Here for you

Aetna® In Touch Care℠ 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 to get started

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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[1]

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.

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[1]Survey of members who were enrolled in self-insured commercial plans with Aetna In Touch Care Premier during 2017.

This material is for information only. 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. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health benefits and health insurance plans contain exclusions and limitations. Information is not a substitute for diagnosis or treatment by a physician or other health care professional. While only your doctor can diagnose, prescribe or give medical advice, the Informed Health® Line nurses can provide information on more than 5,000 health topics. Contact your doctor first with any questions or concerns regarding your health care needs. 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 **aetna.com**.

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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