



Take control of your health

As an Aetna® member, you have many wellness tools and resources available to help you achieve your health goals.

Register for your Aetna member website

This is your personal command center for your health plan. To get started, visit **Aetna.com** and click **Log In/Register**. Then follow the prompts to create your username and password.

Once registered you can view benefits, estimate the cost of services, view claims and pay your providers, find in-network doctors and facilities, and access a variety of wellness information and tools.

Earn a reward for putting your health first

Would you like to improve your overall health while earning rewards?¹ This plan year, you and your enrolled spouse/domestic partner can each earn up to **\$200** in wellness rewards:

1. You can each earn a \$25 gift card just by logging into the Aetna member website and completing your individual Simple Steps to a Healthier Life® health risk assessments.
2. You can each earn an additional \$50 gift certificate once you complete your Simple Steps assessment AND then complete one online health coaching Journey.
3. You can each earn a \$50 gift card by getting your annual preventive exam.
4. You can each earn a \$25 gift card by getting your annual flu shot.
5. And finally, you can each earn a \$50 gift card by getting a biometric screening from Quest Diagnostics.²

Please see the enclosed document **How to obtain wellness incentive rewards** for more details.

Enjoy discounts for healthier living

We know saving money is important to you. That's why we offer discounts on a wide variety of products and services to help you save. You'll find a list of discounts that come with your plan when you log in to your **Aetna.com** member website including:

- At-home products
- Fitness and weight management
- Hearing and vision
- Natural products and services (acupuncture, massage and nutrition)

¹ Only LBUSD employees and their spouses/domestic partners enrolled in an Aetna plan qualify for rewards. Wellness incentive rewards are taxable. The amount of the incentive rewards that employees obtain for themselves, plus their spouses/domestic partners, will be added to the employee's next available monthly pay check with appropriate taxes deducted.

² Biometric screenings measure things like height, weight, blood sugar and cholesterol levels. Together, these numbers can reveal a lot about your health and show your risk factors for certain health conditions. You can share the results with your doctor to create a wellness plan that works best for you.

We're here to help

Have questions about your health care plan? The Aetna Concierge team is here to help. You simply need to call **1-888-290-6620 (TTY:711)** or log in to your **Aetna.com** account to speak with an Aetna Health Concierge. Concierges are available Monday through Friday from 8 AM to 6 PM.

You can also visit our onsite Aetna representative, Nicole Weedon, at the Administration Building. To schedule an appointment please call Nicole at **1-562-997-8046** or **1-714-454-8025**, or email her at **WeedonN@Aetna.com**.

Additional wellness program information can also be found at **LBUSDBenefits.com**.

Get started on your health journey today. Register or log in at [Aetna.com](https://www.aetna.com).

This is not insurance. This is an additional service available with your medical plan.

Wellness incentive reward supplies are limited.

The information provided by the Simple Steps to A Healthier Life® program is not meant to be either a recommendation for medical treatment or a diagnosis of a medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs. This material is for information only and is not an offer or invitation to contract. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional.

Discount offers provide access to discounted services and are not part of an insured plan or policy. Discount offers are rate-access offers and may be in addition to any plan benefits. The member is responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee paid to a discount vendor. 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 care services.

Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **Aetna.com**.

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