

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions



Health care focused on you

Aetna Whole HealthSM

You may agree with us. The health care system can be hard to navigate.

Luckily there's Aetna Whole Health.

It's a whole new way of looking at health care. With this plan you'll get a health care team that includes doctors, nurses, therapists and other health care providers. Their goal is to work together — and with you — to meet your unique needs and help keep you healthy.


Better health, better care, better cost

That's what Aetna Whole Health is all about. It's a member-centered approach that may differ from care you had before in that:


- Your care team's goal is to keep you healthy or improve your health, not just treat you when you're sick or injured
- Your team can better coordinate your care because they can see how other doctors are treating you, what medicines you're taking, your lab results, your health history and more
- Your team is up to date on medical guidelines and clinical information so they can spot problems early and develop personalized care plans for you
- Your team encourages you to play an active and informed role in your health and health care decisions

Building your care team

First, choose a primary care doctor to coordinate your care team. To find one:

- Visit www.aetna.com/docfind
- Type a name, specialty, procedure or condition in the “Who or what are you looking for?” box
- Enter your zip code in the “Where?” box
- Choose your Aetna Whole Health plan from the “Select a Plan” drop down menu
- Be sure to look for this symbol  so you know who’s part of our special network

And when you’re looking for specialists, therapists or other health care providers to round out your care team, you can follow the same steps. You can also limit your search to a city and state.

Tip: You’ll save the most money by using Aetna Whole Health doctors and hospitals. So think of this symbol as your money-saving flag .

If you’d like, you may use hospitals and doctors outside of your Aetna Whole Health network. But just know that you’ll pay more.

Tip: If you need care after hours and your health or life is not in immediate danger, consider going to an urgent care clinic in our network. They often have extended and weekend hours and may even be open on holidays. That’s more convenient and less expensive than a trip to the emergency room.

Of course, if your health or life is in serious danger, go to the nearest hospital or call 911.

Making smarter health care decisions

You may know that managing your health takes more than just one doctor. It takes your whole care team, working together — and with you — to do it right.

To be an active and informed member of your care team, you need to be in the know. And we can help get you there. Better manage your plan, your health and your budget by registering at your secure member site, www.aetnanavigator.com. Here you can:

- Search our **DocFind®** online provider directory for doctors, hospitals, pharmacies and more in your area
- Check your personal health record and see reminders for important preventive screenings and tests
- Set and track your health, fitness and nutrition goals with **CarePass®** apps
- Use **Member Payment Estimator** to compare prices on tests and procedures, just like you’d shop for the best deals on travel or clothing
- Get discounts on over-the-counter vitamins, herbal and nutritional supplements, massage therapy and more
- Research health topics or connect with others who are living with or treating your condition at **PatientsLikeMe**
- Review your claims and pay your bills

Asking the right questions

Know your benefits. Any time you need to know if or how a doctor visit, procedure or medicine is covered, ask Member Services. Just call the toll-free number on your member ID card.

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Policy forms issued in OK include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

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