



Explore new possibilities

Services and support for living well

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Feeling your best

Anyone can be living with a behavioral health condition

This means people of any age, gender, income, race or religion can be affected by:

- Anxiety
- Depression
- Substance abuse
- Eating disorders

These are health conditions that can affect how people think, feel and act.

Sometimes, the effects are mild. Other times, they're more serious and long-lasting. Either way, there are effective treatments available that can help. But the condition must be diagnosed before it can be treated.

If you're coping with a behavioral health condition, there's good news. Your medical plan includes behavioral health benefits. That means we're here with the help and resources you need to work toward feeling your best.



Treatment based on the latest knowledge

Treatment for behavioral health conditions continues to improve. We work with top universities and research groups to learn more about how our minds and bodies work together. And we're using what we learn to help you get access to the safest, most effective treatments available.

Behavioral therapy

This is also known as talk therapy. It is one of the main ways to treat a behavioral health condition. It can help you:

- Identify issues in your life that can contribute to problems
- Manage and move beyond these issues

A therapy session can be one-on-one, through televideo, in a group or with family. A psychiatrist, psychologist or counselor leads the session. They'll ask questions, listen to you and help you see the options available to you.

Televideo counseling

With televideo counseling, there's no need to go to the provider's office. This service provides a convenient way to get counseling right from your home. It includes access to:

- Behavioral health specialists through video call visits
- Local network providers
- National/regional partners to complement our local network with expanded access

Medicine therapy

Sometimes, treatment involves taking prescription medicines. There are many that are effective for treating conditions like depression and substance abuse.

Your doctors are trained to find the right medicines to treat you. And they can answer your questions about possible side effects.

Medicine management

Sometimes, you might not take your medicines the way the doctor prescribed them for you. Or you might stop taking them once you feel better. This can cause symptoms to return.

Our program:

- Helps you learn more about your medicines, how they work and why they're important
- Encourages you to talk to your doctor about how you feel
- Encourages you to ask questions about your medicines and other possible treatments



The role of your doctor

Your primary care doctor is an important ally in your recovery. Sometimes, they are the first person to realize you need help.

Your doctor may also:

- Refer you to behavioral health specialists
- Talk with you about treatment choices
- Prescribe medicines for your condition
- Have follow-up visits to check on how you're doing

So make sure to stay in touch with your doctor throughout treatment.



Tools and resources for extra help

Your mental and emotional health

Search "emotional health" on [aetna.com](https://www.aetna.com) to learn about various behavioral health conditions like depression and anxiety. You can take a confidential assessment or get a quick tip to improve your mood.

MindCheck® online tools and resources

These free online tools and resources can help you measure — and improve — your emotional health. And your information is completely confidential. Just sign up at [mindchecktoday.com](https://www.mindchecktoday.com). You can also download the MindCheck app to get reminders and information for when you're on the go.

Our online directory

Not sure where to look for a mental health professional in your area? Just log in to your member website to find:

- Psychiatrists
- Psychologists
- Clinical social workers
- Clinical counselors
- Certified addiction counselors
- Institutes of Quality® facilities
- Televideo partners:
 - Arcadian TelePsychiatry
 - Inpathy
 - MDLIVE



How to sign up for your member website

To sign up, just visit **aetna.com** to register. Then, you can log in to your member website to manage your benefits, claims and costs.

Support for feeling your best

To learn more:

- Talk to your primary care doctor
- Contact us at **1-800-424-4660**
- Visit **aetna.com**

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