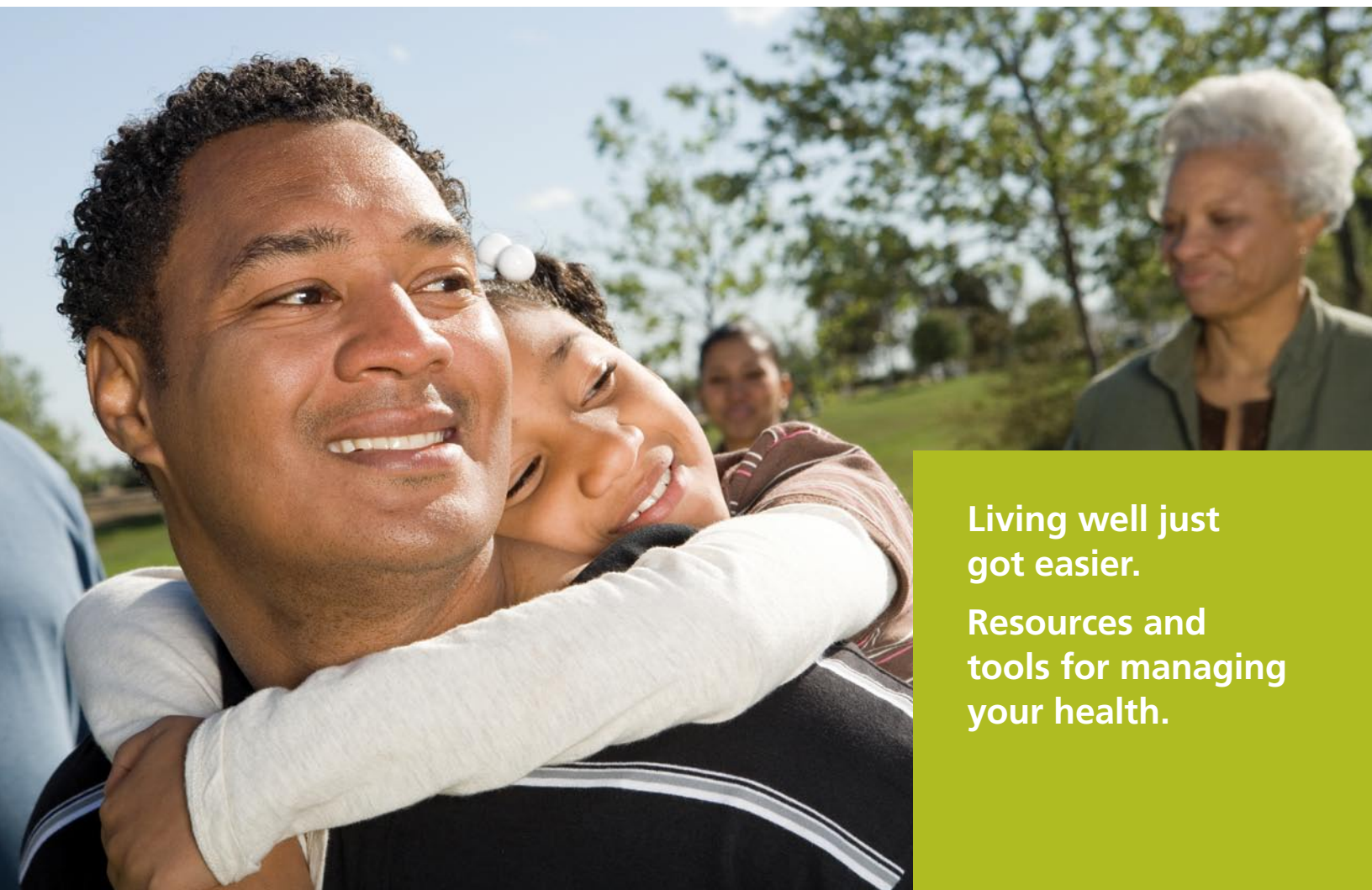


# Focus on African American health

Aetna's Special Programs and Services



Living well just  
got easier.

Resources and  
tools for managing  
your health.

We want you to know<sup>®</sup>



# Health care solutions for e

Many health conditions are common in all of us. But with diversity comes different health concerns. That's why Aetna<sup>‡</sup> offers tools and services to help *everyone* achieve their best health.

To improve your well-being, you have to get involved in your health care. That takes knowing your and your family's health history. It also means understanding your plan benefits and important health topics. But don't think you're alone. Aetna is here to work with you!

From assistance managing a chronic condition, to discounts on vitamins — we want you to enjoy a healthy, active lifestyle. So, keep reading to find out about resources that matter to you as an African American.

Check with your employer to find out which of these services and programs are available under your plan.

## Living well with a chronic condition

The first step to staying healthy is knowing what your risks are. In comparison to non-Hispanic whites, African Americans are:

- 36 percent more likely to develop asthma<sup>1</sup>
- 2.1 times more likely to be diagnosed with diabetes<sup>2</sup>
- 1.5 times more likely to develop high blood pressure<sup>2</sup>
- 30 percent more likely to have a stroke<sup>2</sup>

One of the best ways to keep a condition from affecting your daily routine is to understand it! Aetna's disease management programs are available to support you and your doctor in your care.

Our disease management programs provide you with direct access to information on more than 30 medical conditions including kidney and heart disease, sickle cell anemia, cancer and more! You'll be glad to know, our registered nurses are trained to respond to your needs and potential risk factors as an African American.

Your body is your vehicle to the world. So take care of it. Let's work together to help you live well!

## Helping you stay healthy before you need care

If you're like many people, you may not realize the full value of your health plan. That is ... until you get sick.

Staying healthy *first* is the key. Your Aetna plan is supported by wellness programs and services designed to do just that.

Here are a few programs that could benefit you or your family:

- General wellness counseling
- Men's, women's and children's health programs
- Heart wellness
- Weight management services
- Dental preventive services

**And here's great news.** Starting April 1, 2008, you can participate in Healthy Lifestyle Coaching. The program offers assistance to help you quit smoking, manage stress and learn about good nutrition and physical fitness.

<sup>1</sup>American Lung Association. *African Americans and Lung Disease Fact Sheet*.

Accessed 11/19/2007 at

<http://www.lungusa.org/site/apps/s/content.asp?c=dvLUK9O0E&b=34706&ct=67249>

<sup>2</sup>The Office of Minority Health. *African American Profile*. Accessed 11/19/2007 at

<http://www.omhrc.gov/templates/browse.aspx?lvl=2&lvlID=51>

<sup>‡</sup>Health benefits and health insurance plans are offered underwritten and/or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health of Illinois Inc., Aetna Health of the Carolinas Inc., Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna).

# everyone!



## Support for a stress free you

Aetna's Employee Assistance Program (EAP) is a confidential service that helps members and their families manage everyday challenges. Do you need help finding childcare services? Managing finances? How about dealing with a difficult coworker? Whatever your concern, trained staff is available to help you with:

- Family/parenting issues
- Marital/relationship dilemmas
- Work-related concerns
- Legal/financial services
- Anxiety/depression
- Stress/anger management
- Alcohol/substance abuse

For more information, call 1-800-424-4224 or visit [www.eeworklifeassistance.com](http://www.eeworklifeassistance.com).

## Savings that make you feel good

Good health means more than seeing the doctor for an annual checkup. That's why Aetna offers member discounts that reach beyond the doctor's office. Best of all, the programs are automatically included with Aetna membership. Take a look at what you can save on:

- Alternative services like chiropractic care, massage therapy, dietetic counseling and acupuncture
- Over-the-counter vitamins and herbal and nutritional supplements
- Fitness club memberships and home exercise equipment through GlobalFit™
- eDiets® and Jenny Craig® programs and products
- Dental products and services including teeth whitening
- Contacts, eyeglasses, sunglasses and LASIK

## Spotlight on African American women's health

A woman's body is unique and requires distinctive care. That is why we have specifically designed services to meet women's health care needs. Below are some of our women's health programs. You can find more information and resources on women's health topics by visiting <http://womenshealth.aetna.com>.

### Breast health

**We now know that the best way to fight breast cancer is through mammograms and ultrasounds. The earlier cancer is detected, the better your chances are of beating it.**

Early detection is especially important to African American women. Although they are 10 percent less likely to be diagnosed with breast cancer in comparison to non-Hispanic white women — they are 36 percent more likely to die from it.<sup>3</sup> This is largely due to late diagnosis.

By calling our Breast Health Education Center, you can get the most recent information on when you should begin going for mammograms or ultrasounds. It's a fast, easy way to get updates on general breast health, ways to find out your risks and more.

If you have breast cancer, you can receive:

- Special services and support
- Help coordinating your care
- Information on treatment and getting a second opinion
- Information on community resources near you

Protect yourself. Get critical information on breast cancer by calling 1-888-322-8742 or visiting our women's health website.

### Beginning Right<sup>SM</sup> maternity program

**Get your baby off to a great start! It's especially critical since infant death rates among African Americans are more than double that of the United States as a whole.<sup>4</sup>**

Beginning Right is here to help you from the time you begin planning your pregnancy to after your baby is born.

Once enrolled, you can:

- Get educational materials on prenatal care, labor and delivery, newborn care and more
- Take a pregnancy risk survey to help determine whether you are at risk for certain complications
- Enroll in a preterm labor program if your pregnancy is considered high risk
- Receive support from an obstetrically trained nurse throughout your pregnancy if you are high risk

<sup>3</sup>American Cancer Society. *Breast Cancer Facts & Figures 2005-2006*, 2005. Accessed 9/21/07 at <http://www.cancer.org/downloads/STT/CAFF2005BrFacspdf2005.pdf>

<sup>4</sup>The Office of Minority Health. *A Healthy Baby Begins With You*. Accessed 11/19/2007 at <http://www.omhrc.gov/Assets/pdf/checked/brochure.pdf>

## Health care tools and support 24/7

Aetna's services and online tools give you the information you need to manage your health care. The more knowledge you have, the easier it is for you to make beneficial, cost-effective health care decisions. Most importantly, these valuable resources are available all day, every day.

### Informed Health® Line

Available 24 hours a day, 7 days a week, the Informed Health Line gives Aetna members a fast, easy way to get answers to health related questions from a trained team of registered nurses. Have a health question? Call 1-800-556-1555.

### Plan for Your Health<sup>SM</sup>

An easy-to-use website that helps you understand your health care needs through all of life's stages, from 20-something through retirement.

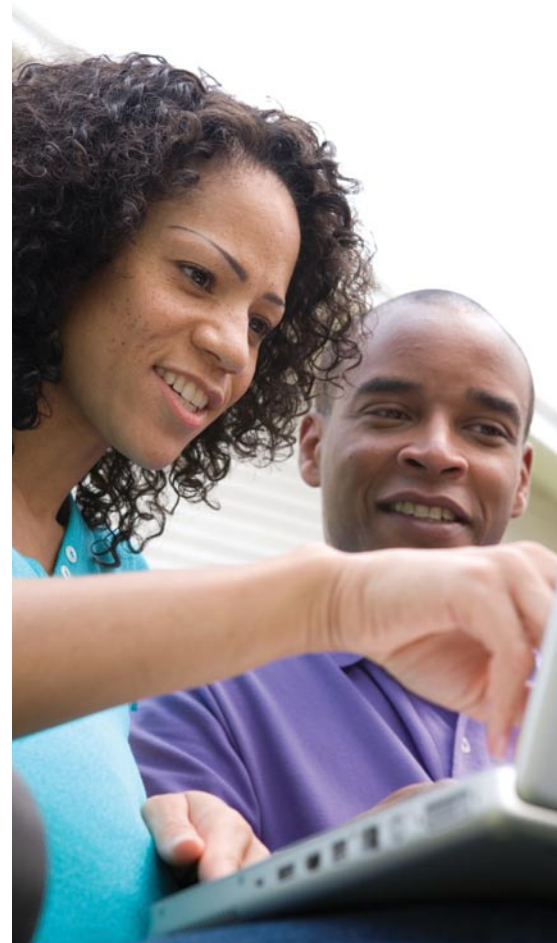
[www.planforyourhealth.com](http://www.planforyourhealth.com)

### Aetna Navigator®

Having the information that you need to make important health decisions is critical. That's why we've created a system that gives you instant data access. Find a doctor. Track a claim. Replace your ID card and more. It's easy with Aetna Navigator. You can:

- Find a network doctor through our DocFind® online directory. Search for a doctor by name, specialty, zip code and miles. You can do it by city and state or county and state, too. You'll even find maps and directions to your doctor's office.
- Access your Aetna health history using Personal Health Record.
- Use the Estimate Cost of Care tool to compare the estimated average costs for 200 different health care services in your area.
- Get easy-to-understand reports that compare hospitals in your area for over 160 diagnoses and procedures with the Hospital Comparison tool.
- Turn knowledge about your health into positive health changes by using the Simple Steps To A Healthier Life® interactive online health and wellness program.
- Access health, dental and wellness information provided by Harvard Medical School through our award-winning Aetna IntelliHealth® website.

Information — your key to good health!



This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Rates and benefits vary by location. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Discount programs provide access to discounted prices and are NOT insured benefits. Plan for Your Health is a public education program from Aetna and The Financial Planning Association. The Aetna Personal Health Record should not be used as the sole source of information about the member's health conditions or medical treatment. Information subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

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