The special attention women deserve

Aetna Women’s Health℠ Programs

Meaningful programs and resources to help you through every life stage
Your health — it’s important to you, it’s important to us

Give your baby a healthy start

Expecting a baby can be exciting, and you and your baby need special attention. Our Moms-to-Babies Maternity Management Program® offers support services and educational materials* to help — from the time you begin planning your pregnancy until after your little one arrives.

Get helpful information and support

- Receive educational materials, in English and Spanish, on prenatal care, labor and delivery, newborn care, and more.
  - Materials include special information for Dad or partner.
- Take our pregnancy risk survey to help spot possible risks or complications.
- Talk to our obstetrical nurses, who provide case management, education and postpartum depression screening if you’re eligible for our high-risk program.

Quit smoking — for your health and your baby’s

If your pregnancy risk survey shows that you smoke more than five cigarettes a day, we’ll invite you to join our nicotine-free Smoke-Free Moms-to-Be® program. Once enrolled, you’ll get educational materials and help from one of our trained nurses to help you stay smoke free.

Reduce your risk of preterm labor

A full-term pregnancy is best for your baby’s development. But, for some women, delivery comes a lot sooner than expected, which can increase the risk for complications.

If you’re at risk for early delivery, our Preterm Labor Education Program can help you learn about and reduce your risk by providing:

- Education on the signs and symptoms of preterm labor
- Information about new treatment options
- Telephone follow-up by our registered nurses

Once you’re an Aetna‡ member, if you’re pregnant or thinking of becoming pregnant, call 1-800-CRADLE-1 (1-800-272-3531) to enroll in our Moms-to-Babies® program. You can also register on your secure Aetna Navigator™ member website at www.aetna.com.

*Check your plan documents or contact your plan sponsor to see if this program is included in your health benefits or insurance plan.

‡Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. The Aetna companies that offer, underwrite or administer benefits coverage include Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Corporate Health Insurance Company and/or Aetna Life Insurance Company.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, CH/OK GP-3 02/02, CH/OK INSC-T-4 01/02, GR-23, GR-29, GR-96172 and/or GR-96173.
important to you, us

Confidential genetic testing for breast and ovarian cancer (BRCA testing)

Our award-winning BRCA Genetic Testing Program covers genetic screening for women who are at high risk for developing breast and ovarian cancer. We can also help your doctors:
- Determine if genetic testing is right for you
- Identify your risks
- Step in early to help prevent disease

You may also receive counseling and educational services, if appropriate.

Infertility case management and education

Women experiencing infertility can use us as a source for education and information. Our dedicated team of registered nurses and infertility case managers have experience in all areas of infertility. They can also help coordinate care if your plan includes infertility benefits.

Focusing on breast and reproductive health

Staying healthy means knowing your risks and taking action before a problem arises.

Breast Health Education Center

With a simple phone call or click on the Internet, learn the most recent information on general breast health, ways to find out your risks, and the benefits of finding breast cancer early. 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

Different cultures have different health needs

We take action when research and statistics show higher rates of disease or complications in different groups of people.

For example, we automatically offer our Preterm Labor Education Program to women who tell us on their pregnancy risk survey that they’re African American. Our goal? To help bring down the higher rates of premature infants in this population.

Understanding why breast screenings are important

Finding breast cancer early can help your chances for successful treatment. It’s why regular checkups and mammograms are so worthwhile.

Sometimes, differences in culture or language may keep you from getting the preventive care you need. We reach out to African American and Latina women age 40 and over who have not had their annual mammograms, with the hope that we can help more women get this important test.

Our nurse case managers call to talk to you, in English or Spanish, about your risks and answer questions about the test itself. If there’s a reason you’ve been putting off your mammogram, we will listen with care and without judgment, and will try to help you get the care you need.
**Manage your health and keep track of your benefits**

Your Aetna Navigator self-service website is a great source for personal benefits information. You can:
- Find information on your health benefits and programs
- Link to our other services and websites
- Use tools to estimate the cost of care
- Send secure e-mails to Member Services, in English or Spanish

**Find answers to important health questions**

On the Aetna InteliHealth® website, you can:
- Take interactive health quizzes
- Read current articles on diseases, treatments, exercise and more
- Search a drug database
- Find answers to important health questions on many different topics and conditions

**Research health conditions, treatments and more**

For detailed information on health issues important to you, log on to the Healthwise® Knowledgebase. You can research treatment options, specific disease information, medications and more.

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If you need this material translated into another language, please call Member Services at 1-888-98-AETNA (1-888-982-3862).
Si usted necesita este documento en otro idioma, por favor llame a Servicios al Miembro al 1-888-98-AETNA (1-888-982-3862).

This managed care plan may not cover all of your health care expenses. Read your contract carefully to determine which health care services are covered. To contact the plan if you are a member, call the number on your ID card; all others, call 1-888-98-AETNA (1-888-982-3862).

This material is for informational purposes only and is neither an offer of coverage nor medical advice. It contains only a partial, general description of plan benefits or programs and does not constitute a contract. Consult the plan documents (e.g., Schedule of Benefits, Certificate of Coverage, Evidence of Coverage, Group Agreement, Group Insurance Certificate, Booklet, Booklet-certificate, Group Policy) to determine governing contractual provisions, including procedures, exclusions and limitations relating to the plan. The availability of a plan or program may vary by geographic service area and by plan design. Health benefits and health insurance plans contain exclusions and some benefits are subject to limitations or visit maximums. Aetna arranges for the provision of health care services. However, Aetna itself is not a provider of health care services and, therefore, cannot guarantee any results or outcomes. Aetna does not recommend the self-management of health problems, nor do we promote any particular form of medical treatment. You should consult your health care professional for the advice and care appropriate for your specific medical needs. Information supplied by Aetna InteliHealth or Healthwise Knowledgebase is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Not all topics discussed within the audio health service are covered expenses under your individual health benefits plan. While this material is believed to be accurate as of the print date, it is subject to change.

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**Get health information from a registered nurse**

When you have health questions, even in the middle of the night, call our 24-hour toll-free Informed Health® Line to speak with a registered nurse. You can also choose from more than 2,000 health topics to listen to, in English or Spanish, using our audio health library.

While only a doctor can diagnose, prescribe or give medical advice, the Informed Health nurses can provide information on more than 5,000 health topics. You should contact your doctor first with questions or concerns regarding your health care needs.

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**Enroll in an Aetna plan and take charge of your health today.**

See how our women’s health programs and services can help.

**Go online at**

http://womenshealth.aetna.com to find out more.