Wrapped in support

Your Care Advocate

A dedicated benefit of Aetna 360™ Behavioral Health

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Reaching your goals

You've got this … and we've got you. No matter what your goals are, we're here to help you achieve them. You've already taken steps toward better health. We're here with you to take those next steps.

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Standing by your side

Your ally in better health

You'll work with one person, your **Care Advocate**, who gets to know your care needs best. They're backed by a clinical support team to make sure you get the best care possible.

Your Care Advocate is here to:

- **Coordinate care with your providers on your behalf.**
- **Remove barriers that get in the way of treatment.**
- **Connect you to others facing similar challenges.***
- **Involve loved ones. We'll support them, as they're supporting you.**
- **Share resources to help you stay on track between appointments.**

*Where available.

Knocking down barriers

There may be times when something gets in the way of you taking your next steps. Issues that affect your health and well-being, such as referrals, transportation and finances. Your Care Advocate can help you work through them.

So talk to them about what's going on in your life, and get the care you need. It'll keep you moving ahead and feeling better, sooner.

Hello, caregivers. We're here for you, too. We can:

- Get you in touch with local resources, such as transportation services
- Connect you to local support groups
- Provide online resources

Supporting you

You're connected to care all around you.
We're all here to help.

Your Care Advocate is your dedicated support system. They'll help you:

- Understand your benefits
- Arrange outpatient care
- Connect you to needed resources
- Remove barriers

Your caregivers are your loved ones — they want to help. Your Care Advocate can help them with resources, too.

Your certified peer support specialist* has faced similar challenges and will be there to offer support and suggestions.

Your provider coordinates all your care during an admission.

Resources are available anytime, anywhere and may include these options:

- The myStrength™ program helps show you how to reduce stress, anxiety and depression, with support at home or on the go.
- With behavioral health televideo, you don't need to visit a counselor in an office. You can meet with one from wherever you're comfortable.
- The AbleTo program connects you to professionals who give therapy and coaching sessions by phone or video.

*Where available.

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