

Step 7

Discover ways to reach your best health



Customizing your health and wellness experience

Our approach to supporting you in your health journey is highly personalized through:

Aetna International In Touch Care, providing you with one-on-one assistance from a clinician on the CARE team when you're managing a chronic or acute health condition

Health assessments to help determine your current state of health, evaluate your personal health risks and recommend an action plan to get you on the road to your best health

Find out about the valuable health and wellness programs you have access to

Once you've registered for Health Hub (Step 2) — your personalized, secure member website — you'll be able to log in and see all the great health and wellness benefits and resources available to you.

We want to help you get started:

1. **Log into Aetna.com** and find health and wellness programs
2. **Or call our CARE team** using the number on your Member ID Card to talk about what support is available for your specific needs





Teladoc



Your comprehensive suite of virtual care

General medical service

Gives you 24/7 on-demand access to board-certified doctors by phone, video, or mobile app. That means no more costly trips to the emergency room for nonemergency conditions or wasted time waiting at the doctor's office.

Behavioral health care

Secure, discreet, and confidential ongoing support for members seeking help with anxiety, stress, depression, and more. You can schedule a video visit with a board-certified psychiatrist, psychologist, or licensed therapist seven days a week, 7 a.m. to 9 p.m., from the comfort of your own home.

Dermatology

You can upload images and provide details about their skin issue to receive a response in just two business days from a licensed dermatologist. Includes seven-day follow up for any questions members may have.

Caregiving

Enables you to extend the Teladoc General Medical service to someone they care for with two or three-way video or phone visits with a licensed doctor.

How to register:

Go to [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) or if you prefer, you can call **1-855-Teladoc (835-2362)**.