

# Being *well*-connected across all borders

## Aetna Global Health Connections

### The road to optimal health

Throughout the various stages of life and the continuum of care, employees have obstacles that they need to overcome. From buying food, to finding a doctor, to learning a new culture, it's the sum total of these obstacles that often get in the way of a living a satisfying life. Our goal at **Aetna Global Benefits<sup>®</sup> (AGB)** — remove the roadblocks and pave the way to good health and success.

Flexibility. Innovation. Integration. Concierge-level service. These are values for which we strive. Now, we'd like to introduce latest value-add — **Aetna Global Health Connections** — your new resource for international medical management.

Aetna Global Health Connections includes a suite of health and wellness programs that:

- Tailor clinical support to suit each employee's unique needs and preferences
- Give your employees information and support so they know when to seek care, and where to go
- Help your employees receive medication and medical equipment

- Provide tools, resources and educational materials that help your employees make healthier life choices

With employees more in tune to their health and resources for care, your company could see:

- Lower health care costs
- Less absenteeism
- Greater productivity

### A holistic view of health and wellness

Healthy employees can always learn more ways to stay healthy. Employees who have chronic conditions can learn how to reach their best possible health. Aetna Global Health Connections provides all employees with tools and resources to help them accomplish their assignment and their health goals.

**Aetna Global Health Connections** includes a full suite of programs designed to help make your employees' lives more fulfilling, and yours easier.

# Aetna Global Benefits<sup>®</sup>

[www.aetnaglobalbenefits.com](http://www.aetnaglobalbenefits.com)

## Aetna Global Health Connections Snapshot

- Suite of health and wellness programs
- Dedicated nurse support
- Helpful resources
- Interactive tools
- Ongoing education



# At your service — anytime, anywhere

## Concierge Corner

AGB has partnered with Weight Watchers to bring your employees special savings on valuable and convenient weight loss solutions.

### International Disease Management Program

Our International Disease Management Program can help your employees understand their conditions, locate helpful resources and possibly avoid complications. And this program is all about customization. Each interaction with an employee is tailored to his or her unique health situation. They can expect:

- Help managing their diabetes, asthma or coronary artery disease
- Education on key clinical differences across countries
- Dedicated nurse support through the International Health Advisory Team (IHAT)
- Helpful online tools and resources
- Personalized support based on their specific health risks and needs
- Ongoing education

### Maternity Management Program

We are committed to properly caring for every member of your employees' family from the start. That's why we've developed helpful tools, resources and clinical

solutions that can both ease and enhance the pregnancy, delivery and welcoming processes. Your employees can access:

- High-risk assessment questionnaire for tailored support based on specific health care needs
- Clinical support from our International Health Advisory Team (IHAT) of dedicated nurses
- Information to prepare employees and their families for every stage of pregnancy

### Simple Steps To A Healthier Life®

Our Simple Steps To A Healthier Life online wellness program can help your employees understand their personal health needs and provide an Action Plan to keep them on the path to optimal health. Your employees can expect:

- Tailored Health Reports to help them understand their potential health risks
- A confidential Health Risk Assessment that drives a personalized Action Plan, which covers a range of topics including nutrition, fitness, stress management and more
- Health information, research and decision support tools

### Weight Management Program

We know that well-being is achieved when your employees eat right and maintain a healthy weight. With this in mind, AGB is thrilled to partner with Weight Watchers®, a trusted name in safe and sensible weight loss, to offer your employees dietary and weight management solutions. We offer three plans to help your employees meet their goals:

- Weight Watchers local meeting vouchers\*
- Weight Watchers At Home Kit Deluxe Edition\*\*
- Weight Watchers Online subscription

## We take care of benefits, so you can take care of business

To learn more, contact your AGB representative, broker or consultant or visit us on the Web at [www.aetnaglobalbenefits.com](http://www.aetnaglobalbenefits.com).

\*Available to AGB members based in the U.S.

\*\*Available for purchase in the U.S., but can be utilized anywhere in the world.

†Plans and programs are underwritten or administered by Aetna Life & Casualty (Bermuda) Ltd. or Aetna Life Insurance Company (Aetna).

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 does not provide care or guarantee access to health services. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna Global Benefits plans, please refer to [www.aetnaglobalbenefits.com](http://www.aetnaglobalbenefits.com).