



Better health at every age



Resources for women's wellness

No matter where you are in life, make your good health a priority

Take a few minutes to read about the importance of preventive care and topics like bone health and menopause. Get to know what's available from your Aetna® plan for better health and well-being.

Support how and when you want it

Seamlessly connect with care and manage your benefits — at home or on the go.

Call your **Aetna Concierge** at **1-800-884-9565 (TTY: 711)** when you need help:

- Understanding your plan's benefits, resources and services
- Finding in-network doctors and preparing for a doctor visit
- Knowing what's covered and what you'll pay

Visit your **Aetna member website** at **Aetna.com** to:

- Review benefits and coverage details
- See what your health care costs and where you are with your deductible and out-of-pocket maximum
- View and pay claims for your whole family
- Access your ID card whenever you need it

Use the **Aetna HealthSM app** to:

- Find in-network providers, including walk-in clinics and urgent care centers near you
- Get cost estimates before you get care
- Receive personalized reminders to help you improve your health

Get the **Aetna Health app** by texting **AETNA** to **90156** to receive a download link. Message and data rates may apply.*

***Terms and Conditions. Privacy Policy.** By texting **90156**, you consent to receive a one-time marketing automated text message from Aetna with a link to download the Aetna Health app. Consent is not required to download the app. You can also download by going to the Apple® App Store® or Google Play™.

Policies and plans are administered by Aetna Life Insurance Company or its affiliates (Aetna).





Preventive care: Are you up to date?

Preventive care lets you and your doctor know what's going on with your health and can reveal potential problems. Your Aetna® plan covers routine physical exams, well-woman exams, cancer screenings, vaccines and certain preventive medications at 100%.

The best way to stay up to date with preventive care is to schedule your annual routine physical exam with your primary care physician (PCP). Your PCP can tell you which preventive services are right for you based on your needs and health history. They can also provide basic, non-emergency care and help you find the right specialist when you need one.

To find a PCP, log in at [Aetna.com](https://www.aetna.com) and click **Find Care & Pricing**.

The chart below shows what's generally recommended for women. Your needs may vary, so talk with your doctor about what's right for you.

Screenings and vaccines	Age
Routine physical exam	18+
Influenza (flu) shot	18+
Cholesterol test	18+
Well-woman exam	21+
Pap test (cervical cancer)	21+
Mammogram (breast cancer)	Covered at any age; recommended 40 and up
Colorectal cancer screening	45+
Shingles vaccine	50+

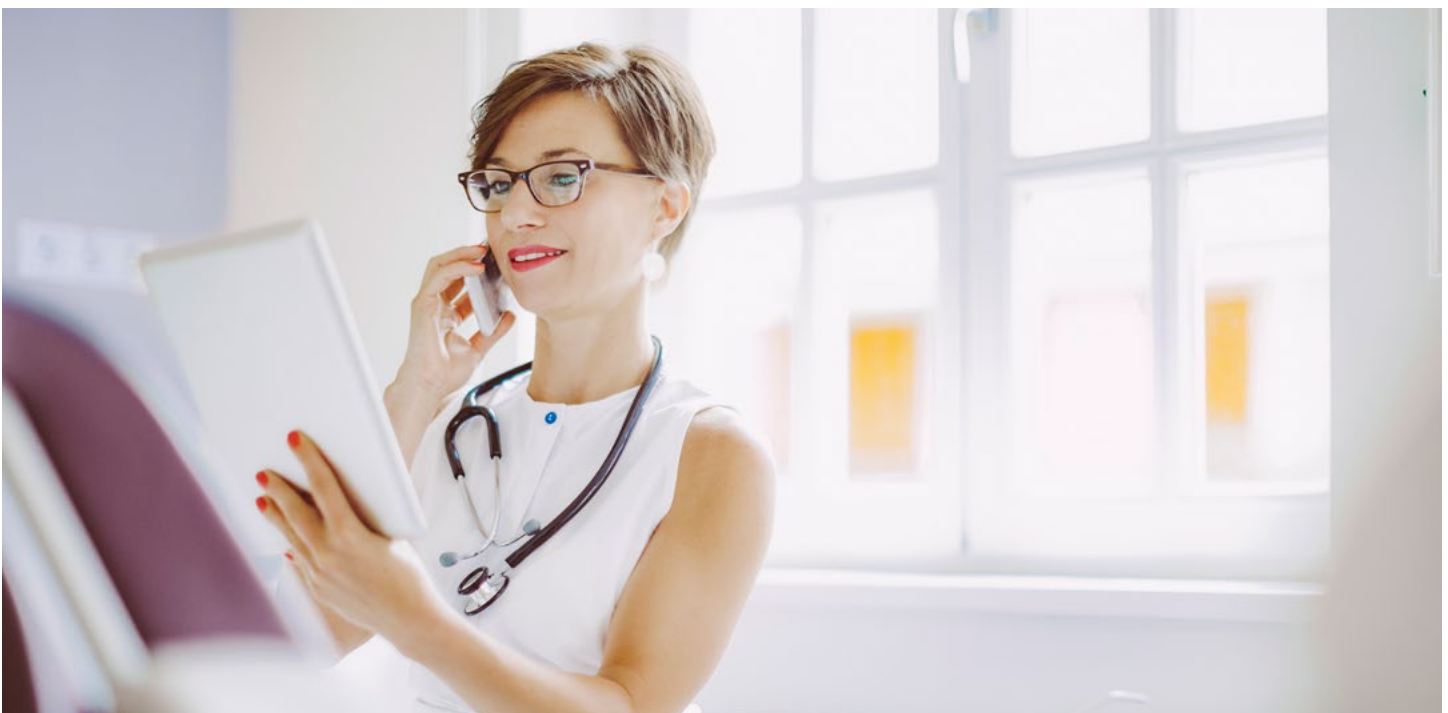
For a complete list of covered care, go to [Benefits.Adobe.com](https://www.aetna.com/benefits) > **Health and wellbeing** > **Physical wellbeing** > **Aetna health and wellness resources**.

If you're gender non-conforming, non-binary or on the transgender continuum, your needs may be different. Be sure to talk with your provider about which screenings are appropriate based on your personal situation, including screenings not listed.

Two important preventive services that could save your life

Mammogram: An X-ray of the breast. Recommended once each year starting at age 40.

Pap test: A test that collects cells from the cervix. Women should start getting this screening at age 21 and continue every three to five years, depending on what your doctor recommends.





Women's health support and services

Whether you're planning a family, in menopause or experiencing another common health concern for women, you've got expert support and benefits available to help.

Fertility support

When you need fertility support, your first step is to call your **Aetna® Fertility Advocate** at **1-866-984-0074 (TTY: 711)**. Your Fertility Advocate can explain available services and options. And they can help you maximize your benefits and minimize out-of-pocket costs

Maternity support

We're here to help you throughout your journey, from pregnancy to parenthood. The maternity support program is included with your Aetna plan. Enroll early and get a reward when you sign up by the 16th week of pregnancy. To get started, call us at **1-800-272-3531 (TTY: 711)** weekdays from 8 AM to 7 PM ET.

Heart health¹

Did you know? Heart disease is the leading cause of death for women.¹ Risk factors include:

- Diabetes
- Family history
- High blood pressure
- High cholesterol
- Obesity
- Physical inactivity

To reduce your risk, talk with your PCP about your personal and family medical history. Ask about lifestyle changes you can make for better health, such as diet changes and more physical activity.

If you have a heart disease diagnosis, an Aetna nurse care manager may reach out to help you manage your condition and navigate the health care system. Or you can contact a nurse care manager on your own by calling your Aetna Concierge at **1-800-884-9565 (TTY: 711)**.

Bone health²

Osteoporosis is a disease that causes bones to become weak and brittle and break easily. While family history plays a role, other risk factors can set women up for bone loss, such as:

- A family history of hip fracture
- A thin or small frame
- Being white or Asian
- Certain medications
- Heavy drinking
- Increasing age
- Menopause
- Physical inactivity
- Smoking

If you're age 65 or older or have a family history of osteoporosis, your PCP or ob/gyn may order a bone density test. This test can determine whether you have bone loss and to what extent. Depending on your results, your doctor may recommend calcium and vitamin D supplements and/or a prescription drug that prevents bone loss or builds up new bone.

¹Centers for Disease Control and Prevention. **Women's health**. February 1, 2022. Accessed April 2022.

²WebMD. **Understanding osteoporosis – the basics**. July 30, 2021. Accessed April 2022.



Women's health support and services *continued*

Perimenopause and menopause

For most women, menopause begins 12 months after their last period. They may experience changes in the years leading up to that point. This is called menopausal transition or perimenopause. Before, during and after menopause, many women experience symptoms that affect both body and mind.

These can include:

- Fatigue
- Heart palpitations
- Hot flashes
- Low sex drive
- Night sweats
- Poor memory
- Trouble concentrating
- Trouble sleeping
- Vaginal dryness
- Weight gain

Treating symptoms

Menopause is a natural part of growing older. If you're having symptoms of menopause, here are some things you can do to manage your symptoms and enjoy a better quality of life:

Control hot flashes³

A hot flash is a sudden feeling of heat in the upper part or all of your body. Your face and neck may become flushed. Red blotches may appear on your chest, back and arms. Heavy sweating and cold shivering can follow. Hot flashes can be very mild or strong enough to wake you (called night sweats). You may be able to treat them with lifestyle changes. Or you may want to talk with your doctor about taking hormones. Learn more on the [National Institute on Aging](#) website.

Exercise and eat healthy

Improving your lifestyle can reduce your symptoms and lower your risk for heart disease, osteoporosis and other long-term problems linked to aging. To learn about resources Adobe offers for getting and staying well, go to [Benefits.Adobe.com > Health & wellbeing > Physical wellbeing](#).

Keep up with preventive care

Stay up to date with preventive care exams and screenings. Your Aetna® plan covers preventive care at 100% when you use a network doctor. Whether you prefer a PCP or ob/gyn, you can always find network doctors by logging in to your member website at [Aetna.com > Find Care & Pricing](#).

Reduce stress

Try mind and body relaxation, such as breathing exercises. This may help with hot flashes and mood symptoms. Visit the Aetna Behavioral Health website for tips and resources to help reduce stress. Log in at [Aetna.com](#) and scroll down to **Mental Health Support & Services**.

See a certified menopause practitioner⁴

You may want to consider visiting a menopause specialist, who can help you navigate the time before, during and after menopause. Ask your doctor if they're trained or certified in menopause or can refer you to someone who is.

Sleep better

Around midlife, some women start having trouble sleeping. Maybe you can't fall asleep, you wake too early or night sweats wake you up. Try the Headspace meditation app to help you manage stress and sleep better. To learn more about this and other resources Adobe offers, go to [Benefits.Adobe.com > Health & wellbeing > Emotional and mental wellbeing](#).

Take care of your bladder³

Midlife may come with a loss of bladder control. You may have a sudden urge to urinate, or urine may leak during exercise, sneezing or laughing. Talk to your PCP or ob/gyn. Or find a urologist by logging in at [Aetna.com > Find Care & Pricing](#).

Take medication or hormones

Your PCP or ob/gyn may want to prescribe medication, hormone therapy or other treatments that may be right for you based on your personal and family medical history. Check the [Aetna formulary](#) to see which drugs are covered by your plan.

Use your mental well-being resources

Take advantage of programs like the [Spring Health Employee Assistance Program, AbleTo and Teladoc® behavioral health](#) to help with depression, anxiety and other issues that can arise or intensify during menopause and beyond.

³National Institute on Aging. **What is menopause?** September 30, 2021. Accessed April 2022.

⁴Duke Health. **Why you should seek care from a menopause specialist.** October 21, 2020. Accessed April 2022.



How your plan pays

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

Plan provisions	Aetna HealthSave Basic		Aetna HealthSave		Aetna Out of Area HealthSave
	In network	Out of network*	In network	Out of network*	In network
Preventive care	100%, not subject to deductible	100%	100%, not subject to deductible	100%	100%, not subject to deductible
Office visits and other outpatient services**	80%	60%	90%	70%	80%
Inpatient hospital**	80%	60%	90%	70%	80%
Prescription drugs Your Aetna® plan covers treatment for menopausal symptoms. This may include estrogen therapy, vaginal estrogen, low-dose antidepressants, gabapentin, clonidine and osteoporosis medications. Some covered prescription hormone therapy drugs include estradiol, progesterone, DOTTI™, Premarin® and Yuvaferm®. After you meet your deductible, you pay the following copays when you use a network pharmacy. You'll pay more if you use an out-of-network pharmacy.					
Retail or CVS Specialty® pharmacy 30-day supply***	\$15 for generic drugs \$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 generic drugs \$90 for brand-name drugs on the Aetna Performance Drug List \$130 for other brand-name drugs				

* If you go outside the network, your share of costs 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/charge. And that additional amount does not count toward your out-of-pocket maximum.

** All inpatient and certain outpatient services require prior authorization.

*** Benefits are reduced if drugs are obtained at an out-of-network pharmacy. Copays count toward your out-of-pocket maximum.





Resources for body and mind



Your plan comes with programs and resources to help you reach your best health physically and mentally.

Aetna® nurse care manager

If you're facing a serious medical condition, a **nurse care manager** can provide one-on-one support. Your nurse can help you work better with your doctor, get needed follow-up care and more. A nurse may reach out to you. Or to contact a nurse care manager on your own, call your **Aetna Concierge** at **1-800-884-9565 (TTY: 711)** and select option 2 – “clinical support from a care manager.”

Cancer support

- **AccessHope** connects you with renowned cancer specialists who will review your case and provide insights your doctor may use to optimize your treatment plan. You can also call a phone line staffed by oncology nurses when you want to better understand a specific type of cancer or need any other support. Visit [Connect.MyAccessHope.org](https://connect.myaccesshope.org) or call **1-833-971-4673**.
- **Aetna Cancer Support Center** is a digital hub where you can find resources and information on breast cancer, women's reproductive cancers and more. Log in at [Aetna.com](https://www.aetna.com) and look for the Cancer Support Center on your home page.
- [Click here](#) to learn more about the cancer resources included with your Adobe Aetna medical plan.

Employee Assistance Program (EAP)

Your Adobe EAP from **Spring Health** provides up to 10 free counseling services each calendar year. Visit [Adobe.SpringHealth.com](https://adobe.springhealth.com) and use code: adobe. Or call **240-558-5796**. For crisis support and immediate assistance, press 2.

Teladoc®

- **Aetna virtual primary care through Teladoc** lets you have video visits with a virtual primary care provider for routine checkups. They can also order lab work and imaging and discuss results, prescribe medications and refer you to in-person care when needed. Visit [Teladoc.com/primary360-Aetna](https://www.teladoc.com/primary360-Aetna) to set up your account.
- For virtual dermatology and minor one-time medical issues, visit [Teladoc.com/Aetna](https://www.teladoc.com/Aetna), call **1-855-TELADOC (1-855-835-2362)** or download the Teladoc app.

Teletherapy

- **Aetna behavioral health televideo** services provide counseling from anywhere for the same cost as an office visit. To get started, call the provider group for your area.

If you live in	Contact	At
Any state or the District of Columbia	MDLIVE®	1-855-824-2170 MDLIVE.com/ BHCOMM (accepts patients age 10 and older)
California, Delaware, Florida, Illinois, Missouri, New Jersey, New York, Pennsylvania, Texas, Utah, Virginia	Array AtHome Care	1-800-442-8938 ArrayBC.com/ Patients (accepts patients age 5 and older)
All states not covered by Array AtHome Care	Telemynd	1-866-991-2103 (accepts patients age 18 and older)

- **Teladoc** offers video sessions with a psychiatrist, psychologist or other behavioral health provider.
 - Psychiatrist (initial visit): \$190 per session
 - Psychiatrist (ongoing visit): \$95 per session
 - Psychologist, licensed clinical social worker, counselor or therapist: \$85 per session
 Visit [Teladoc.com/Aetna](https://www.teladoc.com/Aetna), call **1-855-TELADOC (1-855-835-2362)** or download the Teladoc app.
- **AbleTo** is an eight-week program that lets you talk by phone with a therapist. Get help with issues such as depression, anxiety, substance use disorders and more. After you meet your annual deductible, your Aetna medical plan covers 100% of the program cost. Call **1-844-422-5386** to get started.

Questions?

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

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