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Services and support for living well



Aetna Behavioral Health

www.aetna.com



Get back to being you

Anyone — any age, gender, income, race or religion — can develop a behavioral health condition, like depression. These conditions are linked to brain functioning. And they can affect how someone thinks, feels and acts.

Sometimes, a condition is mild. Other times, it is more serious and long lasting. Either way, recovery is always possible. But first, a condition must be diagnosed and treated.

If you are coping with a behavioral health condition, there is good news. Your medical plan includes behavioral health benefits. That means we're here with the help you need to work toward recovery. So that you can get back to being your best.

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Coverage for many conditions

Your benefits provide access to treatment for many types of conditions:

Anxiety

Anxiety is a feeling of uneasiness or fear. It affects some people from time to time. For others, it can last for years and affect their work and home life.

But treatment can help. Many people respond well to therapy, medication or a combination of both.

Depression

Depression is more than feeling sad. It is a mood disorder. And it can affect your thoughts, mood, health and behavior.

Depression is treatable. Usually, a combination of therapy and medicine is effective. When not treated, it can become a chronic condition.

Substance abuse

You might think of prescription or illegal drugs when you hear about substance abuse. But drinking is the most common substance abuse problem people face.

As with abusing prescription or illegal drugs, drinking can lead to:

- Impaired judgment and embarrassing or dangerous situations
- Problems at work
- Relationship issues
- Trouble with authorities and the police
- Car accidents and DUIs

Help is available if you feel you have a problem. First, look for community help and support groups in your area. Often having a support network can really help people change their habits. Or talk to your doctor, who can connect you with the support you need.

Eating disorders

A positive body image and healthy relationship with food support good health. But for some people, an obsession with weight or food can take over. An eating disorder like this can affect physical well-being and self-esteem. It can even become life threatening.

If you are struggling with an eating disorder, treatment is available. It can start you on your way to lifelong healthy eating habits. And it can help you see yourself in a whole new way.

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 mind and body work together. And we're using what we learn to help you get access to the safest, most effective treatment available.

Behavioral therapy

This is also known as talk therapy. It is one of the main ways to treat a behavioral health condition. This treatment helps you identify issues in your life that can contribute to problems. And it helps you manage and move beyond these issues.

A therapy session can be one-on-one, in a group or with family. A psychiatrist, psychologist or counselor leads the session by asking questions, listening to you and helping you see the options available to you.

Medication therapy

Sometimes, treatment involves taking a medicine, often a prescription medication. There are many effective medications for conditions like depression and substance abuse.

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

Medication management

Sometimes, for different reasons, you might not take medicine the way the doctor prescribed it for you. Or you might stop taking it once you feel better. This can cause symptoms to return.

Our program provides information about your medicine, how it works and why it is important. And it encourages you to talk to your doctor about how you feel, and to ask questions about your medicine and other available treatments.

The role of your doctor

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

Your doctor may also:

- Refer you to a behavioral health specialist
- Talk with you about treatment choices
- Prescribe a medicine 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 our website 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. Visit www.aetna.com.

Our online directory

Not sure where to look for a mental health professional in your area? Visit www.aetna.com to find:

- Psychiatrists
- Psychologists
- Clinical social workers
- Clinical counselors
- Certified addiction counselors

Your secure member website

Register for your member website at www.aetna.com. Then log in to manage your benefits, claims and costs. “Ask Ann” is our virtual assistant on the website. And she’s available 24/7 to provide help.

Recovery starts with you

To learn more:

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

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