



Aetna U.S. Healthcare of the of the Carolinas, Inc.

CEO: Rick Kelly
Medical Director: Andrew R. Price, M.D.

Contact Information:

930 Harvest Drive
U17B Mail Stop
Blue Bell, PA 19422

Phone: (215) 775-4800

Member Phone: 1-800-872-3862

Wellness Program: 1-800-225-2435

Website: www.aetnaushc.com

General Health Benefits and Value Added Programs Offered:

*Preventive and Wellness programs are offered
in the following health plans:*

Member Health Education:

Includes programs in the following areas: Adolescent immunization, Adult immunization, Aetna U.S. Healthcare Check™, Breast, Colorectal and U.S. Papcheck® (Cervical) Cancer, Screening Programs, Apple Seeds® Magazine, Childhood Immunization Program, Health Breathing®, and Health Eating™

- Informed Health@Line
- Poison Prevention

Healthy Outlook Program®:


Asthma management (pediatric and adult). Heart failure management and Diabetes management programs.


Information submitted by
Aetna U.S. Healthcare of the Carolinas
June 2009

Preventive Benefits Disclaimer:

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 Tobacco Cessation Benefits	Covered Services and Medications:	
	Screening / Assessment	Covered based on plan and funding arrangement.
	Cessation Counseling by a Primary Care Provider	Covered based on plan and funding arrangement.
	Tobacco Cessation Medications, Prescription	Covered based on plan and funding arrangement.
	Tobacco Cessation Medications, Over-the-counter	Covered based on plan and funding arrangement.
Consumer Programs, Discounts and Services <ul style="list-style-type: none"> • Education available. 		
Physician Programs and Initiatives <ul style="list-style-type: none"> • Education available. • Quality Improvement available. 		


 Nutrition Benefits	Covered Services and Medications:	
	Screening / Assessment	Covered based on plan and funding arrangement.
	Preventive Counseling by a Primary Care Provider	Covered based on plan and funding arrangement.
	Medical Nutrition Therapy by a Registered Dietitian	Covered based on plan and funding arrangement.
	Consumer Programs, Discounts and Services <ul style="list-style-type: none"> • Education available. • Care/Disease management. • Nutrition Counseling by Registered Dietitian. 	
Physician Programs and Initiatives <ul style="list-style-type: none"> • Education available. • Quality improvement available. 		

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 Physical Activity Benefits	Covered Services and Medications:	
	Screening / Assessment	Covered based on plan and funding arrangement.
	Preventive Counseling by a Primary Care Provider	Covered based on plan and funding arrangement.
	Personal Trainers	Covered based on plan and funding arrangement.
	Consumer Programs, Discounts and Services <ul style="list-style-type: none"> • Education available • Personal Trainers, etc. available. 	
	Physician Programs and Initiatives <ul style="list-style-type: none"> • Education and Quality Improvement available. 	

 Cholesterol Benefits	Covered Services and Medications:	
	Screening / Assessment	Covered. Once every 12 or 24 months, depending on plan frequency.
	Cholesterol medications	Covered when prescribed by a physician. Aetna Pharmacy Management formulary guidelines
	Preventive counseling by a Primary Care Provider	Covered based on plan and funding arrangement.
	Medical Nutrition Therapy by a Registered Dietitian	Covered based on plan and funding arrangement.
	Consumer Programs, Discounts and Services <ul style="list-style-type: none"> • Education available. • Care/Disease Management available. 	
	Provider Programs and Initiatives <ul style="list-style-type: none"> • Education, Care/Disease Management and Quality Improvement available. 	

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Pre-Diabetes Benefits

Covered Services and Medications:

Screening / Assessment	Covered.
Test Strips	Covered.
Pre-Diabetes Medication	Covered when prescribed by a physician Aetna Pharmacy Management formulary guidelines.
Preventive Counseling by a Primary Care Provider	Covered based on plan and funding arrangement.
Medical Nutrition Therapy by a Registered Dietitian	Covered based on plan and funding arrangement.
Comprehensive Diabetes Education by a Certified Diabetes Educator	Covered based on plan and funding arrangement.

Consumer Programs, Discounts and Services

- Education available.
- Care/Disease Management available.
- Other

Provider Programs

- Education available.
- Care/Disease Management.
- Quality improvement.

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<p>Diabetes Benefits</p>	Covered Services and Medications:	
	Screening / Assessment	Covered Eligibility: Those that are proven for risk, gender and/or age specific preventive services based on the recommendations of the US Preventive Services Task Force.
	Test Strips	Covered.
	Diabetes Medications	Covered.
	Preventive Counseling by a Primary Care Provider	Covered. Eligibility: Those that are proven for risk, gender and/or age specific preventive services based on the recommendations of the US Preventive Services Task Force.
	Medical Nutrition Therapy by a Registered Dietitian	Covered. Eligibility: Those that are proven for risk, gender and/or age specific preventive services based on the recommendations of the US Preventive Services Task Force.
	Comprehensive Diabetes Education by a Certified Diabetes Educator	Covered. Eligibility: Those that are proven for risk, gender and/or age specific preventive services based on the recommendations of the US Preventive Services Task Force.
<p>Consumer Programs, Discounts and Services</p> <ul style="list-style-type: none"> The UnitedHealth Allies program provides a discount for services not covered under the employee's benefit plan. UnitedHealth Allies is NOT an insurance program and does not replace a member's benefit coverage. UnitedHealth Allies program is used to save on services, which a member would normally pay on their own. Programs include: Vision, Hearing, Alternative Care, Long-Term Care, Dental and Wellness Programs. <p>Provider Programs and Initiatives</p> <ul style="list-style-type: none"> The UnitedHealth Premium® designation program recognizes specialty and primary care physicians and hospitals providing services that have been assessed as meeting or exceeding certain evidence and consensus-based quality and efficiency of care criteria. Physician Website 		

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 Hypertension Benefits	Covered Services and Medications:	
	Screening / Assessment	Covered. Eligibility: Those that are proven for risk, gender and/or age specific preventive services based on the recommendations of the US Preventive Services Task Force.
	Hypertension medications	Covered.
	Preventive counseling by a Primary Care Provider	Covered. Eligibility: Those that are proven for risk, gender and/or age specific preventive services based on the recommendations of the US Preventive Services Task Force.
	Medical Nutrition Therapy by a Registered Dietitian	Not Covered.
<p>Consumer Programs, Discounts and Services</p> <ul style="list-style-type: none"> The UnitedHealth Allies program provides a discount for services not covered under the employee’s benefit plan. UnitedHealth Allies is NOT an insurance program and does not replace a member’s benefit coverage. UnitedHealth Allies program is used to save on services, which a member would normally pay on their own. Programs include: Vision, Hearing, Alternative Care, Long-Term Care, Dental and Wellness Programs. <p>Provider Programs and Initiatives</p> <ul style="list-style-type: none"> The UnitedHealth Premium® designation program recognizes specialty and primary care physicians and hospitals providing services that have been assessed as meeting or exceeding certain evidence and consensus-based quality and efficiency of care criteria. Physician Website 		

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 Cholesterol Benefits	Covered Services and Medications:	
	Screening / Assessment	Covered. Once every 12 or 24 months, depending on plan frequency.
	Cholesterol medications	Covered when prescribed by a physician. Aetna Pharmacy Management formulary guidelines
	Preventive counseling by a Primary Care Provider	Covered based on plan and funding arrangement.
	Medical Nutrition Therapy by a Registered Dietitian	Covered based on plan and funding arrangement.
Consumer Programs, Discounts and Services		
<ul style="list-style-type: none"> • Education available. • Care/Disease Management available. 		
Provider Programs and Initiatives		
<ul style="list-style-type: none"> • Education, Care/Disease Management and Quality Improvement available. 		

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**Youth/
 Adult
 Obesity
 Benefits**

Covered Services and Medications:

Screening / Assessment	Covered based on plan and funding arrangement.
Preventive counseling by a Primary Care Provider	Covered based on plan and funding arrangement.
Medical Nutrition Therapy by a Registered Dietitian	Covered based on plan and funding arrangement.
Obesity Visits—Primary Diagnosis	Covered based on plan and funding arrangement.
Obesity Medications	Covered based on plan and funding arrangement.

Consumer Programs, Discounts and Services

- Education available
- Care/Disease Management available.
- Nutrition Counseling by a Registered Dietitian.

Provider Programs and Initiatives

- Education available.
- Quality Improvement available.
- Care/Disease Management available.

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Cancer Benefits	Covered Services and Medications:	
	Screening Mammograms	Screening (routine) mammograms are generally done on a yearly basis (rolling 12 months, every 365 days). Testing can be done up to 30 days prior to anniversary date of last mammogram.
	Follow-up Mammograms	One or more mammograms a year as recommended by a physician for anyone who is at risk for breast cancer. One baseline mammogram for any 35-39 years of age, inclusive. A mammogram every other year for any woman 40 through 49 years of age, inclusive; or more frequently upon recommendation of a physician; and a mammogram every year for any woman 50 years of age or older.
	HPV Vaccine	Covered if plan includes preventive benefits with immunization coverage. Females ages 9 through 26.
	Cervical Cancer Screenings	Annual pap smears, or more frequently if recommended by the physician. Coverage includes the examination, the laboratory fee, and the physicians interpretation of the laboratory results.
	Follow-up Cervical Cancer Screenings	Members aged 50 years and older when recommended by a physician. Colonoscopy considered medically necessary every 10 years for persons at average risk.
	Colon Cancer Screening: Colonoscopy	
Colon Cancer Screening: Sigmoidoscopy	Members aged 50 years and older when recommended by a physician. Sigmoidoscopy is considered medically necessary every 5 years for persons at average risk.	
Consumer Programs, Discounts and Services		
<ul style="list-style-type: none"> • Aetna Health Connections Employee Health Library • Member Wellness Message Program • Online Self-Help Tools <ul style="list-style-type: none"> – Aetna Navigator Member Website – Simple Steps to a healthier life with informed care decisions – Healthwise Knowledge base – Aetna Intellihealth Website • Care/Disease Management: Aetna Health Connections Disease Management • Genetic Counseling (included with coverage for genetic testing), BRCA Genetic Testing Program 		
Provider Programs		
<ul style="list-style-type: none"> • Education, Care/Disease Management and Quality Improvement available. 		

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