

New for July 1, 2018

ASBAIT PPO Network: Aetna Choice® Point of Service (POS) II network

When you and your family need care, you can look for doctors and hospitals in the Aetna Choice POS II network. It's easy when you use the online DocFind directory from Aetna.* With up-to-date listings, you can search for providers by name, specialty, gender, hospital affiliations and more. Remember, you may choose Aetna Choice POS II providers for care inside Arizona, and nationally.

Find Aetna providers online in just a few quick steps

You can use the DocFind directory anywhere you have Internet access. Just:

1. Visit:
www.aetna.com/docfind/custom/mymeritain/.
2. Key in the type of provider or provider name, specialty, procedure or condition under *Who or what are you looking for?* and the desired geographical area under *Where?*. Click *Search*.
3. Choose *Aetna Choice® POS II (Open Access)* under *Select a Plan*.
OR
4. Click on one of the options listed under *Provider Types, Conditions or Procedures*. You will be prompted to key in the desired geographical area and select your plan (as shown in step three).

If you have questions, we can help. Simply call Meritain Health at the number on the back of your ID Card.

Narrow your search results by using the filters under *Narrow your Results*. Choices include Hospital Affiliations, Group Affiliations, Languages, Gender and Specialty.

For more search tips, you can click on *Search Tips and FAQs* on the home screen.

If you have questions while searching for a doctor or hospital, simply click on the *Contact DocFind* link. It's at the top of any DocFind page. You'll be able to send a quick comment or question.

Find providers by phone

Need a provider when you're not near a computer? No problem. Simply call the Aetna Provider Line at **1.800.343.3140** from 8:00 a.m.–9:00 p.m. EST, Monday through Friday.

When it's an emergency

If you can't see a network provider in an emergency, don't worry! Your plan will cover out-of-network emergency charges at the in-network level. For more information, refer to your summary plan description.

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

Providers are independent contractors and are not agents of Aetna or Meritain Health. Provider participation may change without notice. Neither Aetna nor Meritain Health provides care or guarantees access to health services. Information is believed to be accurate as of the production date; however, it is subject to change.



ASBAIT Nurse Health Coaching

Get help managing your health

If you have a health condition, you are far from alone. Did you know almost **50 percent** of people in the U.S. have a chronic health condition of one type or another? By making changes in the way you live, you can take control of your health. And the ASBAIT Nurse Health Coaching program can help.

Nurse Health Coaching can help you manage:

- Asthma.
- Chronic Kidney Disease (CKD).
- Chronic Obstructive Pulmonary Disease.
- Chronic pain.
- Coronary Artery Disease (CAD).
- Congestive Heart Failure (CHF).
- Diabetes.
- High blood pressure (Hypertension).
- High cholesterol (Hyperlipidemia).

It's easy to join

If you feel this program could help you and want more information, simply call **1.855.527.2248**.

New for July 2018: earn money for joining!

If you join the Nurse Health Coaching program for help managing your health, you will receive a \$100 incentive! You can find more details in your employee benefits booklet.

Take steps to live—and feel—better

As part of the ASBAIT Nurse Health Coaching program, you'll work with a registered nurse. The goal of this program is to help you control your chronic condition, rather than allowing the condition to control you. At the same time, the program will help you set achievable steps and goals to assist you with living a healthy lifestyle.

Your nurse coach will help you:

- Set key health goals, such as lowering your cholesterol or blood sugar, or reaching a healthier blood pressure.
- Notice warning signs and know what to do if they happen.
- Follow your doctor's plan of care for you.
- Learn more about your health with helpful materials.
- Find places near where you live that can give you extra support, if you need it.

Get more out of life

When you feel better, you'll be able to do more of the things you love. And ASBAIT Nurse Health Coaching can help. Please note, we may invite you to this voluntary program by phone or mail and identify ourselves as American Health Holdings/Meritain Health Medical Management. If you feel you could benefit from a nurse coach, just call **1.855.527.2248** to join. Your future self will thank you.