

Multi-language Interpreter Services

ENGLISH: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104** (TTY: **711**).

SPANISH: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104** (TTY: **711**).

KOREAN: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 ID 카드 뒷면에 있는 번호로나 **1-800-385-4104** (TTY: **711**) 번으로 연락해 주십시오.

VIETNAMESE: CHÚ Ý: nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số ở mặt sau thẻ id của bạn hoặc **1-800-385-4104** (TTY: **711**).

CHINESE: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104** (TTY: **711**)。

ARABIC:

ملحوظة: إذا كنت تتحدث باللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل على الرقم الموجود خلف بطاقتك الشخصية أو على الرقم **1-800-385-4104** (للصم والبكم: **711**)

TAGALOG: PAUNAWA: Kung nagsasalita ka ng wikang Tagalog, mayroon kang magagamit na mga libreng serbisyo para sa tulong sa wika. Tumawag sa numero na nasa likod ng iyong ID card o sa **1-800-385-4104** (TTY: **711**).

PERSIAN: اگر به زبان فارسی صحبت می کنید، به صورت رایگان می توانید به خدمات کمک زبانی دسترسی داشته باشید. با شماره درج شده در پشت کارت شناسایی یا با شماره **1-800-385-4104** (TTY: **711**) تماس بگیرید.

AMHARIC: ማሳሰቢያ፡- አማርኛ የሚናገሩ ከሆነ ያለ ምንም ክፍያ የቋንቋ ድጋፍ አገልግሎቶችን ማግኘት ይችላሉ። በአርስዎ አይዲ ካርድ ወይም በስልክ ቁጥር **1-800-385-4104** (TTY: **711**) ይደውሉ።

URDU: توجہ دیں: اگر آپ اردو زبان بولتے ہیں، تو زبان سے متعلق مدد کی خدمات آپ کے لیے مفت دستیاب ہیں۔ اپنے شناختی کارڈ کے پیچھے موجود نمبر پر یا **1-800-385-4104** (TTY: **711**) پر رابطہ کریں۔

FRENCH: ATTENTION: si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro indiqué au verso de votre carte d'identité ou le **1-800-385-4104** (ATS: **711**).

RUSSIAN: ВНИМАНИЕ: если вы говорите на русском языке, вам могут предоставить бесплатные услуги перевода. Позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки, или по номеру **1-800-385-4104** (TTY: **711**).

HINDI: ध्यान दें: यदि आप हिंदी भाषा बोलते हैं तो आपके लिए भाषा सहायता सेवाएं नि:शुल्क उपलब्ध हैं। अपने आईडी कार्ड के पृष्ठ भाग में दिए गए नम्बर अथवा **1-1800-385-4104** (TTY: **711**) पर कॉल करें।

GERMAN: ACHTUNG: Wenn Sie deutschen sprechen, können Sie unseren kostenlosen Sprachservice nutzen. Rufen Sie die Nummer auf der Rückseite Ihrer ID-Karte oder **1-800-385-4104** (TTY: **711**) an.

BENGALI: লক্ষ্য করুন: যদি আপনি বাংলায় কথা বলেন, তাহলে নি:খরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। আপনার পরিচয়পত্রের উল্টোদিকে থাকা নম্বরে অথবা **1-800-385-4104** (TTY: **711**) নম্বরে ফোন করুন।

KRU: TÛ DE NÂ JÍÉ BÒ: É yemâ wlu bèè ^n a po Klào Win, nées â-a win kwa cetiyò+ ne-là, I belé-ò bi má- ò mù bó k ò putu bò. Da nobâ né é nea-ó n-à jíé jipolê katéh jé ná kpóh,mòó **1-800-385-4104**(TTY:**711**).

IGBO (IBO): NRỤBAMA: Ọ bụrụ na ị na asụ Igbo, ọrụ enyemaka asụsụ, n'efu, dijiri gi. Kpọọ nọmba dị n'azụ nke kaadi ID gi ma ọ bụ **1-800-385-4104** (TTY: **711**).

YORUBA: ákiyési: Ti o ba sọ Yorùbá, áwọn olùránlowo ipésé édé ti wa ni le fùn o loféé, pe nonbá ti o wá léyìn káádi idánimo ré tábi **1-800-385-4104** (TTY: **711**).



Value-Added Benefits and Wellness Rewards
for Aetna Better Health® of Virginia members

[AetnaBetterHealth.com/Virginia](https://www.aetna.com/betterhealth/virginia)

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Aetna Better Health® of Virginia

As an Aetna Better Health® of Virginia member, you have extra benefits that can help improve your health.

By being a member of Aetna Better Health, you have access to a wide range of added benefits that can help you better meet your health goals, all at no cost. Call **1-800-279-1878 (TTY: 711)** to speak to a Care Manager to learn more about what benefits you may be able to take advantage of.



For all members



Extra help with rides: Members can enjoy free rides to local resources or services — up to 30 round trips or 60 one-way trips each year.



Free cell phone: Free Android™ smartphone with free data, texts, and minutes, plus 10 GB monthly hotspot



General Educational Development (GED) & Career Services Support
Eligible members can access CampusEd, an online resource that can help members earn their GED and start a new career. We'll also pay for your GED test (up to \$120).



Hearing care: One hearing exam, \$1,500 toward hearing aids, plus 60 batteries each year, plus unlimited visits for hearing aid fittings



Home meal delivery: Home-delivered meals after hospital discharge for seven days



Mental health support through Pyx: Free mobile app from Pyx that supports members' mental health and well-being, whether it's help finding a doctor, food, transportation, or just needing someone to talk to.



MyActiveHealth Management: This app sends texts about how to stay healthy and helps tracks your health. The app features diabetes management, appointment and medication reminders, and exercise/weight goal setting and tracking.



Over-the-Counter Health Solutions® period stipend: \$20 monthly for members with periods to spend on period products through CVS Pharmacy®



Vision care: One eye exam per year, plus \$250 toward eyewear, including glasses and contact lenses



Weight management: Personalized weight management with a registered dietitian, which includes a 12-week certified nutritionist program and six counseling visits



Wellness Rewards: Members can get gift cards for taking care of their health, like getting shots and going to annual check ups.

*Some benefits have certain restrictions. Call **1-800-279-1878 (TTY: 711)** to learn more and to see what benefits you're eligible for.*

For moms and children



Benefits for new moms: Eligible members who are pregnant through one year postpartum can get \$25 monthly to spend on over-the-counter items for themselves and their baby through CVS Pharmacy. New moms can also attend baby showers and earn prizes. Plus, new moms can get a free breast pump and 300 free size 1 baby diapers delivered to their home after their baby is born.



Ted E. Bear, M.D.® Wellness Club: Earn rewards for getting important childhood care, such as wellness exams, shots, and more. Age-appropriate prizes are also available once you enroll. (For children ages 0-17)



Breastfeeding support through Pacify: Members have 24/7 access to a national network of International Board-Certified Lactation Consultants® and doulas via live video consultation.



Youth sports physicals: Annual sports participation physical for members 7 to 18 years old



Youth swimming lessons: Water safety and swimming lessons for members 6 years and younger



Healthy food card: Eligible members can get \$50 added to a special debit card every month to buy healthy groceries at nearby stores.

For members with certain health conditions



Asthma program: Members with asthma can get one set of hypoallergenic bedding and up to \$400, depending on area of service, to use towards one deep carpet cleaning annually.



Memory care: Free window and door alarms and locks, plus Smart Alarm app, for members diagnosed with dementia or Alzheimer's disease (requires prior authorization)



Therapeutic shoes or shoe inserts: Eligible members with diabetes with a prescription from a podiatrist or orthopedic doctor can get one pair of therapeutic shoes or shoe inserts per year (up to \$200 annually).



Non-traditional Medicine Reimbursement: Members of federally recognized Tribal Nations in Virginia can receive up to \$200 to participate in non-traditional practices.



Aetna Better Health® of Virginia