



This passport belongs to:



Aetna Better Health[®]
of Louisiana

AetnaBetterHealth.com/Louisiana

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How to use this Passport to Your Health

This notebook is for recording information about your health. It includes some helpful tips about your Aetna Better Health of Louisiana plan, benefits and other resources. Take this notebook to your doctor visits to save time and make sure you get the care you need.

Manage your benefits right from your phone

With the [Aetna HealthSM app](#), you can access easy-to-navigate information, connect to care, manage claims, and more so that you can make the most of your benefits and take control of your health.

Learn more about the app at <https://www.aetna.com/individuals-families/using-your-aetna-benefits/aetna-mobile.html>

With the Aetna Health app, you can:

- Access your ID card whenever you need it
- View your benefits and coverage details specific to your plan
- Track spending and progress toward meeting your deductible
- View and pay claims for your whole family
- Find in-network providers near you and search by location or specialty
- Compare cost estimates for doctor visits and procedures
- Get personalized reminders to help improve your health

My emergency contacts

Name	Phone Number / Email	Address	Relationship

Getting to know me

Things that I am good at (hobbies, sports, etc.):

My healthcare providers

Keeping an up-to-date list of doctors and other health care providers makes it easy to make appointments or follow up on tests and medicines. Need a new doctor or help finding an urgent care facility? Find them at [AetnaBetterHealth.com/Louisiana/find-provider](https://www.aetna.com/betterhealth/louisiana/find-provider). Have questions? Call [1-855-242-0802](tel:1-855-242-0802) (TTY: 711) for help.

Type of Provider	Provider / Practice Name	Phone Number / Email	Address
My primary care provider (PCP) or pediatrician (the one who sees me when I'm well and when I'm sick)			
My regular nurse at the PCP or pediatrician (could be a nurse practitioner or doctor's assistant)			
My counselor			
My specialist			
My dentist			

Some questions to ask the doctor

- What is my main problem? What are my symptoms, when did they start, and what have I done to help them so far?
- What do I need to do?
- Why is it important to me?
- What is the test for?
- When will I get the results?
- How do you spell the name of that drug?
- Are there any side effects?
- Will this medicine interact with medicines that I'm already taking?
- Why do I need this treatment?
- Are there any alternatives?
- What are the possible complications?
- Which hospital is best for my needs?
- How many times have you done this procedure?
- Write other questions here:

Some things to think about before going to the doctor

- Bring a list of medications, vitamins and herbal supplements you are taking (your complete medicine log).
- Bring any medical records from previous treatments for the same or similar problem, including copies of recent tests if done by a different doctor.
- Ask a friend or family member to go with you to help take notes and remember what the doctor says.
- Bring a copy of your advance directives.
- Plan to talk to your doctor to find out if you are up to date on recommended vaccines.ou can find the latest schedules for adult and child vaccines on the CDC website:
 - <https://www.cdc.gov/vaccines/hcp/imz-schedules/downloads/adult/adult-combined-schedule.pdf>
 - https://www.cdc.gov/vaccines/hcp/imz-schedules/downloads/child/0-18yrs-child-combined-schedule.pdf?CDC_AAref_Val=https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf
- Write down three questions that you most want answered:

Past medical history

Condition / Diagnosis & Date	Treatment Plan	Doctor Managing Condition

My record of health care visits, tests and assessments

Taking care of yourself is the best way to prevent illness. Check out these articles that have tips and tools for staying healthy:

- [AetnaBetterHealth.com/health-wellness.html#tab_content_section_responsivegrid_responsivegrid_tabs_copy_link_tabs_copy_2](https://www.aetna.com/health-wellness.html#tab_content_section_responsivegrid_responsivegrid_tabs_copy_link_tabs_copy_2)
- [AetnaBetterHealth.com/health-wellness/healthy-living.html](https://www.aetna.com/health-wellness/healthy-living.html).

Most members aged 6 months and older can get a flu shot every year. Each season, experts study which flu viruses are likely to spread. The seasonal flu shot is made to help protect against those viruses. Talk with your doctor to see if the flu shot is right for you.

Date of Visit	Name of Provider	Reason for Visit	Notes from Visit	Treatment Plan

2026 value-added benefits

We also offer extra benefits to help with your health and wellness. To receive these extra benefits, members need to show their Aetna Better Health of Louisiana ID card. See the table below to find out about some of the plan's highlighted extra benefits.

(<https://www.AetnaBetterHealth.com/Louisiana/member-materials-forms.html>).

Benefit name	Who is eligible	Benefit
Adult dental	Members ages 21+	Up to \$600 a year toward dental care, including preventive care
Adult vision	Members ages 21+	Routine annual eye exam and up to \$125 toward eyewear (frames, lenses, contacts)
Aetna Better Care™ Program	Members ages 3-21	\$25 Child and adolescent well care visit
	Members ages 22+	\$25 for completing an adult wellness visit
	Members ages 21+	\$40 a year for a high blood pressure medication refill
	Members ages 6+	Members ages 6+ with a principal diagnosis of mental illness or intentional self-harm may receive \$25 for follow-up with a provider within 30 days of discharge from a facility (ED or hospital) for a mental health diagnosis.
	Members ages 2+	\$25 for receiving annual flu shot
	Members ages 40-74	\$25 for completing breast cancer screening
	Members ages 21-64	\$25 for completing a cervical cancer screening
	Members ages 45+	\$25 for completing a colon cancer screening
	Members ages 18-75	\$25 for completing a diabetic retinal eye exam
	Members ages 21+ with diabetes	\$25 for receiving a blood sugar test with HbA1c result less than 8%
	All Members	\$25 for completing a health needs assessment within 90 days of enrollment.
Alternatives to opioids	Members ages 16+ with a chronic pain diagnosis	Alternative pain management options for adults with chronic pain diagnosis. Covers \$250/year for members ages 16+ with a chronic pain diagnosis toward the following services: Acupuncture, Yoga, Dry Needling and Massage Therapy.
Mobile app Incentive	All Members	\$5 for downloading the Aetna Better Health of Louisiana mobile app.
Asthma home benefit	Members with an Asthma diagnosis	Asthma kit for members in case management with asthma diagnosis. Kit includes peak flow meter, hypo-allergenic pillow, allergy-free mattress cover, and allergy-free pillow cover to reduce in-home asthma triggers (1 per year).

Adolescent Immunization	Members ages 0-13	\$50 for completing adolescent immunizations. 1 per 12 months; Immunizations must be completed before the child's 13th birthday.
Blood pressure monitor	All members	One digital blood pressure monitor
Calming Comfort Collection	Members who have experienced trauma or have anxiety	\$50 worth of calming supplies per year- examples: a sound machine, weighted blankets, or an item of your choice within the calming collection.
Enhanced Transportation	Members ages 18+	Transportation to social, employment, community supports, and applicable value-added services*
Home Delivered Meals	SSI population	Two meals a day for up to 14 days for a total of 28 meals per year, post discharge for post-acute care
Job & life skills courses	Members ages 16+	Online jobs & life skills training platform*
HiSET (High School Equivalency Test) certification	Members ages 16+	HiSET preparation training and a voucher to pay for their HiSET exam fee
My Maternity Companions™	Pregnant members, new moms, and newborns	Access to screenings, assessments, nutritional education, birth education and referrals to parental support programs.
My Maternity Matters™	Pregnant members	\$25 for Notice of Pregnancy & completing the first prenatal visit
	Pregnant members	\$100 rewarded for completion of all prenatal visit, total of 10 visits.
	New moms	\$50 after completion of one postpartum visit within 7 to 84 days after giving birth.
	Enrolled newborns	\$50 Baby Bucks one per pregnancy
Newborn Circumcision	Newborn males	Aetna will cover the cost of a circumcision
Over the Counter (OTC)	All members	\$25 quarterly per household for OTC vitamins and health products
Pyx Health	Members ages 18+	Access to a mobile platform focused on helping members who are experiencing loneliness and social isolation
Sickle Cell Benefit	Members diagnosed with Sickle Cell Anemia	Members with a sickle cell diagnosis may receive \$10 for filling a prescription for a sickle cell-related medication. Limit is two per year.
STI Screening	Members ages 16+	Members may receive \$25 for completing all STI screenings (syphilis, chlamydia, gonorrhea, and HIV).
Tobacco Cessation Program	Members ages 18+ who smoke, vape, or use e-cigarettes	Tobacco cessation program (Includes vaping and e-cigarettes) with tools, coaching and community support to quit*
Respite Care	Members ages 18+	Members may receive up to 30 days of respite care with healthcare and social services, for members experiencing homelessness post-discharge from an ED or hospital, ages 18+, if qualified.

Childhood Immunization	Members who turn 2 years of age during the calendar year	\$120 reward for completing the full series of childhood immunizations on or before their 2nd birthday. Members who turn 2 years of age during the calendar year. 1 per lifetime.
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