

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions



# Expect more from your dental plan



## Aetna Dental® Programs and Discounts

## Aetna Dental plans come with these features at no extra cost:

- Extra dental benefits if you have certain health conditions
- Access to dental health information and tools
- Access to daily dental care products
- Savings on vision and hearing care, fitness, weight loss and more

# Get more from your Aetna Dental plan

## Get extra dental benefits

There's a close connection between your dental health and overall health. Researchers are discovering that a healthy mouth may be important to your overall health. That's especially true if you have a condition like heart disease or diabetes.<sup>1</sup>

We include extra dental benefits for members who have a health condition that qualifies. If that's you, we will invite you to participate in the Aetna Dental/Medical Integration<sup>SM</sup> program.

## Look up facts and articles about dental care

Simple Steps To Better Dental Health<sup>®</sup> is your source for dental information, as well as expert opinions from the Columbia University College of Dental Medicine. Learn about conditions, treatments and more. Try our interactive tools. Visit [www.simplestepsdental.com](http://www.simplestepsdental.com).

## Dentists can learn, too

Columbia faculty helps us put together online dental health courses for our dentists. The courses help keep dentists up-to-date with dental care standards. Dentists can learn how to help their patients quit smoking, treat gum disease and more.

## Save on daily dental care products

Our research with Columbia shows how periodontal care may help lower medical costs for members with certain health conditions.<sup>2</sup> We are the first dental benefits and insurance company with a published study on the impact dental health has on medical claims. It's amazing how your mouth can uncover clues about your body.

### Check out the healthy savings from Waterpik<sup>®</sup>

Waterpik flossers are a great way to keep your smile healthy. You can save on these easy-to-use products:

- **Waterpik 450 Cordless Plus Water Flosser with Case and Waterpik 100 Ultra Water Flosser** — Easier to use and more effective than string floss at improving gum health.
- **Water Flosser for Kids – WP-260** — A customized model for children ages 6+, with a small and simple design that makes water flossing easy. It's perfect for any kid who has braces or has trouble flossing.

## Save on cavity-fighting gum, mouthwash and more from Epic Dental

You can save on a variety of Epic products that contain xylitol — a natural sweetener shown to stop tooth decay.<sup>3</sup> You can get discounts on gum, toothpaste, mouthwash and more. Fight cavities and keep smiling.

<sup>1</sup>Oral Health and Your Body: The Mouth Body Connection. Available at: [www.simplestepsdental.com/SS/ihSS/r.WSIHW000/st.31848/t.32629/pr.3.html](http://www.simplestepsdental.com/SS/ihSS/r.WSIHW000/st.31848/t.32629/pr.3.html). Accessed May 3, 2013.

<sup>2</sup>An examination of periodontal treatment and per member per month medical costs in an insured population. BMC Health Services Research. August 16, 2006;6:103. Available at: [www.ncbi.nlm.nih.gov/pmc/articles/PMC1574303](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1574303). Accessed May 20, 2013.

<sup>3</sup>Brian A. Burt, The use of sorbitol- and xylitol-sweetened chewing gum in caries control, J Am Dent Assoc 2006 137: 190-196.

# Save on other health and wellness products and services

## At-home products discounts

Save on products and services for your home and family that best fit your needs and your life, such as the Omron 7 Series™ Upper Arm Blood Pressure Monitor. You can track your blood pressure accurately and comfortably.

## Book discounts

Save on books, DVDs and more through the American Cancer Society Bookstore and the Mayo Clinic Bookstore. You can also get discounts on yoga DVDs and books from Pranamaya.

## Fitness discounts

You can look and feel better while improving your health and saving money. Save on gym memberships<sup>4</sup> and name-brand home fitness and nutrition products that support a healthy lifestyle, with services provided by GlobalFit®.

## Hearing discounts

Pay less for hearing aids, exams and more. Choose from leading manufacturers. Enjoy discounts on hearing aid batteries mailed to your home. You also get free follow-up service for one year.

## Natural products and services discounts

Save on standard charges for acupuncture, chiropractic, massage therapy and nutrition services through the ChooseHealthy<sup>®5</sup> program. And get a discount on a wide variety of health and wellness products at [www.choosehealthy.com](http://www.choosehealthy.com).

Through Vital Health Network, save on online consultations and alternative remedies provided by naturopathic or integrated medicine physicians for a variety of conditions. Need more good news? You never have to mail a claim form!

## Vision discounts

Save on eye exams, eyeglasses, contact lenses — even LASIK surgery — with vision discounts from EyeMed.<sup>6</sup> Choose from popular designer frames.<sup>7</sup> Plus, you can get discounts on vision items that don't need a prescription — like the perfect pair of sunglasses.

Visit national chains like Pearle Vision®, LensCrafters®, JCPenney® Optical, Target Optical® and participating Sears Optical® locations. Or go to any of the thousands of eye doctors in private practices. To find one near you, visit [www.aetna.com](http://www.aetna.com). Or call **1-800-793-8616**.

## Weight management discounts

Trim your waist, not your wallet! Save on some of today's most popular weight-loss programs and diet and meal plans from CalorieKing®, eDiets®, Jenny Craig® and Nutrisystem®. Enjoy one-on-one help, personalized menus, online tools, chat rooms and more.

**Discounts are not insurance.** The discounts give you access to vendors who have agreed to give Aetna Dental plan members discounted prices on their products and services. You pay the full, discounted price directly to the vendor.

Because discounts are not insurance, there are no claims, no referrals, and no limits on how often you can get the discounts. Discount offers are not guaranteed and may be discontinued at any time. Discounts are in addition to any plan benefits. These discounts are subject to change without notice.

<sup>4</sup>Participation is for new gym members only. If you belong to a gym now or belonged recently, call GlobalFit to see if a discount applies.

<sup>5</sup>The ChooseHealthy program is made available through American Specialty Health Systems, Inc. (ASH Systems), a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

<sup>6</sup>Based on EyeMed Services and Compensation Schedule, 12/10. Prices are subject to change. Discounts may not be available on certain brand-name vision materials (such as designer eyeglass frames) in which the manufacturer imposes a no-discount practice.

<sup>7</sup>Certain brands impose a no-discount policy.





### Click to get started!

Everything you need to know about your Aetna Dental benefits is at your fingertips.

#### **Manage your dental benefits online**

Make the most of your dental plan. You can use your Aetna Navigator® website to manage your dental care and costs. See details about your plan, get an ID card and review your claims. Compare costs for dentists and specialists. And so much more. Register today at **[www.aetna.com](http://www.aetna.com)**.

#### **Find a network dentist almost anywhere**

We make it easy to find a network dentist with our DocFind® directory.

- **Before you enroll** — Visit **[www.aetna.com](http://www.aetna.com)** and click *Find a Doctor*.
- **After you enroll** — Access DocFind through Aetna Navigator to simplify your search with prefilled fields.

#### **Get personalized health information — in one easy search**

The Aetna SmartSource<sup>SM</sup> tool is personalized based on your health plan, location and more. We organize the results so you find what you need. You can read articles. Find dentists near you who treat your condition. Get cost estimates for care. And learn about programs and discounts.

### Call for answers!

Member Services representatives are also standing by to answer any questions you may have. Just call the toll-free number on your Aetna Dental member ID card, once you become a member. Toll-free member phone lines are available 24/7.

#### **Dental Service Centers**

Get help from claims, customer service and clinical management professionals who have been on the job with us an average of 11 years. And they've exceeded customer service goals every month for more than 100 months.<sup>8</sup>

#### **Speak another language?**

Representatives are ready to help with interpreters who can talk to you in 140 languages.

#### **Oral Surgery Center of Excellence**

Our specialized oral surgery team can help you with your treatment questions.

<sup>8</sup>Aetna Dental Customer Service Objectives. Reported from January 2003 to present.

## Enroll in an Aetna Dental benefits and insurance plan to get all these extras!

All of these programs, discounts and resources come with your dental benefits from Aetna. Already a member? Log in to Aetna Navigator to learn more or get started.

This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Discount offers provide access to discounted prices and are not part of an insured plan or policy. The member is responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee you pay to a discount vendor. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health and Dental 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 and dental care services. Aetna does not endorse any vendor, product or service associated with discount offers. 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 [www.aetna.com](http://www.aetna.com).

**Policy forms issued in Oklahoma include:** GR-9/GR-9N, GR-23, GR-29/GR-29N and/or GR-96402- 02 04-09.

[www.aetna.com](http://www.aetna.com)