



**Your Aetna® benefits
and services help keep
you healthy and may
save you money**





We're excited to share some of the money-saving benefits and services you get with your Aetna® Medicare plan at no added cost.



Dental coverage



Over-the-counter benefit



Vision coverage

Keep reading for more cost-saving benefits and services included in your plan.





\$0 ANNUAL CHECKUP

Visiting your primary care provider (PCP) can play a key role in meeting your health goals. Be sure to schedule your annual checkup. This visit is included in your plan at no additional cost to you. Some costs may apply depending on the services performed by your PCP during the visit.

To learn what's included in your plan, give Member Services a call:

1-833-570-6670 (TTY: 711)

8 AM–8 PM, 7 days a week.

Focus on your health with a checkup

We have great resources online to help you plan for your doctor visit to discuss:

- Medications • Mental health concerns
- Vaccines and other preventive services



To learn more about the benefits of an annual checkup or to download an annual care checklist to use during your visit, scan the QR code with the camera on your phone or tablet. Or visit aet.na/health2f.



Prepare for your doctor appointment by watching the “Scheduling doctor visits” video. Scan the QR code or visit aet.na/doc2f.





\$0 PREVENTIVE SCREENINGS

There's no additional cost to you to get the covered preventive screenings included in your plan. And they may help you live a healthier life.



To learn more about preventive screenings, scan the QR code with the camera on your phone or tablet. Or visit aet.na/care2f.

If you have questions, give Member Services a call:

1-833-570-6670 (TTY: 711)

8 AM–8 PM, 7 days a week.

We'll help you avoid surprises

Get checked for medical conditions early with preventive screenings and tests for:

- **Breast, colon and cervical cancer**
- **High blood pressure**
- **Diabetes and more**

And don't forget about your covered vaccines, like the flu shot.

For more information about screenings and vaccines covered in your plan, call Member Services at: **1-833-570-6670 (TTY: 711)**, 8 AM–8 PM, 7 days a week.



MEMBER DISCOUNTS

You get member discounts to help you save money on health and wellness products and programs, and more.

If you have questions, give Member Services a call:

1-833-570-6670 (TTY: 711)

8 AM–8 PM, 7 days a week.

Take care of yourself every day

You get special discounts for:

- **Health products** like electric toothbrushes and activity trackers
- **Programs** for things like weight management, fitness and flexibility
- **Games and tools** to help train your brain for attention, problem solving, memory and more



To find your discounts, log in to your secure member website and go to the “Living Well” page. Scan the QR code with the camera on your phone or tablet, or visit aet.na/login2f to go to the log-in page.





\$0 FITNESS MEMBERSHIP

With the **SilverSneakers® fitness benefit** included in your plan, you can join classes that'll keep you moving. And help you improve your overall health and connect you to people with shared interests. You can take advantage of fitness classes like strength training and Zumba® with trained instructors online or in person. There are more than 15,000 participating fitness locations. There are no added costs for you to attend class. Check one out today.

If you have questions, give Member Services a call:

1-833-570-6670 (TTY: 711)

8 AM–8 PM, 7 days a week.

Let's get fit together

You can find workouts, wellness videos, online exercise programs and participating fitness locations near you.



If you haven't used SilverSneakers before, scan the QR code with the camera on your phone or tablet. Or go to **[SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)** and follow the steps to get started.



Watch this video about how you can use your SilverSneakers fitness benefit: **[aet.na/silversneakers2f](https://www.aetna.com/silversneakers2f)**.

Our Member Services team wants to help you be healthy, save money and get the most out of your plan.



Talk to them about:

- 1 Your benefits and services that may help you save money
- 2 Helping you use your benefits and reviewing how to use online tools, videos and other resources available to you
- 3 Finding in-network pharmacies, hospitals and doctors and scheduling doctors' appointments for you
- 4 Reviewing your health plan's costs and copays

Visit your plan web page at aetna.bitly.com to watch a short video about your health plan, coverage and costs. You can also review your plan documents, like your Summary of Benefits.



Let us know how we can help you:

1-833-570-6670 (TTY: 711)

or call the number on your Aetna® member ID card.

To call Member Services instantly, scan the QR code with the camera on your phone or tablet.





We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. If you speak a language other than English, free language assistance services are available. Visit our website, call the phone number listed in this material or the phone number on your benefit ID card.

In addition, our health plan provides auxiliary aids and services, free of charge, when necessary, to ensure that people with disabilities have an equal opportunity to communicate effectively with us. Our health plan also provides language assistance services, free of charge, for people with limited English proficiency. If you need these services, visit our website, call the phone number listed in this material or on your benefit ID card.

If you believe that we have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with our Grievance Department (write to the address listed in your Evidence of Coverage). You can also file a grievance by phone by calling the Customer Service phone number listed on your benefit ID card (TTY: 711). If you need help filing a grievance, call Customer Service Department at the phone number on your benefit ID card. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights at https://ocrportal.hhs.gov/ocr/cp/complaint_frontpage.jsf.

ESPAÑOL (SPANISH): Si habla un idioma que no sea inglés, se encuentran disponibles servicios gratuitos de asistencia de idiomas. Visite nuestro sitio web o llame al número de teléfono que figura en este documento.

繁體中文 (CHINESE): 如果您使用英文以外的語言，我們將提供免費的語言協助服務。請瀏覽我們的網站或撥打本文件中所列的電話號碼。

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Member benefits and discounts at **no added cost**



<Name A. Sample>
<123 Main Street>
<City, State ZIP + four>

Important plan information