Healthier starts with you

Schedule a Healthy Home Visit

Preventive care just got more convenient

You should have more opportunities to identify and prevent health conditions than just your annual physical. With Aetna® Healthy Home Visits, you get a preventive check-in annually from a licensed clinician — at no additional cost to you.

Here is what you can expect out of your annual Healthy Home Visit:

- **Ask** health care questions
- **Review** your medications
- **Update** your medical history
- **Discuss** issues you may have getting the health resources you need
- **Talk through** concerns you may have about moving around safely in your home

This visit may last up to an hour. It includes a limited, noninvasive physical exam. If need be, the licensed clinician may recommend that you be further evaluated. Your primary care provider (PCP) will also get a report of your visit.

Again — this visit is at no additional cost to you. It is all part of your Aetna benefits. Telehealth appointments may also be available in your area.

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Frequently asked Healthy Home Visit questions

1 How often can I have a Healthy Home Visit?
A licensed clinician can visit your home once a year.

2 What does Aetna® do with the information you collect?
We share it with your primary care provider (PCP). This helps to better coordinate your care and to help ensure your care needs are met. We follow all privacy laws, including the Health Insurance Portability and Accountability Act (HIPAA).

3 My spouse has the same insurance that I do. Can my spouse take part in the program, too?
Yes. When scheduling your appointment, the representative can schedule the visit for both of you.

4 Does Aetna know the licensed clinician is getting in touch with me?
Yes. We are teaming up with the nurse practitioners and doctors to provide this service. We want to make sure that they complete your health assessment in the most professional manner.

5 What does this cost?
The Healthy Home Visit comes with your plan at no additional cost.

6 Is it going to raise my premium after the visit?
No. We don't use the information you give us to raise costs, including your premium or other cost share amounts.

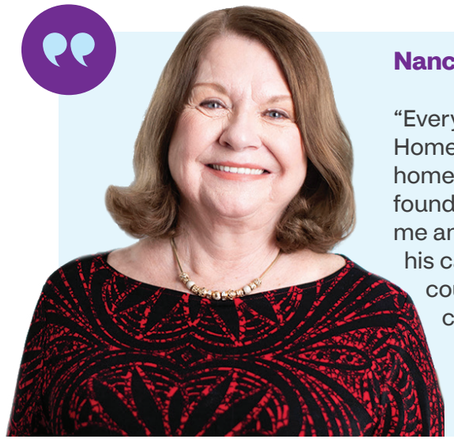
7 How do I know the clinician that comes to my home is with the Healthy Home Visit program?
All clinicians will have an employee badge from Signify with them to properly identify themselves.

It's easy to set up an appointment
Just call us at **1-877-503-5802 (TTY: 711)**, Monday to Friday, 7 AM to 7 PM CT. Visit **Schedule.SignifyHealth.com** to schedule an appointment online.
Or scan the QR code.

How home visits help you

Things to do before your visit:

- ❑ Invite a loved one over, you may have family or friends present during the visit.
- ❑ Write a list of health questions you might want to discuss with the licensed clinician. Think about any health concerns or difficulties you may be experiencing. You can use the note page here to write down your questions.
- ❑ Gather all medications, including prescriptions, over-the-counter medications, vitamins and herbal supplements.
- ❑ List any recent care you have received, including testing such as lab work, X-rays or screenings.
- ❑ Wear comfortable clothes that can easily be rolled up when the provider checks your blood pressure and vital signs.



Nancy's * story

"Every year Aetna offers the opportunity for a Healthy Home Visit. Once a year they send a nurse right here in my home and the nurse examines me and actually this year she found something. So she did a test on me and my doctor called me and said you need to see a vascular surgeon and I'm under his care. Now I never would have caught something that could be potentially very dangerous had that nurse not come to my home."

*Actual member story from 2022.

Every year, about
900,000
Aetna Medicare Advantage members get a Healthy Home Visit.

Questions and notes

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. Other Pharmacies/Physicians/Providers are available in our network.

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