

See what's covered

Get to know your benefits and rewards



[AetnaBetterHealth.com/Oklahoma](https://www.aetna.com/BetterHealth.com/Oklahoma)

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Aetna Better Health[®]
of Oklahoma



Giving you more for your best health

As an Aetna Better Health® of Oklahoma member, you get so many included benefits as part of your plan.

It's all covered



Office visits



Urgently needed care



Emergency care



Ambulance services (for emergencies)



Inpatient hospital care



Home health care



Outpatient services/surgery



Mental health and substance abuse services



X-rays/lab services



Flu/pneumonia vaccines



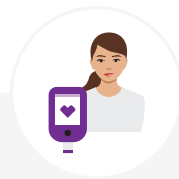
Wellness exam



24-hour nurse line

Healthy Rewards incentive program

You can earn gift cards and other rewards when you complete wellness activities.



DIABETES CARE PROGRAM



**Kidney
screening**

Receive \$15

for completing
a kidney screening.



**Diabetic retinal
eye exam**

Receive \$15

for completing
a diabetic retinal
eye exam.



**A1C
testing**

Receive \$15

for completing
a A1C test.

More benefits for our members

We also offer extra benefits to help with your health and wellness — see the list below. No prior authorization is required.

Value-Added Benefits

Enhanced transportation

If you can't make other arrangements, we can help arrange transportation to job interviews, job training, food banks, grocery stores, WIC offices and other community and social services.

Over-the-counter (OTC) catalog

Your household can order \$25 per month of certain OTC drugs and supplies from our Aetna Better Health® of Oklahoma catalog. Monthly supplies can be ordered online or by phone and mailed to your home.

CampusEd

If you're age 16 and up, you can get your General Education Diploma (GED) and learn new job skills. You can access GED prep courses, assistance in scheduling exam and a voucher to pay for the exam. If you're interested in expanding your job skills, you can access resources.

Loneliness help

Through Pyx Health, you can download an application that helps you fight loneliness. You can connect with compassionate people for a friendly chat or help with resources.

Adult vision

You can receive \$150 every two years to cover glasses/contacts and \$75 toward an annual exam.

Mental health coaching

If you're age 13 and up, you have access to mental health coaching to help strengthen your emotional health, with access to tools and support for:

- Depression
- Substance abuse
- Tobacco cessation
- Early pregnancy

Traditional healing

If you're American Indian, you can receive up to \$400 a year for traditional healing practices if you select these healing methods.

Value-Added Benefits *(continued)*

MATERNAL HEALTH

Notification of pregnancy

If you complete a Notice of Pregnancy form in your first trimester, you'll receive a \$25 gift card.

Initial prenatal visit

When you complete your initial prenatal visit, you'll receive a \$25 gift card.

Subsequent prenatal visits

You can earn additional \$10 gift cards when you see your provider for subsequent prenatal visits.

CHILDREN

Ted E Bear MD® Kids Club

The Ted E Bear MD Kids Club provides rewards for children up to age 13 years old when they complete activities and meet goals.

Well-child visits

Children 3-20 years old receive a \$25 gift card when completing well-child exam.

After school engagement

Children ages 5-18 can get up to \$50 per year for activities at YMCAs, Boys and Girls Clubs, Boy Scouts or Girl Scouts, and other sports and after school programs.

Healthy living for children

Children 8-16 years old who are diagnosed with obesity receive \$50 toward home exercise, sports supplies or after school programs. You can also receive two family nutritional counseling sessions. When family members attend the two nutritional counseling sessions, you can earn \$20 incentive for each session and will qualify for an annual allowance of \$100 for youth sports and fitness fees.

CHRONIC CONDITIONS

Healthy food gift card

If you have diabetes you may be eligible to receive \$50 a month to use toward healthy food.

Asthma home care

If you have an asthma diagnosis, you can receive hypoallergenic bedding, deep carpet cleaning and pest control services each year. Adult members receive up to \$150 to use toward these services in addition to the bedding.

QUESTIONS? Just call Member Services at [1-844-365-4385](tel:1-844-365-4385) (TTY: 711).



Need more info?

Just refer to your Member Handbook on our website at [AetnaBetterHealth.com/Oklahoma](https://www.aetna.com/betterhealth/oklahoma).

Want a paper copy of the member handbook or provider directory? Simply call us at **1-844-365-4385 (TTY: 711)** and we'll mail it to you, free of charge.

And you can request any member material in a language other than English, or in other formats such as audio, large print or Braille. This is available at no cost to you.

The covered benefit information in this brochure is a brief summary. It's not meant to be a complete description of all of the benefits available. Limitations and restrictions may apply.



For more information, contact Member Services at
1-844-365-4385 (TTY: 711) | [AetnaBetterHealth.com/Oklahoma](https://www.aetna.com/betterhealth/oklahoma)



Aetna Better Health® of Oklahoma

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Aetna:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card or **1-800-385-4104**.

If you believe that Aetna has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with our Civil Rights Coordinator at:

Address: Attn: Civil Rights Coordinator
PO Box 818001
Cleveland, OH 44181-8001

Telephone: **1-888-234-7358 (TTY 711)**

Email: **MedicaidCRCoordinator@aetna.com**

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, **1-800-368-1019**, **1-800-537-7697 (TDD)**.

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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