



NAF HBP Benefits Information

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Knowledge. Solutions. Service.

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New Preventive Care Services



3 Ways To Save On Prescription Drugs



As a result of the Patient's Protection Affordable Care Act, the NAF HBP will add the following preventive care covered items to the list as of January 1, 2011:

- ⇒ Alcohol misuse screening and counseling
- ⇒ Diet counseling for adults with hyperlipidemia
- ⇒ Obesity screening and counseling for adults & children
- ⇒ Tobacco use screening and cessation interventions
- ⇒ Screenings for all pregnant women
- ⇒ Abdominal aortic aneurysm

Are you getting the most for your money when you fill prescriptions? Here are 3 ways to save:

- ⇒ Ask your doctor about generic drugs. A generic drug is one that is produced and sold under the chemical formulation name rather than a brand name. Generics are sold by generic drug manufacturers who don't have to recoup development costs so they cost less than brand-name drugs. Generics are safe and effective.
- ⇒ Check the preferred drug list for brand-name drugs. Under the HBP, you pay less for brand-name drugs on the preferred drug list (also called the "formulary"). If you are currently taking a brand-name drug, you can check the list to see if it's preferred (Tier Two) or non-preferred (Tier Three). To view the preferred drug list, visit www.aetnapharmacy.com and look for the link to the preferred drug list on the left side of the home page.
- ⇒ Use the mail-order service for maintenance medications. You can order up to a 90-day supply of medication for the price of a 60-day supply at a retail pharmacy. It's like getting one month free. For more information, visit www.aetnarxhomedelivery.com or call 1-866-612-3862.

Control Your Health Care Costs



Are you paying more than needed for health care? You can control your health care costs by staying in network. In-network doctors and hospitals will not bill you for costs above the Plan's rates for covered services. Of course, you can choose to see a doctor who's out-of-network, but you'll probably pay a lot more. Here's how much you might pay (costs and savings may vary in your area):

	In-Network	Out-of-Network	In-Network You Save
Doctor visit	\$18	\$96	81%
Colonoscopy	\$870	\$2,388	63%
Five-day hospital stay	\$1,750	\$19,750	91%

Before your next appointment, make sure your doctor is in network; make sure any referrals for doctors, hospitals, lab work and other medical testing are provided in network; and understand how benefits get paid by the Plan.

Zoster (Shingles) Vaccine



Zoster, the shingles vaccine, is recommended for adults aged 60 or older regardless of whether you had a prior episode of herpes zoster. A single dose of the zoster vaccine is covered 100% in-network as a preventive immunization.

Aetna Navigator Redesign



Aetna Navigator has been redesigned to be more useful to you! You can find information; get your claims details; and print member ID cards easier and quicker. Navigator's redesign will be visible on your computer's browser, but will NOT be accessible on mobile browsers immediately. In addition, the Aetna Blackberry App is now available, only to Curve models, via Blackberry's App World. Check it out at: <http://www.aetna.com/index.html>

Informed Health Line



If you have a health question, you can call the toll-free Informed Health Line at 1-800-556-1555, 24 hours a day, 7 days a week and talk to registered nurses who can answer your health-related questions and provide information you can trust. The nurse can also help you make the right decision about where to seek care, and can even help you find a local urgent care center or walk-in clinic, if appropriate.