



**Live
healthier**



Programs and resources to support you



New York City Transit

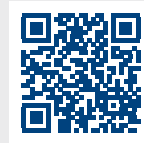
We put you first

Your health plan does more than pay claims. It also helps you manage your overall health and well-being.

Manage your care and benefits — at home or on the go — with 4 quick steps to success.

1 Visit **AetnaNYCT.com** for details about your health benefits.

Learn more about your medical and prescription benefits, wellness programs, and services available to you as an Aetna® member.



2 Register with your secure Aetna member website.

Go to **Aetna.com** and follow the steps to register. Once you do, the dashboard on your home page will be personalized for you every time you visit. You can search for in-network providers, view health plan and claims details, and more.

3 Download the Aetna HealthSM app.

Use this app to review claims, find doctors, estimate costs and access your ID card. To download the app, text **Aetna** to **90156**. Log in using the same username and password you created for **Aetna.com**.



4 Add your Aetna Concierge to your contacts.

They can help you understand your benefits, find network providers and much more. Call **1-855-824-5349 (TTY: 711)**, 8 AM to 8 PM ET.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company (Aetna).

Extra support from your Aetna® plan



24-hour nurse support

Talk with a registered nurse anytime for answers to health questions on tests, procedures, medications and wellness programs. Call **1-800-556-1555 (TTY: 711)**.



Virtual care

Teladoc Health lets you speak with a doctor by phone or video. They can diagnose and treat non-emergency conditions, such as cold/flu symptoms, pink eye, allergies, bronchitis, sinus infections and more.

You can also choose to receive ongoing virtual care from a primary care doctor with the Aetna Virtual Primary Care program. Plus, you can consult with a dermatologist about skin problems or a behavioral health professional about mental health concerns.

Call **1-855-TELADOC (1-855-835-2362)** or visit **TeladocHealth.com/Aetna** to get started.



Diabetes support

Help manage your diabetes with a personalized, integrated approach using tools, resources and support. To learn more, call your Aetna Concierge at **1-855-824-5349 (TTY: 711)**.



Back and joint support

Take part in a coach-led program that can help with back or joint pain. Visit **HingeHealth.com/Aetnanact** to get started.



Cancer support

Get guidance and support from a dedicated advocate with experience in cancer diagnosis and treatments. Genetic counseling and testing are also available to help assess risk and guide treatment.

For trusted information and resources, visit the Aetna Cancer Support Center by logging in at **Aetna.com > Cancer Support Center**. Or call your Aetna Concierge at **1-855-824-5349 (TTY: 711)**.



Maternity and other women's health support

Sign up for the **Aetna Enhanced Maternity Program™** to access resources for pregnancy-related needs. These include prenatal care and vaccines, genetic counseling and screening, and postpartum depression. You can also get extra help from a nurse case manager or infertility advocate. To learn more, log in at **Aetna.com > Health & Wellness** or text **Baby** to **66902**.

For information on other women's health topics, visit **WomensHealth.Aetna.com**.

Nurture your overall well-being

Your Aetna® health plan offers support and benefits for your mental health, too. Explore some of the options listed below.

Connect with in-network mental health professionals

You've got access to in-network licensed psychiatrists, psychologists, social workers and more as part of your medical benefits. To find network providers, log in at [Aetna.com](https://www.aetna.com) > **Find Care & Pricing**. Or use the Aetna HealthSM app.

Talk with a mental health professional by phone or video

With Teladoc Health, you can get mental health support from the comfort of home. And you can work with the same counselor each time if you'd like. To set up your account and get started, visit [TeladocHealth.com/Aetna](https://www.teladoc.com/Aetna) or download the Teladoc Health app. Then schedule a session online or call **1-855-TELADOC (1-855-835-2362)**.

Connect virtually for specific mental health needs

♥ Anxiety and depression

Alma Health: [HelloAlma.com/Aetna](https://www.almahealth.com/Aetna)

Meru Health: [MeruHealth.com/sign-up/Aetna](https://www.meruhc.com/sign-up/Aetna)

♥ Substance misuse

Workit Health: [WorkitHealth.com/insurance/aetna](https://www.workithealth.com/insurance/aetna)

♥ Mental health care for kids and teens

(for ages 18 months to 18 years)

[HelloBrightline.com/Aetna](https://www.hellobrightline.com/Aetna)

1-888-224-7332



Scan for more resources.

Struggling with a health condition or personal problem?

AbleTo is a no-cost, confidential eight-week program that can help you cope with health conditions, emotional challenges and life changes. Call **1-844-330-3648** to see if you're eligible for the program.



Health benefits plans include exclusions and limitations. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna plans.

