

My world is
about getting
more without
paying extra.



Aetna ExtrasSM can protect your health and your health care dollars.

As an Aetna Medicare plan member, Aetna ExtrasSM offers you a variety of programs and services, tools and information to help you stay well, save money and improve your quality of life. All at no extra cost to you. Bringing you over 150 years of experience, with 37 million health plan members as our customers. No wonder Aetna is rated the most admired health care insurer three years in a row.*

Aetna Extras offers you:

Key Benefits

Health Management Programs—if you're diagnosed with one or more chronic conditions, such as diabetes, asthma, chronic heart failure or coronary artery disease, specially trained medical professionals will work with you and your health care provider to help manage your conditions. We coordinate education, counseling, patient self-care and physician support to stay on top of your condition early on, helping you avoid complications and improve your quality of life.

Cancer Screenings—receive reminders to have regular screenings for breast, colorectal and cervical cancers.

National Medical Excellence Program[®]—a registered nurse manager or a case manager will help you manage through a difficult procedure or an unfamiliar health care system while traveling far from home.

Patient Safety through MedQuery[®] Care Considerations—identify potential errors and inconsistencies in care and communicate them to the treating physician, improving quality of care and preventing errors.

Health and Wellness Discounts

Healthy Lifestyle Coaching—speak to a licensed professional by phone for everything from weight management to smoking cessation.

Aetna VisionSM Discount Program—discounts on routine eye exams and select items and services, such as LASIK surgery.

Aetna HearingSM Discount Program—save on hearing aids and exams through HearPO[!], a hearing benefits provider with 1,600 locations nationwide.

Aetna Natural Products and ServicesSM Discount Program—discounts on massage, acupuncture, chiropractic and dietetic counseling, as well as vitamins, herbal and nutritional supplements and natural products.

Aetna FitnessSM Discount Program—preferred rates on gym membership as well as discounts on home fitness options and one-on-one health coaching services.

Aetna Weight ManagementSM Discount Program—you and eligible family members can get discounts on programs and products from Jenny Craig[®] weight-loss programs and services, including a 30-day trial membership at no extra cost.²

Resources and Tools

Personal Health Record—a private, secure online health information record-keeper that makes it easy to update your health information, as well as learn about alternative therapies and warnings on potentially dangerous combinations of medications.

Aetna Navigator[®]—view claims, print a temporary ID card and more, online.

Aetna IntelliHealth[®]—view educational illustrations and interactive online features to learn about health care.

Informed Health[®] Line³—speak with a registered nurse, 24/7, on health related issues; access Aetna's Audio Health Library with information in English and Spanish.

DocFind[®]—locate physicians, hospitals, pharmacies and other participating health care professionals with this online search tool. Search by name, zip code, city, state, specialty and/or hospital affiliation.

Learn more.

To find out more about Aetna Extras, please call 1-866-234-3129 (TDD: 1-888-760-4748) or visit www.aetnamedicare.com

**Fortune Magazine*, March 17, 2008, March 16, 2009 and March 22, 2010

¹HearPO is a registered trademark of HearPO Corp.

²Plus the cost of food.

³While only your doctor can diagnose, prescribe or give medical advice, the Informed Health Line nurses can provide information on more than 5,000 topics. Contact your doctor first with any questions or concerns regarding your health care needs. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professionals.

Discount programs provide access to discounted prices and are NOT insured benefits. The member is responsible for the full cost of the discounted services. Health benefits and health insurance plans contain exclusions and limitations. 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.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. A Medicare Advantage organization with a Medicare contract. A standalone prescription drug plan with a Medicare contract. Plans are offered by Aetna Life Insurance Company and its affiliates. Plans contain exclusions and limitations.

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