

.....Make Your Benefits Work For You!

Vaccine Record Is Smart Medicine

It's that time of year again, when parents start getting their kids ready to go back to school. Make sure your children and teens are up to date with their shots. Vaccines offer protection against serious illnesses like measles and whooping cough, which are highly contagious.

Keeping a record of all the vaccines your child gets is a smart idea. When you register your child for day care, school, or camp, you will likely need one.

Having a record for your child also:

- Shows which vaccines might be needed
- Protects against an unnecessary shot

Each year in August, the National Immunization Awareness Month (NIAM) takes the opportunity to highlight the value of immunization across the lifespan. For more information, go to the Center for Disease Control & Prevention at: www.cdc.gov/vaccines.

Generic drugs
are safe and help you save
money.



Like to know what you'll spend before your buy? Aetna can help you compare costs of generic vs. brand-name drugs. Or find out the cost to fill at a mail-order pharmacy vs. a local pharmacy. Aetna Price-A-Drug tool make it easy. Take the following steps:

1. Log into your secure website at: www.aetnavigators.com
2. Click "Aetna Pharmacy" from the top of the page.
3. Click "Get Drug Prices."

You can access frequently asked questions and answers on popular topics, like generic drugs by visiting www.fda.gov and select "Drugs," then "Consumers" in the "Resources for You" section.

Know Before You Go!

Find out how much you'll pay out of pocket for doctor visit, by logging into your secure Aetna Navigator website, and using Aetna Member Payment Estimator to compare cost estimates for health care services based on your health plan.



Aetna International (AI)
Members have to have
this App!

DEALING WITH DISASTERS

A Family Game Plan

No one can prevent forces of nature; Life earthquakes, tornadoes, and hurricanes. Planning is the key to reduce the risk of injury and loss. It's a good ideal to get the whole family involved in preparations.

The plan should include important steps such as:

Deciding on one or two places to meet after a disaster.

Discussion evacuation routes.

Assembling an emergency supply kit for each family member.

Here are some websites where you can get helpful tips and news updates:

[Federal Emergency Management Agency](#)

[The Weather Channel](#)

[American Red Cross](#)

The International Provider Directory Tool app includes:

- The direct-settlement provider directory indicating inpatient and outpatient providers.
- Address and contact information for each provider.
- Access to view the providers on a map and calculate distance to the facility using GPS on the user's mobile device.
- Helpful information on what to do before, on the day of, and after an appointment.
- Links to the relevant forms.
- Integration with the mobile device calendar to record any appointments made with provider.

To download, visit the App Store or Google Play/ Android Market from your device and search "Aetna" to download the Aetna International Provider Directory.

Teladoc

Aetna Navigator website now provides access to an online video consult with Teladoc doctors, or call 1-800-Teladoc to request a doctor. All of the doctors in Aetna national network are U.S. board certified family practitioners, PCPs, pediatricians, and internists who use electronic health records to diagnose, treat, and write prescriptions, when necessary. Aetna quality process meets National Committee for Quality Assurance (NCQA) standards. Teladoc doctors are credentialed every three years.