

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna[®]

Enjoy the extras —
at no extra cost



Aetna Dental[®] Programs and Discounts

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Aetna Dental plans come with some really nice features — at no added cost

When you enroll in any of our dental benefits and insurance plans, you get:

- Online tools for keeping smiles healthier — and managing your coverage
- Access to savings on daily dental-care products, vision and hearing care, fitness, weight loss and more



Make the most of your dental plan

Tips for a brighter, healthier smile

Check out our dental articles and interactive tools. You'll find topics ranging from fillings and flossing to wisdom teeth and whitening. Plus, get expert opinions from the Columbia University College of Dental Medicine. And the latest dental news, too. Visit www.simplestepsdental.com.

Dentist extras for healthier outcomes

Columbia faculty helps us put together online dental courses for dentists in the Aetna network. These courses help the dentists keep up with the latest dental care standards. The focus is on healthier outcomes for people just like you.

Discounts for a clean, healthy mouth

Our research with Columbia shows how oral care helps lower medical costs for our members with specific health conditions.¹

That's why we offer discounts on Waterpik® oral health care products. They're available through the secure member website at www.aetna.com.

¹An examination of periodontal treatment and per member, per month medical costs in an insured population. BMC Health Services Research. August 16, 2006; 6: 103. Available at: www.ncbi.nlm.nih.gov/pmc/articles/PMC1574303. Accessed February 17, 2014.

The Aetna Dental DMO benefits and insurance plan is offered, underwritten and/or administered by Aetna Dental Inc., Aetna Health Inc. and/or Aetna Life Insurance Company (Aetna), and in Texas, by Aetna Dental Inc. In Florida, by Aetna Life Insurance Company. Each insurer has sole responsibility for its own products.

Enjoy discounts for healthy living

Aetna members also can get deals on products and services for healthy living. To use these discounts, sign up for your member website at www.aetna.com.

At-home products

Save on blood pressure monitors and more, from Omron Healthcare, Inc.

Books

Save on books, DVDs and more through the American Cancer Society Bookstore and the Mayo Clinic Bookstore. You can also get discounts on yoga DVDs and books from Pranamaya.

Fitness

Look and feel better for less. Save on gym memberships* and name-brand home fitness and nutrition products that support a healthy lifestyle, with services provided by GlobalFit®.

Hearing

Pay less for hearing aids, hearing aid batteries mailed to your home, exams and more. Choose from leading manufacturers. You also get free follow-up service for one year.

Natural products and services

Get a discount off the normal fee for acupuncture, chiropractic, massage therapy and nutrition services through the ChooseHealthy® program.** And get a discount on a variety of health and wellness products on the ChooseHealthy website.

Through Vital Health Network, there are savings on online consultations and alternative remedies provided by naturopathic or integrated medicine doctors for a variety of conditions. No claims forms needed.

Vision

Taking care of your eyes costs you less with Aetna's vision discounts. You can choose from popular designer frames*** and get discounts on vision items that don't need a prescription.

Just visit national chains like Pearle Vision®, LensCrafters®, JCPenney Optical, Target Optical® and participating Sears Optical® locations. Or go to any of the thousands of eye doctors in private practices. To find a vision provider near you, search our online directory at www.aetna.com.

Weight management

Save on some of today's most popular weight-loss programs and meal plans from CalorieKing®, Jenny Craig® and Nutrisystem®. Enjoy one-on-one help, personalized menus, online tools, chat rooms and more.

What to know about the discounts

Discounts are a great way to save money. But they're not insurance. Instead, with a discount, you get access to a vendor that has agreed to give Aetna Dental plan members discounted prices on products and services. You pay the full discounted price directly to the vendor.

Because discounts aren't insurance, you don't have to worry about claims or referrals. And there are no limits on how often you can use them. Discount offers are not guaranteed and may be stopped at any time. Discounts are in addition to any plan benefits. These discounts may change without notice.

*Participation is for new gym members only. If you belong to a gym now or belonged recently, call GlobalFit to see if a discount applies.

**The ChooseHealthy program is made available through American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

***Certain brands impose a no-discount policy.

We're here when you need us

Get extra help online

Find a network dentist

Dentists in the Aetna network offer special rates for covered services. So your share of the cost is usually lower. To check for network dentists, use our online directory. Visit www.aetna.com.

Make the most of your dental plan

When you're an Aetna member, you get tools and resources to help manage your dental health and your benefits. All of your plan information and cost-saving tools are in one place — your secure member website. It lets you:

- See details about your plan
- Review your claims
- Compare costs for dentists and specialists ... and more

Sign up today at www.aetna.com.

Find what you need — on the go



The Aetna Mobile app puts our most popular online features at your fingertips. It's available for iPhone® and Android™ mobile devices.

Visit www.aetna.com/mobile.

Call us for answers

Member Services representatives are standing by to answer your questions. Just call **1-877-238-6200**.

Support from our dental team

When you call, you get help from claims and customer service representatives who specialize in dental matters. They've been with us an average of 12.3 years. And they've exceeded customer service goals every month for more than 144 months.²

... and from our oral surgery specialists

This group answers your questions about oral surgery. Plus, they help with claims that may be covered under your medical plan.

Speak another language?

Customer service reps are ready. They have access to interpreters who can talk to you in over 200 languages.

ID cards not needed

When you visit the dentist's office, just give your personal information. But if you want a card, no problem. Once you're a member, get one by logging in to your member website at www.aetna.com, using our mobile app or calling Member Services.

²Aetna Dental Customer Service Objectives. Reported from January 2003 to present.

Enroll in any Aetna Dental benefits and insurance plan. And enjoy all the extras.

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Virginia: In Virginia, the DMO plan is known as the Dental Network Only plan (DNO). DNO in Virginia is not an HMO. To receive maximum benefits, members must choose a participating primary care dentist to coordinate their care with network providers.

Policy forms issued in Oklahoma include: GR-9/GR-9N, GR-23, GR-29/GR-29N and/or GR-96402- 02 04-09.

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