

## Aetna Wellness Programs

Program Name	Program Description	Incentives	Member Contact Information
Lifestyle & Condition Coaching	From lifestyle conditions to chronic conditions, we provide personalized support to help you meet your health goals. And with three kinds of health coaching, you can get it the way you want it. Choose from one-on-one phone coaching, group coaching webinars or self-directed digital coaching.	Members managing hypertension, diabetes, and asthma/COPD, by participating in coaching and meeting program requirements, they can receive generic and preferred brand medications and diabetic supplies at no cost.	<p><b>Phone: 1-866-533-1410</b></p> <p><b>Web:</b> Log into Aetna member website at <a href="http://aetna.com">aetna.com</a> and look under <b>Stay Healthy</b> then <b>Discover a Healthier You.</b></p>
Pre-Bariatric Surgery Education Program	The Pre-Bariatric Surgery Education Program is managed by the Lifestyle & Condition Coaching team. This team can provide support to help ensure your success. Before you have surgery, there is a required 12-month education program that offers the guidance and support you need to make real and lasting changes in your life. Prior authorization for the surgery is required by your health plan.	If you complete the program and go on to have surgery, you'll be eligible to receive an incentive contribution to your HRA once you complete the surgery — \$300 for inpatient surgery and \$125 for outpatient surgery.	<p><b>Phone: 1-866-533-1410</b></p>
Aetna Maternity Program	The Aetna Maternity Program is here to give you support, and to help you have a successful pregnancy. If you have a health condition or other risk that could affect your pregnancy, our nurses can provide extra help. Our nurse case managers will work with you to manage or maybe even lower those risks.	By enrolling in the program within the first 16 weeks of pregnancy and participating based on their pregnancy risk profile, members are eligible to receive a \$300 incentive contribution to their HRA around their 28 <sup>th</sup> week.	<p><b>Phone: 1-800-272-3531</b></p> <p><b>Web:</b> Log into Aetna member website at <a href="http://aetna.com">aetna.com</a> and look under <b>Stay Healthy.</b></p>

Care Advocate Team	The Care Advocate Team can help you if you are facing a more challenging health concern or recent hospitalization. You'll work with one person who gets to know your care needs best, an advocate backed by a clinical support team to help you navigate the twists and turns within the health system.	N/A	<b>Phone: 1-855-414-1901</b>
Behavioral Health/ Substance Abuse Support	The plan also includes behavioral health benefits. It gives you access to support and treatment for behavioral conditions, covered at the same level as your medical benefits.	N/A	<b>Phone: 1-866-885-5596</b>
Employee Assistance Program (EAP)	<p>The EAP offers short-term counseling on all aspects of life for up to 4 visits per incident per plan year at no cost to you.</p> <p>Confidential assistance is available 24 hours a day, 7 days a week for concerns including:</p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Work/family stress</li> <li>• Substance abuse</li> <li>• Child/elder care issues</li> </ul> <p>The EAP also can assist you with financial guidance, debt and budgeting assistance, and retirement planning. Crisis response services are also available.</p>	N/A	<p><b>Phone: 1-888-238-6232</b></p> <p><b>Web: <a href="http://www.mylifevalues.com">www.mylifevalues.com</a></b>  Username: COVA  Password: COVA</p>

**Onsite Coach Referrals should be submitted via email to Tamara Chiodo at [ChiodoT@aetna.com](mailto:ChiodoT@aetna.com) and include the following:**

- Email header sample: "COVA HealthAware Onsite Coach Referral – Smith 9876543"
- Body of the email should include:
  - Member's full name
  - Member's contact information
  - Name of the program the member is being referred to