

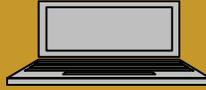
NAF HBP Benefits Information

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DocFind



DocFind is an online directory that helps you find doctors, hospitals, and other health care providers in minutes. DocFind now offers easier searching, more helpful results, and simpler pages. DocFind also remembers your search settings so you don't have to keep re-entering them. You can continue to find the new and improved DocFind at www.aetna.com. Look for providers with a blue star in Aexcel Network (Superior clinical performance and cost effectiveness).

What's New ?



When you need care that requires skilled nursing services and visiting nursing are not enough, the plan covers charges made by a Registered Nurse (RN) or Licensed Practical Nurse (LPN) for private duty nursing. The Plan's coverage of private duty nursing care includes skilled observation following:

- Change in your medication
- Treatment of an emergency
- Urgent medical condition
- Onset of symptoms
- Surgery
- Hospital stay

The Road to Wellness



The first step on the road to wellness is taking better care of yourself this year! You can start by scheduling a checkup to talk about personal health concerns, health screenings or immunizations, and eating better or losing weight. A checkup is important because you can check on a small problem before it becomes a bigger problem. One routine physical exam is covered at 100%, no deductible per calendar year. You should never be too busy to take time for yourself.

Rx Home Delivery Information



Aetna Rx Home Delivery is a convenient, and cost effective way to obtain your medications through the mail. It is part of your prescription drug coverage. You can use mail order to get a 90-days supply of your maintenance medicine by mail. This type of medicine is used regularly for conditions like 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 Deliver customer Care toll-free at 1-866-612-3862.

Earn Your Health Incentive Credit



It's not too late to earn your Health Incentive Credit with your enrollment in DOD NAF HBP with Aetna. As each credit is earned, Aetna will automatically apply it to the next claim's deductible or coinsurance for any covered family member. If you are not able to use the credit during 2013, it will roll over to the next plan years. Why wait? Take action to earn your Health Incentive Credit today! Earn your health incentive credit early, so it can be applied to your next medical plan claim. The total number of members who participated in 2012 Health Incentive Credit was 34,509.

Eye Care Essentials



Many of us may experience eye discomfort and/or fatigue from frequent computer use. Every 15 minutes or so, look up and focus on a distant object for about two minutes. It is necessary to understand the importance of the eyes and the importance of taking good care of the eyes. The most important thing to do is to have your eyes checked regularly because the eyes are essential to the human body. The one routine eye exam per calendar year is considered part of the preventive care services, and is covered 100% (in-network) for NAF HBP members. Visit the Center for Disease Control and Prevention (CDC) website for more information: <http://www.cdc.gov/Features/HealthyVision/>