



# Better health at every age



## Resources for men's wellness

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

Men face a unique set of health concerns and challenges. Take a few minutes to read about the importance of preventive care and facts about prostate cancer and heart disease. Get to know what's available from your Aetna® plan to help you live your best health.

### 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 Health<sup>SM</sup> 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, prostate cancer screenings, certain preventive medications and other preventive services 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 men. 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+
Prostate-specific antigen (PSA) test (prostate 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.Aetna.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.

## Heart health: Know your risk, talk to your doctor

Did you know? Heart disease is the leading cause of death for American men.<sup>1</sup> Risk factors include:

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

It's also important to know that heart disease may not give any advance warnings. In fact, half the men who die suddenly of coronary heart disease had no previous symptoms.<sup>1</sup>

To reduce your risk, talk with your PCP about your personal and family medical history, and ask about lifestyle changes — such as diet changes and more physical activity — you can make for better health. Be sure to stay up to date with routine exams and screenings that can catch problems in their early stages.

## Prostate cancer: Get the facts, get screened

Prostate cancer is the second most common cancer in men, typically affecting men older than 65. Because early prostate cancer usually doesn't cause symptoms, regular screening can be important.

Screenings for prostate cancer include a digital rectal exam and a blood test called a prostate-specific antigen (PSA) test. While the PSA test can't tell if you have prostate cancer, it can show an elevated PSA level and indicate the need for a biopsy to check for cancer.

Your Aetna plan covers prostate cancer screenings at 100% when you use a network provider. The screenings are recommended for men age 40 and older but are covered at any age. Ask your doctor what's right for you.

### Who's at risk for prostate cancer?

Some things that put men at a higher risk for prostate cancer include being African American, having a father or brother who had prostate cancer before age 65, and carrying a gene change such as BRCA.<sup>2</sup>

<sup>1</sup>Centers for Disease Control and Prevention. **Men and heart disease**. February 3, 2021. Accessed April 2022.

<sup>2</sup>American Cancer Society. **Prostate cancer risk factors**. June 9, 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
<b>Preventive care</b>	100%, not subject to deductible	100%	100%, not subject to deductible	100%	100%, not subject to deductible
<b>Office visits and other outpatient services**</b>	80%	60%	90%	70%	80%
<b>Inpatient hospital**</b>	80%	60%	90%	70%	80%
<b>Prescription drugs</b>					
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.					
<b>Retail or CVS Specialty® pharmacy</b> 30-day supply***	\$15 for generic drugs \$45 for brand-name drugs on the Aetna Performance Drug List \$65 for other brand-name drugs				
<b>Mail order or CVS Pharmacy®</b> 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 prostate and other cancers. Log in at [Aetna.com](https://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://teladoc.com/primary360-Aetna) to set up your account.
- For virtual dermatology and minor one-time medical issues, visit [Teladoc.com/Aetna](https://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	<b>MDLIVE®</b>	<b>1-855-824-2170</b> <b>MDLIVE.com/</b> <b>BHCOMM</b> (accepts patients age 10 and older)
California, Delaware, Florida, Illinois, Missouri, New Jersey, New York, Pennsylvania, Texas, Utah, Virginia	<b>Array AtHome Care</b>	<b>1-800-442-8938</b> <b>ArrayBC.com/</b> <b>Patients</b> (accepts patients age 5 and older)
All states not covered by Array AtHome Care	<b>Telemynd</b>	<b>1-866-991-2103</b> (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://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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