

Making  
health care  
simpler  
for you.

2023 Open Enrollment



# Health care with you at heart.

Everyone wants simpler health care, but Texas Health Aetna is making it happen. Bringing together the clinical excellence of Texas Health and Aetna's coverage expertise, our plans make health care simpler, more convenient and less costly for you.

## Simpler health care starts here.

To get started, activate your member profile to access and manage your health plan and benefits at home and on the go. There are two simple ways to do this:

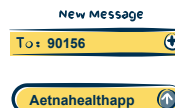
### 1. Online portal

Visit [texashealthaetna.com](https://texashealthaetna.com) and select “**member login**” and then “**register**” to create a user name and password. Then follow the prompts to include your contact details.



### 2. Our app

Text “**AETNAHEALTHAPP**” to **90156** and click the link to download it from the App store or Google Play. Follow the prompts to register.



## 24/7 access to a doctor, for free\*

It's tough to find time to see a doctor, but our free **Anytime-MD** app puts one on call, in your pocket, anytime. Within minutes they'll respond to help with everyday care needs, general medical questions, minor illness, injury and allergy, care locations or prescription refills sent to your pharmacy.\*\*

Now improved to include direct connection to specialists in behavioral health, women's health issues and weight management, **Anytime-MD** is available in English, Spanish and a variety of other languages through an interpreter on the phone - saving you time, money and offering 24/7 peace of mind.

\* Access to the Anytime-MD app is not included in all plans. Please call the 800# on the back of your ID card to confirm eligibility and coverage.

For HSAs, Anytime-MD is \$45 per virtual visit with 7 days of unlimited follow-up and treatment, prior to meeting the deductible. \$0 after the deductible.

\*\* Prescriptions (now managed by Caremark) and follow-up appointments will be billed according to your health plan's benefits.

## Appointments on your time

Who wants to wait an average of 24 days to see a doctor or a specialist? Call us at **1-800-213-3224** and we'll get you timely appointments that fit your schedule, when you need them. If needed, we can also send a **DispatchHealth** care team to your home via the **Anytime-MD** app. Plus, for a \$0 copay, members can walk in to any **MinuteClinic**™ location for non-emergency care.



## Personal support for serious care

If illness or injury puts you in the hospital, or if you have a chronic condition, we provide a local care team to help guide you through the process of getting well. They'll keep you informed, coordinate treatment, liaise between specialists and help schedule follow-up appointments. So all you need to focus on is getting back to better health.



Don't forget to update your contact information on the member portal, so your care team can get in touch.

## A network that's always nearby

You'll always have access to great care, wherever you live and work in the 16 major counties of North Texas.

**2,900+** primary-care doctors

**18,500+** specialists

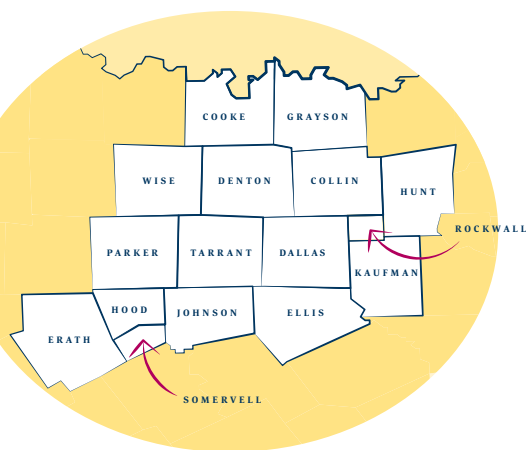
**4,000+** behavioral health specialists

**49** general and acute care hospitals

**18** Texas Health Breeze Urgent Care Centers

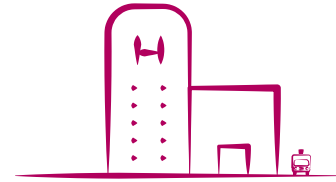
We're proud to offer in-network coverage at our area's leading health systems:

- + Texas Health
- + UT Southwestern
- + Methodist Health
- + Cook Children's Hospital
- + Children's Medical Center of Dallas



# Here, there, everywhere you need: our network hospitals

Visit [texashealthaetna.com](https://www.texashealthaetna.com) for the very latest information on doctors, specialists, facilities and providers.



## Collin County

- + Children's Medical Center Plano
- + Methodist McKinney Hospital
- + Methodist Richardson Medical Center
- + Texas Health Center for Diagnostics & Surgery Plano
- + Texas Health Frisco
- + Texas Health Presbyterian Hospital Allen
- + Texas Health Presbyterian Hospital Plano

## Cooke County

- + Muenster Memorial Hospital
- + North Texas Medical Center

## Dallas County

- + Children's Medical Center of Dallas
- + Methodist Charlton Medical Center
- + Methodist Dallas Medical Center
- + Methodist Hospital for Surgery
- + Methodist Rehabilitation Hospital
- + Texas Health Presbyterian Hospital Dallas
- + Texas Institute for Surgery at Presbyterian Hospital of Dallas
- + Texas Scottish Rite Hospital for Children
- + University of Texas Southwestern University Hospital
- + University of Texas Southwestern University Hospital — Zale Lipshy

## Denton County

- + Texas Health Presbyterian Hospital Denton
- + Texas Health Presbyterian Hospital Flower Mound

## Ellis County

- + Ennis Regional Medical Center
- + Methodist Midlothian Medical Center

## Erath County

- + Texas Health Harris Methodist Hospital Stephenville

## Grayson County

- + Texoma Medical Center

## Hood County

- + Lake Granbury Medical Center

## Hunt County

- + Hunt Regional Medical Center Johnson County
- + Texas Health Harris Methodist Hospital Cleburne

## Kaufman County

- + Texas Health Presbyterian Hospital Kaufman

## Parker County

- + Texas Health Harris Methodist Hospital Azle

## Rockwall County

- + Texas Health Presbyterian Hospital Rockwall

## Somervell County

- + Glen Rose Medical Center

## Tarrant County

- + Children's Southlake Specialty Care
- + Cook Children's Medical Center
- + Methodist Southlake Hospital
- + Methodist Mansfield Medical Center
- + Texas Health Arlington Memorial Hospital
- + Texas Health Harris Methodist Hospital Alliance
- + Texas Health Harris Methodist Hospital Fort Worth
- + Texas Health Harris Methodist Hospital Hurst-Euless-Bedford (HEB)
- + Texas Health Harris Methodist Hospital Southlake
- + Texas Health Harris Methodist Hospital Southwest Fort Worth
- + Texas Health Heart & Vascular Hospital Arlington
- + Texas Health Huguley Hospital Fort Worth South
- + Texas Health Mansfield
- + Texas Health Specialty Hospital Fort Worth
- + USMD Hospital at Arlington

## Wise County

- + Wise Regional Health System
- + Wise Regional Hospital Bridgeport

\* Includes long-term and acute care facilities.

# Your benefits: all you need to know

You'll always have access to great care, wherever you live and work. Please note: out-of-network benefits are not covered.

		In-network providers
Deductible	Employee only	\$500
	Family	\$1,000
Out-of-pocket maximum	Employee only	\$2,000
	Family	\$4,000
What you pay for covered service	Preventive care	Covered 100%; no deductible; \$0 copay
	Doctor visit	\$30 copay; deductible waived*
	Specialist visit	\$50 copay; deductible waived*
	Emergency room	\$200 copay; deductible waived*
	Non-emergency care in emergency room	Not covered
	Urgent care	\$75 copay; deductible waived*
	Hospital	20% after deductible
	CVS Minute Clinic (Any Location)	\$0 copay
Free Care	Anytime MD Virtual Care App	\$0 copay (yes it's free)

\* Deductible waived: all you pay is the copay for preventative and emergency care services.

# Finding a doctor and getting referrals.

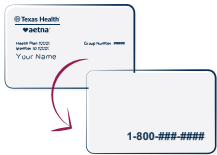
No one knows you and your health needs better than your primary care doctor. We encourage you to make the most of this relationship: you can find one using the instructions below.

Regarding referrals, most of our “open access” plans allow you to self-refer to specialists within the Texas Health Aetna network.

To select a primary care doctor, go to [texashealthaetna.com](https://texashealthaetna.com) and click on “Find a Doctor” at the top.



Log in as a member, or a guest, and note your employer plan is “EPO Plus/Open Access EPO Plus.”



# Get a check-up — they're covered

Don't put off preventative and routine care if you're worried about costs. Your Texas Health Aetna plan benefits cover a range of free or low cost services, including:

You can also call the 800-number on the back of your ID card and one of our concierge team members will be happy to help you.

- + Routine adult physical exams and immunizations
- + Routine well child exams
- + Childhood immunizations
- + Routine gynecological care
- + Routine mammograms (one per year for women age 35 and over)
- + Women's Health (see right)
- + Routine Digital Rectal/Prostate Specific Antigen

# Covered preventative care for women

Among the deductible waived\* women's health services provided are:

- + Screening for gestational diabetes
- + HPV (human papilloma virus)
- + DNA testing
- + Counseling for sexually transmitted infections
- + Counseling and screening for human immunodeficiency virus
- + Screening and counseling for interpersonal and domestic violence
- + Breastfeeding support, supplies and counseling
- + Contraceptive methods, patient education and counseling

\* Limitations may apply. Deductible waived means for preventative services, you only pay the copay.



## See a PCP: your first stop for care

Having a Primary Care Physician (PCP), a local doctor who knows you and your needs, is the best way to get the right care at the right time. See how to find one on page 3 of this brochure. It makes sense for better health.

- + Save time and money compared to Urgent Care or the ER (average cost: \$2,500).
- + Stay healthy with check-ups, routine and preventive care, tests and screenings.
- + Use telehealth/video consults if you can't make a visit.
- + Get referrals to the right in-network experts for chronic conditions.

Remember, you can also use the **Texas Health Family Care Clinic**, in CityLine's Wellness Building, for everyday care needs like:

- + Walk-in and same day/next day appointments
- + Annual exams, health screenings and immunizations
- + Sports physicals
- + Chronic disease management
- + Treatment of non-emergency injuries and lacerations
- + Minor surgical care
- + Healthy-lifestyle education

For more information call the Clinic at **972-238-7051** or visit **Texas Health Family Care**.

## Annual Enrollment is November 10 – 30, 2022

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Questions?

Visit **[aetnaplanofferings.com](https://aetnaplanofferings.com)** or call **1-800-822-4346 (TTY:711)**.

## Disclaimer

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