



# Helping you reach your health goals

At Banner|Aetna, health is personal and defined by more than just the absence of illness. Being proactive with your health means seeing your doctor regularly, even if you're not sick. We care about the whole person (body, mind and spirit) and believe that everyone deserves to feel the joy of achieving their best health. We are committed to helping you reach your health goals.

The Banner|Aetna Care Advocate Team\* is here to help you get the care you need. Making health care easier is our priority. Save time by working with a nurse care manager to facilitate communication with all of your doctors.

## Here are some ways we can help:

- Empowering and inspiring you to meet your personal health goals
- Helping you navigate a complex health care system
- Identifying additional services or programs that could be beneficial to your care

\* Previously called Multidisciplinary Care Team

In addition to your nurse care manager, our program supports you with a care team of nurses, social workers, diabetes educators, registered dietitians and pharmacists. They work with your doctor to identify barriers to achieving your health goals and find ways to address them. Your team will make sure that you're receiving the most effective, affordable and personalized treatments.

You can count on your team to answer your questions or provide additional support.

## How to make the most of this program

- Talk to your nurse care manager regularly and engage with other members of your care team
- Share feedback with us so we can improve the program and support you as effectively as possible

**To reach the Care Advocate Team, just call the number on the back of your member ID card.** Let them know you want to learn more about the Care Advocate Team program and see if you qualify.



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