



5 TIPS FOR BETTER LIVING



1

#TimeForCare

Many of us have delayed or cancelled important doctor visits or other medical care because of COVID-19 fears and concerns. But it's vital to take care of yourself, especially if you have a chronic condition, an emotional issue or you are pregnant. **Please call your doctor's office.** Together, you can decide whether an in-person visit makes sense for your personal situation. If so, here's a checklist of questions you can ask to get ready for your visit:

1. What can I expect when I get to my appointment?
2. Do I need to wear a mask?
3. Are your staff and other patients required to wear masks?
4. Is your staff being regularly tested for COVID-19?
5. How often are waiting rooms, exam rooms, restrooms, and common areas cleaned?
6. Are there separate waiting areas for patients who have COVID-19 symptoms?
7. What should I do if I recently had a cough or fever?



2

Expecting? Get support for a healthy pregnancy + earn rewards

The Aetna Maternity Program offers support and resources to help you and your baby grow healthier together. When you join, you'll talk with an ob-gyn trained nurse, get answers and information, learn about newborn care, and much more. Plus, you can earn rewards. This program is available to Aetna-covered employees and spouses.

Starting October 1, 2020, you're able to earn up to \$200 in gift cards for completing the actions below:

1. Complete the Pregnancy Risk Assessment by your 16th week of pregnancy and get a \$100 gift card. Learn about potential risks and steps you can take to address them.
2. Schedule and complete a pre-delivery call with your Aetna Maternity Program nurse and get a \$100 gift card. Get answers and help to prepare for your big day.

Log in and register if you haven't already. Click *Stay Healthy* on the home page and then click on *Maternity Support Center* to enroll in the program.

Get started with the Aetna Maternity Program and earn your reward.
Or call **1-800-272-3531 (TTY: 711)**.



3

Need help with life's challenges? You've got resources for living.

Resources For Living® is available to you and all members of your household at no extra cost. Program services are confidential and available 24/7. They include:

- **Daily life assistance:** Help finding resources for things like child care, care for older adults, home repair and improvement, caregiver support, household services, and more.
- **Mental/emotional well-being support:** Up to three counseling sessions per issue each year, face-to-face or online with televideo. Get help with a wide range of issues – from anxiety and depression, to stress management and family issues, grief and loss, substance misuse, and more.
- **Online resources:** With informational videos, articles and webinars, and access to professional legal and financial services, Resources For Living offers guidance and support to help you meet life's ups and downs.



We're ready when you are.
1-888-238-6232 (TTY: 711)
[ResourcesForLiving.com](https://www.resourcesforliving.com)
Username: **Infosys** | Password: **eap**



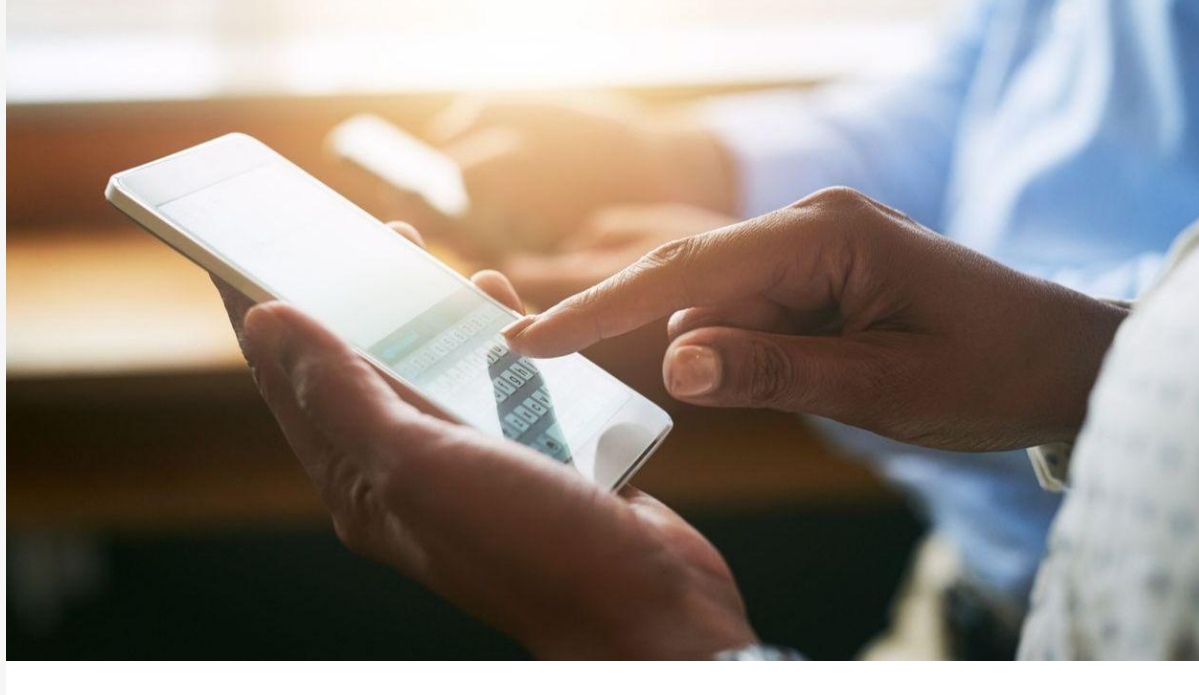
4

Win a \$500 Target gift card when you use digital coaching

Get inspiration and motivation on your terms when you work with a coach online through the Member Engagement Platform (MEP). **You have until November 30, 2020, to complete Level 3 of the Digital Coaching Activity** (and capture 3,000 Hearts). When you do, you'll be automatically entered **for a chance to win one of ten Grand Prize drawings for a \$500 Target gift card**. Choose from 199 different programs in 32 coaching categories – from fitness and exercise to nutrition, sleep health, stress and healthy aging. Programs include:

- Fitness basics 101
- Eating healthy on a budget
- Tips for maintaining weight
- Good sleep hygiene
- Mindfulness-based stress
- Quitting tobacco

It's a smart way to get healthy – and WIN! To access the MEP, just log in to at [Aetna.com](https://www.aetna.com) (register if you haven't already) and click *Stay Healthy>Explore Resources* on your home page. Participation is open to all members, but incentives are limited to those enrolled in an Aetna® medical plan.



5

Got two minutes? Download the Aetna HealthSM app

Go mobile and take charge of your medical care and costs – whenever and wherever. Look up urgent care centers near you **and compare costs**. Find a doctor or specialist in your network and **compare costs**. Pull up your ID card to check your benefits, out-of-pocket expenses to date, claims – and much more. Download the Aetna Health app on your smart device today.

DOWNLOAD

Policies and plans are insured and/or administered by Aetna Life Insurance Company (Aetna). Refer to Aetna.com for more information about Aetna® plans.