



NAF HBP Benefits Information

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2012 DoD HBP Changes

Rx Home Delivery Information (Con't)

To help keep the NAF HBP affordable, we've made some changes effective January 1, 2012. Below is a summary of changes. Please see plan brochures for details.

- The annual medical deductible increased. The individual deductible increased to \$300 per calendar year for in-network Aetna Open Choice PPO Plan and Traditional Choice Plan; \$900 deductible per calendar year for out-of-network PPO. Family of two, \$600 (2 times individual); Family of three or more, \$900 (3 times individual) for PPO and Traditional Choice.
- The emergency room copay for Aetna Open Choice PPO Plan increased from \$200 to \$350 for both in-network and out-of-network facilities. The copay is waived if you are admitted to the hospital. No change to Aetna Traditional Choice Plan, including Aetna International (80% after deductible).
- The urgent care facility copay for Aetna Open Choice PPO Plan decreased from \$35 to \$20 for in-network facilities; staying the same for out-of-network facilities (60% after deductible). No change to Aetna Traditional Choice Plan, including Aetna International (80% after deductible).
- The hearing aid maximum benefit increased to \$3,000 (after deductible and coinsurance) every 3 years.
- The annual maximum dental benefit will increase from \$2,000 to \$2,500. This change does not apply to the Stand Alone Dental Plan.
- Plan pays 100% for seven FDA approved smoking cessation prescription drugs. Apply no prescription drug copay. Allow up to 2 quit attempts each plan year.
- Same Sex Domestic Partners and their eligible children may be enrolled in the plan.
- Adult children up to age 26 are allowed to stay on their parent's plan until they turn 26 years old even if coverage is available through their own employer.

arthritis, high blood pressure, diabetes, or high cholesterol. To get started with the mail service, visit Aetna Navigator at www.aetna.com or contact Aetna Rx Home Delivery Customer Care toll-free at 1-866-612-3862.

LIPITOR

A generic version of LIPITOR is now available! If you recently filled a prescription for LIPITOR through Aetna RX Home Delivery, the generic equivalent drug called atorvastatin was recently approved by the Food and Drug Administration (FDA) as safe and effective. This generic medicine contains the same active ingredients in the same amounts as the brand-name product. The difference is that generics may be a different color, shape or size. If you have a refill or new prescription for LIPITOR, it will be filled with the generic equivalent, if available. You will get the generic unless you or your doctor indicated otherwise. You will be charged the appropriate out-of-pocket cost based on HBP prescription benefit coverage.

Start The Year Off Right

There are many steps you can take to live a healthier lifestyle. Here are a few tips:

- Make an appointment for your routine physical exam.
- Take an online health assessment.
- Set up your important health screenings.
- Set a healthy weight goal.
- Eat healthy foods regularly.
- Make physical activity a regular part of your life.
- Earn your Health Incentive Credit

Remember, if you take the health assessment and get a routine physical exam, you can lower your deductible or coinsurance by earning the Health Incentive Credit.

Rx Home Delivery Information

Aetna Rx Home Delivery is a convenient, cost-effective way to obtain your medications through the mail. It is part of your prescription drug coverage. You can use it to get a 90-day supply of your maintenance medicine by mail. This type of medicine is used regularly for conditions like

Aetna developed the 2012 Health and Wellness Observation calendar to provide a wealth of relevant general health information promoting wellness throughout the year. Visit: http://cms.cpmosd.mil/Divisions/NAF%20Personnel%20Policy/~media/Documents/Divisions/NAF%20Personnel%20Policy/HBP/2012%20Health%20and%20Wellness%20Calendar_Aetna.ashx