



# Right there with you

**Aetna One<sup>®</sup> Flex**

Ongoing nurse support when you need it most

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[Aetna.com](https://www.aetna.com)

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 **aetna<sup>®</sup>**

# Supporting you on your path to better health

Your health — both physical and mental — is everything. Whether you're managing a chronic condition or dealing with other complex health challenges, our nurses can help. If you're identified for care management, a nurse can work with you to put together a plan, help you understand your benefits offerings and answer your health-related questions.



## One-on-one personalized nurse support

Our clinical nurses can collaborate with service teams to help you achieve your health goals. Our nurses are supported with a multidisciplinary team including a dietitian, pharmacist and transgender advocate. Whether you want support for an emotional issue, advanced illness or transgender need, we'll work with you and your family to provide guidance and support.



## Local support

With CVS® HealthHUB™ and MinuteClinic® locations inside select CVS Pharmacy® and Target® stores, you have a broad range of services to keep you and your family healthy. In addition, our Pharmacist Panel\*\* can provide guidance and connect you to more resources.



## Tools, tips and support centers

Through your Aetna® member website, you'll be able to locate a doctor, review your personal health record and watch informational health videos. And for specific health needs, you can explore member resources like the Cancer Support Center, Maternity Support Center, Back and Joint Care Support Center and Transgender Support Center.



## Access to information — whenever, wherever

Always on the go? No problem. Your member website is fully mobile. Remember, this is your one-stop shop for getting the help you need. And when you download the Aetna Health<sup>SM</sup> app, you can access it all from the palm of your hand.

## Get started with these resources today.

Go to [Aet.na/Flex](https://Aet.na/Flex) to log in to your member website.

\*The Pharmacist Panel is available to self-insured customers who purchase the new Aetna One® Care Management portfolio with MedQuery® to ensure targeting inclusive of pharmacy claims. A similar product already exists for most fully insured plan sponsors. Existing plan sponsors on the Aetna One Care Management model will automatically receive this benefit as of January 1, 2022, if they also have MedQuery.

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