

Caring for Diabetes

Aetna Healthy Outlook Program®



Resources and support to help you manage your diabetes

Living with diabetes can be difficult, but with Aetna's* *Caring for Diabetes* program, you don't have to fight this disease alone. Fatigue, blurred vision and weight loss are just some of the warning signs of diabetes; unchecked they can lead to serious complications.

By learning about diabetes and its symptoms, you can help prevent it from becoming the life-threatening condition it can be. When you participate in our *Caring for Diabetes* program, we can help you acquire the skills and knowledge you can use to help control and reduce your symptoms.

Aetna's *Caring for Diabetes* program is available to eligible members with either type 1 or type 2 diabetes. Type 1 diabetes is a result of damage to the pancreas, the organ responsible for producing insulin. In type 1 diabetes, the pancreas cannot produce enough insulin to help glucose enter the cells. Daily doses of insulin are needed to maintain a proper balance.

Type 2 diabetes, the more common form of diabetes, results when insulin is not being properly absorbed by the body's cells or because the pancreas cannot produce enough insulin. High levels of glucose in the bloodstream lead to the onset of type 2 diabetes and, if left untreated, can lead to severe complications.

The good news is that you can help control your blood sugar levels and, as a result, your diabetes.

How We Can Help ... Tools To Care for Your Diabetes

Aetna's *Caring for Diabetes* program offers educational materials on subjects ranging from the importance of diet and lifestyle changes, to the proper uses of medical equipment and medication to help monitor and control your blood sugar level. Keeping your blood sugar level as close to normal as possible can reduce and even prevent complications. You can also talk with trained health care professionals about a wellness strategy that's right for you, and what steps you should take in managing your diabetes.

Aetna uses LifeMasters Supported SelfCare, Inc., a leading disease management company, to provide certain services to some participants in this unique program.

If you choose to participate in Aetna's *Caring for Diabetes* program, you may be asked to take part in an initial screening to determine the severity of your symptoms.

The following are some of the benefits that may be available to you as a member of the program, depending upon your condition and needs:

- A health review
- A subscription to *Living Well* magazine
- Access to a disease management question-and-answer phone line

- Calls with disease management health care professionals to make sure your program remains on track
- Disease-specific counseling, covering some or all of the following:
 - > Importance of daily vital sign monitoring and communication with your physician
 - > The connection between diabetes and your dental health
 - > The importance of daily weight measurement
 - > Medication compliance
 - > Disease signs and complications
- Educational counseling on subjects such as dietary needs, weight control, quitting smoking and managing depression, a common side effect of chronic illness
- Medication listings and updates
- Physician alerts, informing your physician of irregularities in your vital signs

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Depending on the severity of your symptoms and your employer's plan, you may also receive a blood glucose monitor, blood pressure monitor and weight scale (available when indicated and covered by your plan, subject to plan deductibles or copayments).

When you need up-to-date information about your health plan or want information about your condition, you can visit:

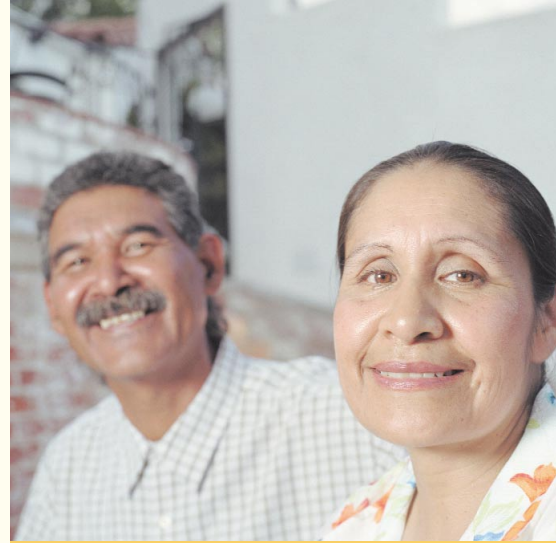
- Our **Aetna Navigator™** member self-service website, which provides you with a *single source* for online health and benefits information.
- Our award-winning and interactive **Aetna IntelliHealth®** consumer website, for credible health, dental and wellness information provided by Harvard Medical School and the University of Pennsylvania School of Dental Medicine.

Talk to Your Doctor

Communicating with your physician is crucial in successfully managing the treatment of your diabetes.

We encourage you to work closely with your physician and to remain personally involved in your care. Your physician can help you make lifestyle and dietary changes. By actively increasing your awareness about your condition, and by taking the needed steps to control it, you can reduce your symptoms and improve the quality of your life.

To assist with this, we may alert your physician when you show signs or symptoms that your condition is worsening, so that he or she can help you prevent disease-related complications.



Let Aetna's Caring for Diabetes program help you take control of your diabetes.

For more information, talk to your employer or visit our website at: www.aetna.com

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For the Commonwealth of Virginia, one or more of the following policy numbers may apply: GR-67603-5; GR-9; GR-29; GR-27; GR-7; GR-89296; GR-89297; GR-700-W; GR-70-W; GR-96124; GR-96125; HMO/VA COC-1 07/99; CHI/VA SBQNET-1 01/00; HMO/VA SELFREF (10/00); HMO/VA AMEND-URGENT-1 07/01; HMO/VA SUPSVSEND-4 01/02; HMO/VA GA-1 01/02; CHI/VA GP-1 04/02; HMO/VA COC-AMEND-3 07/02; HMO/VA NAMEAMEND-1 05/02; HMO/VA Amendment to GA ELR-1 05/02; HMO/VA SB-1 10/02; CHI/VA INSCT-1-[A-K] (10/01) and/or CHI/VA SBQPOS-1 10/01.

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