



Be your best

Your emotional wellbeing resources



Your Aetna® plan's benefits and services can help with:

- Anxiety
- Depression
- Stress
- Substance misuse
- Eating disorders
- Family issues, and much more

Get back to being you

Whether you're looking for resources to help you begin to deal with a behavioral health issue or you're already on the road back to you, there's help and support from your Adobe Aetna medical plan.

Get to know what's available to help you on your journey back to you.

Take the first step

Each person's journey is different. How and where to start are different, as well. This is where your primary care doctor may be able to help. They can refer you to specialists such as a psychiatrist, psychologist, licensed counselor or therapist, or social worker.

Another good place to start is with your Aetna Concierge. Call **1-800-884-9565 (TTY: 711)** and ask to speak with a Behavioral Health Specialist. They will listen to your needs and connect you with the right care provider. They can also answer questions about costs and benefits.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna). Aetna Behavioral Health refers to an internal business unit of Aetna.



A Behavioral Health Specialist can help coordinate your care, handle precertification requirements and make sure you're getting the help you need.

Tools and resources for your wellbeing

There's no single solution that fits everyone. Your needs are unique, and your care has to feel right. Here are some tools and resources you may want to explore:

Teladoc® offers video sessions with a psychiatrist or psychologist. These are covered the same as other care under your medical plan (at 90% or 80% after you've met the deductible).

To get started, set up your account at **Teladoc.com/Aetna**. When you're ready to use the service, visit the site or call **1-855-835-2362**.

AbleTo is an eight-week program that lets you talk by phone or video with a therapist. Get help with issues such as grief and loss, depression and anxiety, and caregiver stress.

To get started, call AbleTo at **1-844-422-5386**. The program is covered at 100% once you've met your annual deductible.

Your Aetna® medical plan covers inpatient and outpatient behavioral health treatment. This can include one-on-one, group and family therapy, medication therapy, medication management, and more. Services are covered the same as other care under your medical plan.

Questions? Call your Aetna Concierge at **1-800-884-9565 (TTY: 711)**.



spring health

Access Spring Health to help you deal with life's challenges. Get help for your emotional wellbeing by going to **Adobe.SpringHealth.com** or calling **240-558-5796**. For crisis support, select option 2.

Spring Health supports you in living a happier, healthier life and acts as a single point of contact to help guide you through your Employee Assistance Program (EAP) benefits. You can also use Spring Health for in-app wellness exercises, unlimited wellness assessments, dedicated support from your personal care navigator, therapy, medication and coaching.



In-network doctors and other care providers have negotiated rates with Aetna. So you pay less for many services. What's more, your deductible is lower, and the plan pays a larger share of expenses after the deductible. In-network providers also file claims for you and take care of any precertification requirements so you don't have to.

Know how your medical plan benefits work

Your Aetna® plan is ready to help you find the behavioral health care you need. When you choose in-network providers, you can be confident you're receiving quality, cost-effective care.

Find in-network providers

The provider search tool on **Aetna.com** makes it easy. Here's how:

- Log in at **Aetna.com**. Not registered? Take a few minutes to complete this first step.
- Click Find Care & Pricing on your home page.
- Enter "behavioral health" in the search bar to search for behavioral health professionals. You can also enter a type of provider in the search tool, such as psychiatrist, psychologist, clinical social worker or counselor. Or you can enter a name to see if a provider belongs to the Aetna network.

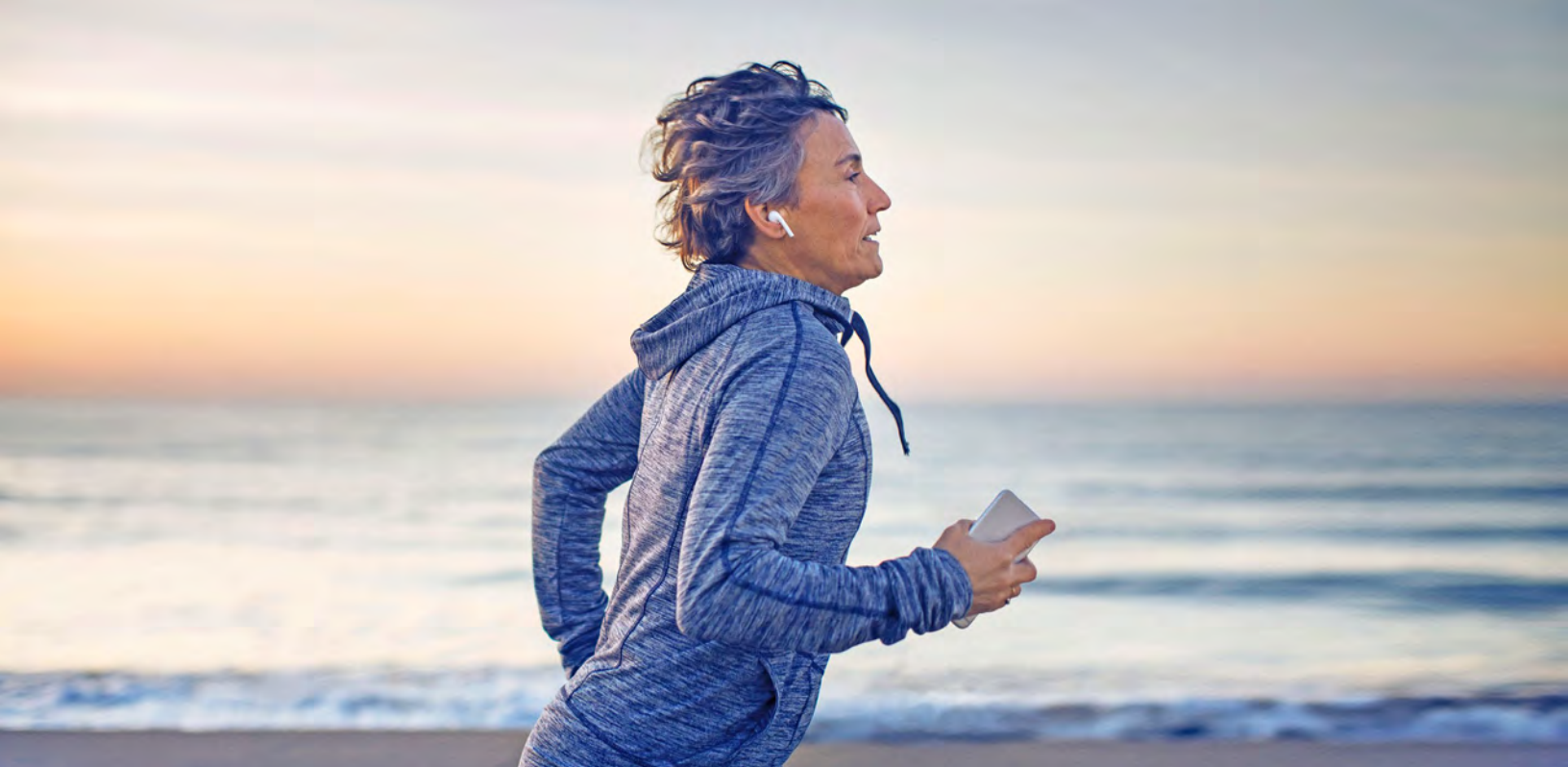
Having trouble finding an in-network provider? Call your Aetna Concierge at **1-800-884-9565 (TTY: 711)**.

Precertification may be required

Certain types of care, such as inpatient care, may need preapproval from Aetna. This process is called precertification. This ensures that the care you're receiving is appropriate and safe. This also allows your doctor to share information with you about how your plan will cover the specific services in your treatment plan.

If you're seeing an in-network provider, they will take care of the precertification requirement for you. If you are seeing an out-of-network provider, you will need to ask them to contact Aetna at **1-800-884-9565 (TTY: 711)** to start precertification. Or you may need to call us yourself if your doctor doesn't provide this service.





How your plan pays

Here's how your plan covers your care after you meet your annual deductible:

Plan provisions	Aetna® Out-of-Area Healthsave (HSA)	Aetna Healthsave (HSA)		Aetna Healthsave Basic	
		In network	Out of network*	In network	Out of network*
Office visits and other outpatient services**	80%	90%	70%	80%	60%
Inpatient services**	80%	90%	70%	80%	60%
Different benefits payment provisions apply for care provided in a skilled nursing facility.					
Prescription drugs					
Retail 30-day supply***	\$15 for generics \$45 for brand-name drugs on the Aetna Performance Drug List \$65 for other brand-name drugs				
Mail order (or CVS Pharmacy®) 90-day supply***	\$30 for generics \$90 for brand-name drugs on the Aetna Performance Drug List \$130 for other brand-name drugs				

*If you go outside the network, reimbursement is not based on a negotiated amount, but rather on the recognized amount/charge. You may be responsible for the entire difference between what the provider bills and the recognized amount. And that additional amount does not count toward your out-of-pocket maximum.

**All inpatient and certain outpatient services require precertification.

***Reduced benefits if drugs are obtained at a nonparticipating pharmacy. Copays count toward your out-of-pocket maximum.



Recovery starts with you

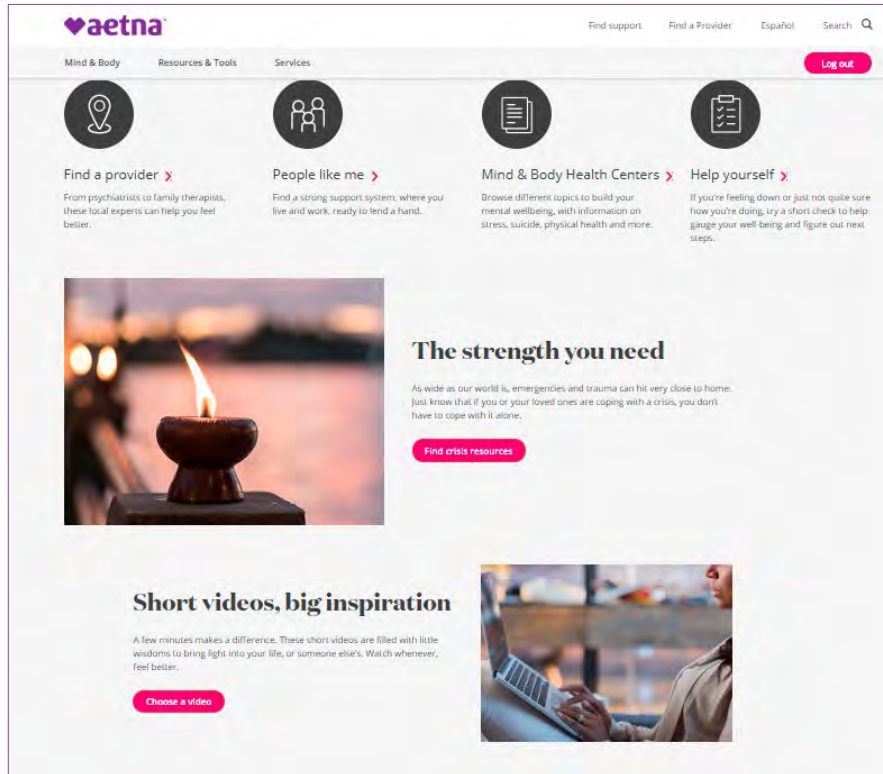
We hope you'll take advantage of the resources we've presented here to find your personal path to recovery. Take the first step by talking with your primary care doctor or using one of the convenient and private services in this brochure.

There's help to get back to you. Start today.

There's more at Aetna.com

Visit **AetnaBehavioralHealth.com** and log in (same login as your **Aetna.com** member website) to:

- Learn about stress and your health
- Learn more about treatment and medication for depression, and take a depression assessment
- Get more help to find the right mental health professional for your needs



Find information, inspiration and personal stories on a variety of living healthy topics at **Aetna.com/health-guide/living-healthy.html**.

Aetna® does not recommend the self-management of health problems. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a health care professional. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Refer to **Aetna.com** for more information about Aetna plans.

Aetna and CVS Pharmacy® are part of the CVS Health® family of companies. For a complete list of other participating pharmacies, log in at **Aetna.com** and use our provider search tool.

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