



All together

Aetna Texas Medical Neighborhoods™ plan
Your pathway to health goals through primary care

Manage your benefits, connect to care, handle claims — from anywhere

The Aetna HealthSM app and your Aetna[®] member website are personalized, seamless and easy to use. Once you're a member, here's how you can connect:



Get the Aetna Health app by texting “GETAPP” to **90156** for a link to download the app and create an account. Message and data rates may apply.*



Go to **Aetna.com** to create an account and log in to your member website.

More ways to connect



Use our provider search tool

You can find doctors by name, specialty and location. You'll also find maps, directions and more. You can even look for doctors who speak your language. Visit **Aetna.com** to try it out.



You have our number — just call us

You can speak to Member Services anytime during regular business hours. Our representatives are here to help answer any questions you have about your plan. Just call the toll-free number on your ID card.

*Terms and conditions: [Bit.ly/2nIJFYG](https://bit.ly/2nIJFYG). Privacy policy: Aetna.com/legal-notices/privacy.html. By texting **90156**, you consent to receive a one-time marketing automated text message from Aetna with a link to download the Aetna Health app. Consent is not required to download the app. You can also download it from the App Store[®] or the Google Play[™] store.

For self-funded plans, coverage is offered by your employer and administrative services are provided by Aetna Life Insurance Company (Aetna).

A plan connecting you to a PCP, connecting you to quality specialists

Choose a PCP. Then visit any network doctor. No referral required.

Primary Care Physicians (PCP) do more than give you a checkup. They know your medical history, and they provide answers and guidance when you need them most. It's best to choose a PCP during enrollment, or we can provide one for you. Either way, you can make changes any time. You may also visit specialists without referrals.

This plan also gives you access to tools, tips, programs and services. These tools can help you find network doctors, estimate costs and more.

Looking for your exact benefit amounts? Let's walk through this plan and see what's covered.

All employer health plans are different. This booklet gives a general idea of how the Aetna Texas Medical Neighborhoods plan works.

For details like member cost share and what's covered, check your Summary of Benefits and Coverage document. It should be in your enrollment kit. If you don't have it, ask your employer.

Your options	Pick your doctor	How it works
PCP option	Choose any PCP from our network. If you can't make a choice during enrollment, we will provide a PCP for you. You can change your PCP anytime. Just call the number on your ID card. Or do it online through your member website.	Your PCP will: <ul style="list-style-type: none">• Give you checkups or treat you when you're sick or hurt• For select services, your PCP will receive an approval from us• File claims for you With this option, you may pay less. Your medical expenses may be lower when you visit your PCP for care. Check your Summary of Benefits and Coverage document to learn more.
Any network provider	Visit any network doctor or specialist without a referral. Network doctors contract with us to offer rates that are often lower than their regular fees. A specialist is a doctor who focuses only on treating certain conditions or diseases. For example, a dermatologist treats skin conditions. A cardiologist treats heart problems.	The network doctor or specialist will: <ul style="list-style-type: none">• Provide care• For select services, your doctor will receive an approval from us• File claims for you Some of our specialists cost more than others. To find specialists that offer maximum savings, visit Aetna.com or download Aetna Health to your phone. You can learn more about your specialist benefits by reviewing your Summary of Benefits and Coverage document.

You need to see network providers for this plan to cover and help pay for care.** Providers are professionals and facilities that provide health care services. Doctors, hospitals and labs are examples of providers.

In case of emergency, call **911 or your local emergency hotline, or go directly to an emergency care facility.

**We place you and your family first.
Get a plan with freedom of choice.**

Enroll in Aetna Texas Medical Neighborhoods today.

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Visit **[Aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html](https://www.aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html)** to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

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