



Preventive care is essential to maintaining your overall health and well-being – it can help you avoid costly treatments by catching issues early or preventing them altogether. Explore the resources below to support a proactive approach to staying, healthy, happy and thriving!

## HEALTHY HABITS

### Chronic Condition Management

Receive personalized support from your providers on managing complex or long-term health conditions such as diabetes, asthma, heart disease, high blood pressure, high cholesterol, or arthritis. Chronic disease management programs typically include access to nurse coaches, ongoing monitoring, stress management, lifestyle coaching, educational resources, and care coordination. These services are designed to help you better understand your condition, follow your treatment plan, and improve your overall quality of life while preventing complications.

Click [here](#) for more information about Aetna’s resources for managing Chronic Conditions.  
 Click [here](#) for more information about Kaiser’s resources for managing Chronic Conditions.  
 Click [here](#) for more information about Kaiser’s resources Health Education Classes.

### Tobacco Cessation

Quitting tobacco can significantly improve your health. Your provider can support you through this lifestyle adjustment – ask them about available tobacco cessation programs.

Click [here](#) for more information about Aetna’s resources for managing tobacco cessation.  
 Click [here](#) for more information about Kaiser’s resources for managing tobacco cessation.  
 Click [here](#) for information about Kaiser’s Healthy Lifestyle Program.

### Pregnancy Program

Maternity support programs offer guidance through pregnancy – from early prenatal care to postpartum support. Services include access to nurse care managers, educational materials, etc.

Learn more about Aetna’s reproductive health resources [here](#).  
 Learn more about Kaiser’s maternity resources [here](#).

In addition to the resources, you have access to with Aetna and Kaiser, Rakuten has also partnered with Maven for additional maternity resources and support. Learn more about Maven [here](#).

### Maintain Your Medication Regimen

Taking your medications as prescribed is crucial for managing chronic conditions and preventing health complications. Consider setting reminders, using a pill organizer or enrolling in mail-order pharmacy services for convenience. For more tips, speak to your care team.

## PREVENTIVE CARE

### 3 Ways to Save

- **Aetna Health Your Way – Achieve Program** – earn up to a \$100 gift cards annually. Complete healthy action items such as wellness assessments, preventive screenings and fitness challenges to qualify for rewards. Aetna Health Your Way login [here](#).
- **Personify Health** – complete an annual preventive exam and receive \$100 in credit to spend at the Personify Health store. Personify Health login [here](#).
- **The Hartford Critical Illness Plan** – if enrolled in the Critical Illness plan, you can earn \$100 by completing an eligible annual health screening. Hartford login [here](#).

### Health Screenings

Visit [odphp.health.gov/myhealthfinder](https://odphp.health.gov/myhealthfinder) to get a list of recommended preventive screenings for your stage in life.

<b>Immunizations</b>	Stay current with recommended vaccinations for your age group and risk profile. Ask your healthcare provider for guidance or visit the CDC's immunization schedule for more details.
<b>Have a Primary Care Physician (PCP)</b>	Establishing care with a PCP is key to long-term health. Think of your PCP as your go-to health partner, who coordinates preventive care, monitors chronic conditions and provides personalized health guidance.
<b>Dental &amp; Vision Care</b>	Regular dental and vision appointments are essential for maintaining the health of your eyes and mouth – and they can also offer valuable insight into your overall health. Be sure to schedule your preventive care exams on time to stay ahead of potential issues. <a href="http://deltadentalins.com">deltadentalins.com</a> and use the Find a Dentist tool to search for providers. <a href="https://www.vsp.com/eye-doctor">https://www.vsp.com/eye-doctor</a> and use the Find an Eye Doctor tool to search for providers.
<b>Prenuvo</b>	Prenuvo offers advanced MRI scans designed to detect health issues early. These scans cover up to 26 regions and organs, detecting over 500 potential conditions to support proactive and informed health decisions.

## KNOW WHERE TO GO

<b>AETNA</b>	Call Aetna's 24/7 NurseLine at (800) 556-1555 Find an urgent care center by visiting <a href="http://aetna.com">aetna.com</a>
<b>KAISER</b>	Call Kaiser's 24/7 NurseLine at (866) 454-8855 Find an urgent care center by visiting <a href="http://kp.org">kp.org</a>
<b>PCP</b>	Your PCP is your first point of contact for ongoing, non-urgent healthcare. Your PCP will manage your overall health, provide preventive care and coordinate referrals to specialists when needed.
<b>Urgent Care</b>	Consider Urgent Care for symptoms, pain, or conditions that require quick medical attention, but not hospital care, such as: earache, sore throat, rashes, sprains, flu, etc.
<b>Emergency Room (ER)</b>	Utilize the ER for serious or life-threatening conditions that require immediate treatment at a hospital, such as: chest pain, trouble breathing, major injuries from an accident, severe bleeding, fever over 104 degrees, etc.
<b>Telehealth</b>	Check out the Aetna Telehealth link <a href="#">here</a> . See Kaiser's Telehealth link <a href="#">here</a> .

## CENTERS OF EXCELLENCE AND IN-NETWORK CARE

<b>Centers of Excellence (COE)</b>	COEs are high-performing hospitals or medical facilities for delivering superior care in specialized areas. Choosing a COE can lead to better clinical outcomes, fewer complications and shorter recovery times.  Lookup link for Aetna COEs <a href="#">here</a> . Lookup link for Kaiser COEs <a href="#">here</a> .
<b>Going In-Network</b>	Using an in-network provider means receiving care from doctors, hospitals, and facilities that are contracted with your health plan. Staying in-network helps ensure lower out-of-pocket costs, streamlined billing and full access to covered benefits.  Aetna Provider Lookup <a href="#">here</a> . Kaiser Provider Lookup <a href="#">here</a> .

## HEALTHY TRAVEL

<b>Travel Planning</b>	Whether you're traveling for work or leisure, it's important to stay proactive about your health while away from home. Before traveling, check your health plan for out-of-area coverage or telehealth access. Plan ahead by bringing a supply of prescription medications and know where to go in case of an emergency.  For Aetna Plans - The PPO and HDHP plans offer in-network coverage nationwide. For international travel, you only have coverage for emergency services. For Kaiser see <a href="#">here</a> how to get care and prescriptions while traveling.
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## BE ACTIVE

### Physical Activity

Regular physical activity is one of the most effective ways to support your physical and mental health. Staying active can help reduce the risk of chronic diseases, enhance cognition, boost mood and energy levels, support a healthy weight and improve quality of sleep.

### Well-being Reimbursement Plan

To support your wellness journey, Rakuten offers a Well-being Reimbursement Plan that covers eligible expenses promoting physical and mental health. Visit our benefits portal for more [information](#). The plan reimburses 100% of eligible expenses, up to \$350 per year, for items such as: gym memberships, fitness or exercise classes, exercise clothing, home gym equipment, etc.

## EMPOWER YOUR HEALTH

### Empower Your Health

Playing an effective role in your health starts with being engaged.

Be curious. Create space. Ask questions.

When you're experiencing symptoms or managing a condition, being informed and active can help you and your care team identify and treat root causes, which can provide sustainable, long-term solutions, over just treating symptoms. Below are a few empowering questions to consider asking your doctor:

- What could be causing these symptoms?
- Are there any underlying conditions we should explore?
- What tests or screenings can help us better understand what's going on?
- How do lifestyle factors like sleep, stress, or nutrition play a role in this issue?
- What are possible treatment options, and what are the pros and cons of each?
- Are there any specialists or resources you recommend?
- Consider writing your questions down ahead of your appointments – health discussions can sometimes be overwhelming or frustrating, this will help ensure you address all your curiosities.
- Remember: you are your own best advocate. Don't hesitate to speak up, ask follow-up questions, or request more time to fully understand your health and care options.

This Preventive Care flyer is an overview of benefits and does not provide a complete description of all benefit provisions. For more detailed information, please refer to your Benefit Guide and plan benefit booklets.