A convenient way to focus on your health — right in your own neighborhood

Want to start working on your health goals? Can’t seem to find the time? Now you have a fast and easy way to get started. Aetna and MinuteClinic, the walk-in medical clinic inside select CVS/pharmacy locations, have come together to bring wellness coaching to you — right in your own neighborhood.

Trying to quit smoking? Concerned with your weight? Interested in understanding your health screening numbers? It’s easy to get the answers.

Follow these steps:
1. Visit your neighborhood MinuteClinic
2. Bring this flyer with you when you meet with a MinuteClinic nurse practitioner
3. Show your Aetna Medical ID card
4. Choose one of these health goals you’d like to focus on:
   • Quitting smoking/tobacco use
   • Weight management
   • Understanding the results of your health screening

Your Aetna medical plan’s preventive benefit covers the wellness coaching sessions. If you have questions about your coverage, please call the toll-free number on your member ID card.

MinuteClinic nurse practitioners will work one-to-one with you to help you reach your goals. It’s personal and confidential. The details about you and your wellness coaching sessions will stay private. If you like, MinuteClinic will send your doctor a copy of your visit records to keep everyone up-to-date.

Wellness coaching close to home — on your schedule

Visit your neighborhood MinuteClinic when you can. It’s open seven days a week, including evenings and weekends. You don’t need an appointment. Just walk in. Meet with a MinuteClinic nurse practitioner on your schedule. Go online to find a location near you. Visit www.MinuteClinic.com to find a location near you. Or, call the MinuteClinic call center at 1-866-389-ASAP (2727) for clinic locations and current wait times.

We understand. Your time is valuable. So is your health. We make it easy for you to meet with a MinuteClinic nurse practitioner and take another step along your path to wellness. It’s right in your own neighborhood.

Health benefits and health insurance plans are offered, administered and/or underwritten by Aetna Health Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products. Aetna is not responsible for any component of the wellness coaching session. These coaching sessions are provided by a third party. This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna and MinuteClinic do not guarantee any particular results from the wellness coaching program. Health benefits and health insurance plans contain exclusions and limitations. Not all services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and group size and are subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

©2013 Aetna Inc.
45.03.344.1 (1/13)