



# Get more out of your health benefits – 2025





## We've got your back

Case management is available to help members manage their health. Case managers are nurses or licensed clinical social workers. They can help:

- Provide education about your health care
- Identify health care needs
- Locate a provider for you or your child
- Work with your primary care provider to help answer medical questions
- Work with your doctors on specialist referrals
- Promote communication between your care provider, family and medical specialists
- Help with home health requests
- Make sure all your health care needs are being met

Children who need more medical or behavioral health needs than other children their age can get special help if they are in a case management program.

## Gift Card Program

Members can earn gift cards when they complete wellness activities such as well-child/Texas Health Steps exams and our PROMISE program for healthy pregnancies.

Well-Child/ Texas Health Step Eligible Members	Reward	Wellness Activity
Age birth to 6 months	\$50	Member completes a Texas Health Steps/well-child checkup at 2 weeks, and 2, 4 and 6 months (all 4 visits)
Age 9 months	\$25	Member completes a Texas Health Steps/well-child checkup
Age 12 months	\$25	Member completes a Texas Health Steps/well-child checkup
Age 15 months	\$25	Member completes a Texas Health Steps/well-child checkup
Age 18 & 30 months	\$25	Member completes a Texas Health Steps/well-child checkup (a total of 2 gift cards for completing both checkups)
Age 3-20 years	\$25	Member completes a Texas Health Steps/well-child checkup (gift card for completing each annual checkup)

**PROMISE  
Program for  
Pregnant  
Members**

**Reward**

**Wellness Activity**

Enroll in case management

\$25 plus pregnancy book

If **new members** who are pregnant enroll in case management within 30 days of enrollment

Enroll in case management

\$25 plus pregnancy book

If current members who are pregnant enroll in case management within 30 days

3 prenatal visits

\$50 worth of diapers/ baby wipes or similar items

Pregnant member completes 3 prenatal visits

3 additional prenatal visits and one postpartum visit

\$50 worth of diapers/ baby wipes or similar items

Pregnant member completes 3 more prenatal visits (6 in total) and one postpartum visit after the baby is born

Members 20 years old or younger who become pregnant receive a \$200 gift card for enrolling in Aetna pregnancy case management and notifying HHSC of their pregnancy within 30 days of pregnancy diagnosis to prevent gaps in care during and after pregnancy, gain access to member education and services, and ensure that newborns are enrolled in Medicaid for at least one year after birth.

**Covered benefits/plan benefits**



Office visits



Urgently needed care



Emergency care



Ambulance services (for emergencies)



Inpatient hospital care



Outpatient services/surgery



Mental health and substance use services



X-rays/lab services



Flu/pneumonia vaccines














Wellness exam



Transportation

**Value-added benefits – at no cost to you**

	Extra help getting a ride	Bus passes to visit WIC offices and plan-sponsored events, meetings and classes.
	Disease management	Two \$25 gift cards for diabetic members 18-65 years old for completing a diabetic-eye exam and a A1c or kidney screening.
	Extra vision services	Members receive financial assistance in obtaining vision services and products.
	OTC Health Solutions	Members receive a \$25 quarterly allowance for healthcare and grocery products for home delivery or in-store shopping.
	Sports & school physicals	Sports physicals for members 2-19 years old.

	Help for members with asthma	Members enrolled in the asthma disease management program receive up to \$100 per year in asthma support items and services.
	Extra help for pregnant women	Pregnant members enrolled in case management receive a pregnancy handbook, and can earn gift cards (\$25-\$200 value) and diapers/wipes for completing their prenatal/postpartum visits.
	Health & wellness services	Weight loss program including counseling with a nutritionist/dietician for non-pregnant members ages 3-30 who have a body mass index (BMI) greater than 85th percentile.
	Healthy play & exercise	Aetna Activate Kids Health Club members earn two \$50 retail gift cards annually upon enrollment in plan-specified extracurricular programs and swimming programs.
	Pest control	Members have access to pest control services as part of the asthma disease management program.
	Respite services	Ten additional hours of respite care per month for eligible members on MDCP and coordinated care waivers who have exhausted their respite benefits. Twelve hours of respite care per year for eligible Level 1 non-MDCP members.



## Value-added benefits – at no cost to you (continued)



### Gift programs

Gift cards for completing Texas Health Steps visits/well-child checkups (\$25-\$200 value) at various ages. Upon completion, members call Member Services to redeem.

\$25 gift card for initial member screening/assessment completion upon enrollment, SAI re-assessment and member web portal sign on 30 calendar days after completion of SAI.

\$125 gift card toward housing deposit fees for house, apartment or hotel for members who complete the health risk questionnaire (HRQ) per plan specifications.



### Behavioral health services

\$25 gift card for members who complete a follow-up visit with their behavioral health provider within 7 days of leaving a behavioral health inpatient hospitalization.



### Online mental health resources

Members can access information about mental and emotional well-being, substance use disorders and mental health disorders at [AetnaBetterHealth.com/Texas/members/behavior](https://AetnaBetterHealth.com/Texas/members/behavior).



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. If you have any questions about how to make the most of your benefits and services, give us a call or visit [AetnaBetterHealth.com/Texas](https://AetnaBetterHealth.com/Texas). We are here to help.

**Member Services is available 8 AM-5 PM Monday-Friday, 7 days a week.**

**1-800-248-7767 (Bexar)**

**1-800-306-8612 (Tarrant)**

**TTY 1-800-735-2939**

For more details about your benefits, refer to your Member Handbook. You may view the handbook on our website at [AetnaBetterHealth.com/Texas](https://AetnaBetterHealth.com/Texas).

**We want you to get the most out of your benefits**

## **Nondiscrimination notice**

Aetna complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Aetna does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### **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 [www.hhs.gov/ocr/office/file/index.html](http://www.hhs.gov/ocr/office/file/index.html)

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.

### **Multi-language interpreter services**

**English:** Attention: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104** (TTY: 711).

**Spanish:** Atención: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104** (TTY: 711).

**Vietnamese:** Chú Ý: nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số có ở mặt sau thẻ id của bạn hoặc **1-800-385-4104** (TTY: 711).

**Chinese:** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104** (TTY: 711)。

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 ID 카드 뒷면에 있는 번호로나 **1-800-385-4104** (TTY: 711) 번으로 연락해 주십시오.

**Arabic:** دعاسملا تامدخ نإف، ةيبرعل ةغلل ائدحتت تنك اذإ: ةظوحم 1-800-385-4104 مقرلا ىلع لصتا. ناجملاب كل رفاوتت ةيوعلل (711: مكبل مصرلا).

**Urdu:** - تو زبان سے متعلق مدد کی خدمات آپ کے لئے مفت دستیاب ہیں، موجود پیچھے اپنے شناختی کارڈ کے توجہ دیں: اگر آپ اردو زبان بولتے ہیں، نمبر پر یا **1-800-385-4104** (TTY: 711) پر رابطہ کریں۔

**Tagalog:** Paunawa: Kung nagsasalita ka ng wikang Tagalog, mayroon kang magagamit na mga libreng serbisyo para sa tulong sa wika. Tumawag sa numero na nasa likod ng iyong ID card o sa **1-800-385-4104** (TTY: 711).

**French:** Attention: si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro indiqué au verso de votre carte d'identité ou le **1-800-385-4104 (ATS: 711)**.

**Hindi:** ध्यान दें: यदि आप हिंदी भाषा बोलते हैं तो आपके लिए भाषा सहायता सेवाएं नि:शुल्क उपलब्ध हैं। अपने आईडी कार्ड के पृष्ठ भाग में दिए गए नम्बर अथवा **1-800-385-4104 (TTY: 711)** पर कॉल करें।

**Persian:** توجه: اگر شما فارسی صحبت می کنید، خدمات ترجمه رایگان به شما پیشنهاد می شود. شماره ای که در پشت کارت شناسایی شما درج شده است یا **1-800-385-4104 (TTY: 711)** را تماس بگیرید.

**Gujarati:** ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. તમારા આઈડી કાર્ડની પાછળ આપેલા નંબર પર અથવા **1-800-385-4104** પર કોલ કરો. (TTY: 711).

**German:** Achtung: Wenn Sie deutschen sprechen, können Sie unseren kostenlosen Sprachservice nutzen. Rufen Sie die Nummer auf der Rückseite Ihrer ID-Karte oder **1-800-385-4104 (TTY: 711)** an.

**Russian:** Внимание: если вы говорите на русском языке, вам могут предоставить бесплатные услуги перевода. Позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки, или по номеру **1-800-385-4104 (TTY: 711)**.

**Japanese:** 注意事項:日本語をお話になる方は、無料で言語サポートのサービスをご利用いただけます。IDカード裏面の電話番号、または **1-800-385-4104 (TTY: 711)** までご連絡ください。

**Laotian:** ເຊີນຊາບ ຖ້າວ່າທ່ານເວົ້າພາສາລາວ ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ໂດຍບໍ່ເສຍຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ ໂທຫາເບີໂທທີ່ຢູ່ດ້ານຫຼັງບັດປະຈຳຕົວຂອງທ່ານ ຫຼື **1-800-385-4104 (TTY: 711)**.



Aetna Better Health® of Texas