

Take the struggle out of fighting your disease

Healthy Outlook Program® Overview

You play a powerful role in your own health — even more so when you have a chronic health condition.

Our Healthy Outlook Program can help you understand your disease. You'll learn new habits that can help protect your health for years to come. It's an important part of your Aetna[‡] health benefits or health insurance plan.

Our programs include:

- *Caring for Asthma*
- *Caring for Chronic Heart Failure*
- *Caring for Coronary Artery Disease*
- *Caring for Diabetes*

Each program is designed to help you manage your condition well. The programs help coordinate:

- Education
- Counseling
- Self-care skills
- Physician support

By identifying and managing your condition early, you can reduce complications and improve your life.

Programs to help control and reduce your symptoms

If you are eligible and choose to participate, you will be asked to complete an initial screening. This will help determine how severe your symptoms are. You can also use our:

- 24-hour disease management phone line
- Online educational resources

If your condition is serious or high risk, you may also receive:

- Helpful materials on your condition and managing depression. Depression is a common side effect of chronic illness.
- Counseling on your disease and the importance of:
 - > Tracking vital signs and talking with your doctor
 - > Eating right and staying active
 - > Weighing yourself and controlling your weight
 - > Taking your medication as your doctor orders
- Follow-up calls from disease management professionals to make sure your wellness program stays on track.



Learn how to control your symptoms and live well with:

- **Asthma**
- **Chronic heart failure**
- **Coronary artery disease**
- **Diabetes**

How to start

You may be able to join the program if:

- Your doctor refers you
- You send a request through the Aetna Navigator™ member website or by calling Member Services
- Our patient management staff thinks the program will help you
- Our claims data shows you have one of the listed conditions

[‡]Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Corporate Health Insurance Company and/or Aetna Life Insurance Company.

We want you to know®



You, your doctor and Aetna... a powerful team

Any piece of information you share with your doctor could hold the key to your health. So, if you think you notice an important change or symptom, don't hold back.

By talking openly with your doctor, you can set a plan for dealing with your chronic disease that works.

If we notice signs your condition is getting worse, we may alert your doctor. Then you can work together to help prevent further complications and get you back on track.

Tools that make health decisions easier

In your busy life, simple is better. Why search all over the net for answers to your health questions? Save time by using our resources, and take charge of your health today.

Link to all our online resources through one central spot — Aetna Navigator at www.aetna.com.

For more information, talk to your benefits manager or visit www.aetna.com.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna uses LifeMasters Supported SelfCare, Inc., an experienced disease management company, to provide certain services to participants in this program. Health benefits and health insurance plans contain exclusions and limitations. Information is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, CHI/OK GP-3 02/02, CHI/OK INSCT-4 01/02, GR-23 and/or GR-29.



Let our Healthy Outlook
Program help you control
your symptoms and live
your life.