Value-added benefits and wellness rewards

for Aetna Better Health® of Virginia members

aetna®

Aetna Better Health® of Virginia

2301650-VA-EN (rev 4/25)

As an Aetna Better Health® of Virginia member, you have extra benefits that can help improve your health.

By being a member of Aetna Better Health, you have access to a wide range of added benefits that can help you better meet your health goals, all at no cost. Call **1-800-279-1878** (**TTY**: **711**) to speak to a Care Manager to learn more about what benefits you may be able to take advantage of.

Extra help with rides: Members can enjoy free rides to local resources or services — up to 15 round trips or 30 one-way trips each year.

Calming Comfort Collection: Eligible members with anxiety or depression or elderly members in nursing facilities can receive a curated box with therapeutic resources.

Cell phone: Get free unlimited talk and text and 5 GB of data for members 18 and older

Electronic companion pets: Eligible members with memory care issues or an intellectual disability can receive one electronic companion pet for comfort and emotional support.

ESL classes: Members age 18 and older can receive $250 toward English as a Second Language (ESL) classes.

General educational development (GED) & career services support: Eligible members can access CampusEd, an online resource that can help members earn their GED and start a new career. We'll also pay for your GED test (up to $120).

Hearing care: One hearing exam, $1,500 toward hearing aids, plus 60 batteries each year, plus unlimited visits for hearing aid fittings.

Home meal delivery: Home-delivered meals after hospital discharge for seven days.

Legal services and support: Members age 18 and older who are tenants can receive $300 for legal services and education for housing support.

Medication lockbox: Eligible members age 18 or older, who are prescribed opioids, and have children in the home, can receive a lockbox to secure their medications.

MyActiveHealth Management: This app sends texts about how to stay healthy and helps tracks your health. The app features diabetes management, appointment and medication reminders and exercise/weight goal setting and tracking.

Over-the-Counter Health Solutions® period stipend: $20 monthly for members with periods to spend on period products through CVS Pharmacy®.

Post-graduate support: Members age 18 years and older who have a high school diploma or GED can receive $500 to go toward needed supplies to support next steps in life such ahigher education, military or trade school.

Tattoo removal: Members age 16 and older can receive $150 to use for the removal of human trafficking or gang-related tattoos.

Adult vision: One eye exam and $125 for glasses or contacts per year.

Weight management: Personalized weight management with a registered dietitian, which includes a 12-week certified nutritionist program and six counseling visits.

Wellness rewards: Members can get gift cards for taking care of their health, like getting shots and going to annual check ups.

Benefits for new moms: Eligible members who are pregnant through one year postpartum can get $25 monthly to spend on over-the-counter items for themselves and their baby through CVS Pharmacy. New moms can also attend baby showers and earn prizes. Plus, new moms can get a free breast pump and 300 free size 1 baby diapers delivered to their home after their baby is born.

Breastfeeding support through Pacify: Members have 24/7 access to a national network of International Board-Certified Lactation Consultants® and doulas via live video consultation.

Go Get Active: Eligible members age 5 to 18 who receive a well-child visit can receive up to $200 to engage in healthy programs and activities (e.g., after-school programs, sports programs, and zoo or state park admissions).

Ted E. Bear, M.D.® Wellness Club: Earn rewards for getting important childhood care, such as wellness exams, shots and more. Age-appropriate prizes are available after enrolling (children ages 0-17).

Youth sports physicals: Annual sports participation physical for members 7 to 18 years old.

Youth swimming lessons: Water safety and swimming lessons for members 6 years and younger.

Healthy food card: Eligible members can get $50 added to a special debit card every month to buy healthy groceries at nearby stores or online.

Asthma program: Members with asthma can get one set of hypoallergenic bedding and up to $400, depending on area of service, to use towards one deep carpet cleaning annually.

Therapeutic shoes or shoe inserts: Eligible members with diabetes with a prescription from a podiatrist or orthopedic doctor can get one pair of therapeutic shoes or shoe inserts per year (up to $200 annually).

Native Medicine Reimbursement: Some members, including those who are part of the federally recognized Tribal Nation in the Commonwealth, wish to participate in native healing practices, as well as traditional practices. Members can receive reimbursement up to $200 annually.

Some benefits have certain restrictions. Call **1-800-279-1878** (**TTY**: **711**) to learn more and to see what benefits you're eligible for.

Added benefits can change. Always check the website for the most up-to-date information. Visit **AetnaBetterHealth.com/Virginia**.

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**).

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.

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**)。

Arabic: ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل على الرقم **1-800-385-4104** (الصم البكم: **711**).

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**).

Persian: توجه: اگر به زبان فارسی صحبت می کنید، سرویس های دستیاری زبان به صورت رایگان در دسترس شما هستند. با شماره **1-800-385-4104** (TTY: **711**) تماس بگیرید.

Amharic: ማሳሰቢያ፡- አማርኛ የሚናገሩ ከሆነ ያለ ምንም ክፍያ የቋንቋ ድጋፍ አገልግሎቶችን ማግኘት ይችላሉ። በእርስዎ አይዲ ካርድ ጀርባ ወዳለው ስልክ ቁጥር ወይም በስልክ ቁጥር 1-800-385-4104 (TTY: **711**) **ይደውሉ።**

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

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**).

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**).

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.

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

Bengali: লক্ষ্য করুনঃ যদি আপনি বাংলায় কথা বলেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। আপনার পরিচয়পত্রের উল্টোদিকে থাকা নম্বরে অথবা **1-800-385-4104** (TTY: **711**) নম্বরে ফোন করুন।

Kru: Tû dɛ nâ jlė̀ bò: ɛ yemâ wlu bɛ̀ɛ̀ n̂ a po Klào Win, nɛ́ė́ â-ȁ win kwa cɛtiyɔ+ ne-lȁ, i bɛlė́-ó bi mȁ-ó mû bò kó putu bò. Dȁ nɔbâ nė́ ê nea-ó n̂-ȁ jlė́ jipolê katė́h jɛ nȁ kpó́h, mɔ̀ɔ́ **1-800-385-4104** (TTY: **711**).

Igbo (Ibo): Nrụbama: Ọ bụrụ na ị na asụ Igbo, ọrụ enyemaka asụsụ, n'efu, dịrị gị. Kpọọ nọmba dị n'azụ nke kaadị ID gị ma ọ bụ **1-800-385-4104** (TTY: **711**).

Yoruba: Àkíyèsí: Tí o bá sọ èdè Yorùbá, àwọn olùrànlọ́wọ́ ìpèsè èdè ti wá ní lẹ fún ọ lọ́fẹ̀ẹ́, pe nọ́ńbà tí ó wà lẹ́yìn káàdì ìdánimọ rẹ tàbí **1-800-385-4104** (TTY: **711**).

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